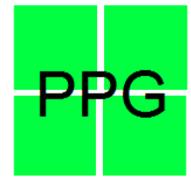


Patient Participation Group Datchet Health Centre



Newsletter September 2012

Health Education Evening

Our next event will be held in the **Village Hall, Wraysbury on Tuesday 25th September** from 7:30 to 9:30pm. Doors open at 7:00pm. The theme this time is “**Ageing Positively – Keeping well and active in the local villages**”. The target audience is the 65 -70 age group. Invitations, 350 in total, were sent to patients in the age range living outside Datchet, but we relied on a notice in the Datchet Chat to inform Datchet patients. However, patients of any age are very welcome to attend.

There will be speakers at the event, followed by a questions and answers session and general discussion. Information stalls and displays manned by local organizations and charities will be available throughout the evening; refreshments will be available at the end.

Please put the date in your diary – it will be a good informative evening and is free of charge.

If you require further information please contact Karen Holmes at Datchet Health Centre on 01753 541268. If you would like to attend please inform Reception or e-mail the number of attendees to: be-pct.datchetreceptionist@nhs.net so that we have an idea of the number attending.

Flu and the Flu vaccine

Flu is a highly infectious illness that spreads rapidly through the coughs and sneezes of people who are carrying the virus. If you're at risk of complications from flu, make sure you have your annual flu jab available from September onwards.

Who should have the jab?

You are eligible for an NHS flu vaccination if you are in an “at risk” group.

Flu symptoms can hit quite suddenly and severely. They usually include fever, chills, headaches and aching muscles. You can often get a cough and sore throat.

Because flu is caused by a virus and not bacteria, antibiotics won't treat it.

Anyone can get flu, but it can be more serious for certain people, such as:

- people aged 65 or over
- people who have a serious medical condition
- pregnant women

If you are in one of these groups, you're more vulnerable to the effects of flu (even if you're fit and healthy) and could develop a more serious illness, such as bronchitis and pneumonia, which could result in hospitalisation.

Flu can also make existing medical conditions worse

Get the jab

The best time of the year to get a flu vaccination is in the autumn from September to early November. It's free (for those who are eligible) and it's effective against the latest flu virus strains. Even if you've already had a flu jab in previous years, you need another one this year. The flu jab may only protect you for a year. This is because the viruses that cause flu are always changing. The 2011 flu vaccination included a vaccine to protect against swine flu (the H1N1 strain of the flu virus) **MC**

Seasonal Flu Clinics

Our flu vaccine is being delivered the week commencing Monday 17th September and we have organised clinics at the surgery, in Old Windsor and in Wraysbury after that date. The Wraysbury flu clinic will be on Wednesday 3rd October. We are holding a Saturday morning clinic on 6th October here at the Health Centre. Please telephone the practice if you are aged over 65 or in any of the clinical “at risk” groups. All ladies who are pregnant are being offered a vaccine this year. If you also need a vaccination to protect you against pneumonia the nurses can give this at the same time.

Please telephone the surgery on **01753 541268** to book your appointment or, alternatively, book on-line. Please wear something short-sleeved and remove your coat once you have booked in as appointments for flu injections are at short intervals. **KH**

Foot Care

The PPG was advised recently that some diabetic patients who had been receiving toenail cutting services from the podiatrists at King Edward VII hospital were told they could no longer be treated because, they understood, their GP had not referred them. We were concerned so I made enquiries.

Some patients may have received a routine cutting service in the past, but the podiatry team is overloaded and is not funded to expand. They therefore have to prioritise. Patients are assessed at each appointment and if they are deemed physically able to bend and cut their own nails, sometimes with long handled tools, and their current problem has been dealt with satisfactorily, they are discharged. Diabetics who have significant circulation problems or nerve damage in their legs are likely to continue to receive routine nail cutting service for longer periods.

When patients are discharged from the podiatry service, this is a decision by the podiatrists alone - GPs have no influence. However, if a new condition or problem arises (ingrowing toenail, foot infection, wounds or deterioration in ability to bend over or cut), diabetic patients can self refer back to the clinic; others must be referred by their GP. Patients so referred would be assessed by the podiatrists, treated accordingly, and discharged, generally after treatment, unless they did not meet the criteria in which case they may be discharged after initial assessment.

Diabetic patients can self-refer by completing a form and returning it to the clinic. Forms may be collected from the clinic, or requested by telephone on 01753 636 142.

Free toenail cutting and foot care.

Patients who need assistance in toenail cutting may be interested in the following.

The SMAE institute, which trains Foot Health Professionals offers a free service to patients who are willing to be treated by supervised trainees. In return a voluntary contribution to a charity is welcomed. The clinic is necessarily limited in the number of patients it can accommodate, but there is some room for newcomers. Acceptance, naturally, will be on a first-come, first-served basis. Appointments are normally repeated at eight or nine week intervals.

I tried this service myself and am very satisfied. This is not a free advertisement requested by SMAE.

The clinic is at 149 Bath Road, Maidenhead, on the south side of the road about a quarter of a mile east of the junction with the A404M. Further enquiries can be made by calling 01628 625689.

Editor's Notes:

New Patient Participation Group Members Required

Two of our PPG members have resigned so we are looking for new blood. If you are interested in joining us, or want further information, please let me know. At present we meet about every six weeks, at the surgery on Wednesdays from 13:30 until about 15:00. This suits the majority of the current members.

A letter from a patient, while generally complimentary and praising the attention and treatment, also criticised, more in sorrow and anger I think, some other aspects including the telephone booking system for same day appointments. The writer made it clear that it was intended to be helpful comment, not a complaint. However if events do occur that give rise to cause for complaint, or a wish to make helpful remarks, it is best to contact the Practice Manager as soon as possible, while memories are still fresh. The partners, who are aware of the letter's contents, are considering urgently how to improve the appointments system in the short and long term. Short term measures can only be based on procedural changes; in the longer term, a new telephone system is required. The PPG is providing advice to the practice on both. The partners have already held a meeting about a new system with their telephone suppliers.

Correspondence is always welcome. You can contact me in writing via Reception, or by e-mail on chair_PPG_DHC@hotmail.co.uk .

Bill Joy, Editor and Meetings Chair