



Marysville Medical Practice

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THE CLINICAL TEAM

GPs;

Dr Visick (principal)
Dr Goodwin
Dr "Marta" Jackowiak
Dr Hine

Nurses

Liz Starkie– Advanced
Nurse Practitioner
Gill Richards
Diane Foster
Laura Stockton

Health Care Assistants

Gail Cheadle
Anna Webb– starting
soon!



Stability at Marysville....

I am very thankful to now have Dr Goodwin back at Marysville who joins the two new GPs Dr Hine and Dr "Marta" who are now settled at Marysville. Our nursing team is further strengthened this month by another HCA Anna to help Gail with the increasing work. Gail has also increased her range of skills to include hypertension reviews and injections. This is particularly going to enable us to:

- ◇ Offer good access for blood tests
- ◇ More appointments for dressings
- ◇ More ear irrigation appointments
- ◇ Frees up Gill, Diane and Laura to take on more advanced tasks

We are now working with the other practices in Shrewsbury as "Darwin Health Ltd" -an alliance, to enable us to provide extra services which would otherwise be contracted out to other organisations. The first project is "extended hours" which has to be provided nationally as specified by NHS England. The pilot for this has started this month, August!

Patient numbers continue to increase which we encourage as it allows us to increase staff numbers and provide a wider range of services and makes us more resilient. **So thank you for your continued support** and feel free to recommend us to your family and friends! ~ Dr Visick

Support YOUR surgery by having your FLU JAB with US!

Every year we do over 900 flu jabs to help protect those more vulnerable to complications of flu. For doing this work we are paid a small fee for each flu jab. This money is an important part of our income each year and is reinvested back into providing appointments and keeping the surgery going. Public Health who are responsible to ensure that everyone who needs a flu jab gets one have in recent years also enabled pharmacies to provide this service (they also make a profit from this of course).

We are especially concerned this year as our flu supply is being phased in (in limited batches) from September due to concerns over supplies, something we cannot control. However unfairly to us the pharmacies seem to have managed to get earlier supplies.

The most important point is that you have a flu jab if you need one, however if you are able to have your jab at Marysville we would appreciate your support.

We will have enough flu jabs to give all patients who are eligible a flu vaccination and will be doing the following clinics:

- Flu clinics from September– day time and evening clinics 6-6.45pm
- Anyone attending Sept– Nov seeing a Practice Nurse /GP can have their jab at the same visit
- We hope to do at least one SATURDAY clinic for those who work

We use Text reminders when possible but DO RING US in September if you want to book in!



GP EXTENDED OPENING HOURS

We would like all patients in our community to be able to see a local GP or Nurse when they need to. If you would like an evening or weekend appointment please book via reception in the normal way. You may be seen at another surgery in Shrewsbury where the extended access clinic is being held, and you will not see your regular GP or nurse.

There are **3 ways** to order your prescriptions:

- 1.** Online (see overleaf)
 - 2.** POD– Prescribing Ordering Direct 0333 358 3509 Monday to Friday 9-5
 - 3.** Handing in the RIGHT side of your prescription with boxes ticked
- (allow 48 WORKING HOURS for this to be processed)



We can hear clearly now....

New Phones - improving but a few teething problems

The new phones are now in place allowing clearer conversations, and will also enable us to monitor use of the phones and any problems more accurately.

However in the first few weeks there have been problems with the lines cutting off after the messages and we apologise for this— we have reported it to the company who are resolving issues as they arise.

Please do tell us if you are having problems— and it is especially helpful if you can be specific about how and when the problem arose.

ON-LINE with EMIS ACCESS

- ◆ Change your contact numbers/address
- ◆ View test results
- ◆ View Letters/ documents

As well as ordering prescriptions on line!

“Its so easy and saves me having to phone for prescriptions or results”

The Lease issue is still on going... and is currently with the legal teams.

Many thanks to all of you who have supported us and especially to those patients who wrote to Daniel Kawczynski MP.

I am still waiting for a response back from the Secretary of State who Daniel has written to on our behalf. We will keep you informed!

Diabetes— usually fully REVERSIBLE and preventable

At MMP we have routinely checked patients yearly who are at risk of developing type 2 diabetes by requesting a blood test called HbA1c which shows what an average sugar level has been over the previous 4-6 weeks. Patients identified as likely to go on to develop diabetes (pre-diabetic) have been offered a structured education programme called the EXPERT programme. The nursing team and GPs at Marysville have also given out up to date information on the best foods to eat or avoid to help lower sugar levels and this has enabled us to prevent many of you from developing diabetes! Many patients diagnosed with Diabetes (Type 2) have in fact reversed the diabetes and are now in the normal range again— but still benefit from yearly reviews.

Gail Cheadle our HCA has also attended this programme as part of her training and so also can help clarify and educate on the ideal foods to eat to reduce the chance of diabetes developing, and also help weight loss! We have some of the best diabetic results in Shropshire!

Interested in more information on a “low sugar” diet?

[Diabetes UK](http://www.diabetes.org.uk/preventing-type-2-diabetes/im-at-risk-of-type-2-diabetes) has lots of information and yummy recipes!
www.diabetes.org.uk/preventing-type-2-diabetes/im-at-risk-of-type-2-diabetes

The 8 Week Blood Sugar Diet by Michael Mosley - thebloodsugardiet.com



Looking after yourself helps to free up some of your GP or nurse’s time, making it easier to get an appointment when you have a more serious or complex condition. Self-care helps to reduce the pressure on your local NHS and the amount spent on medicines, which are available Over the Counter. A consultation with a pharmacist is confidential, an appointment is not necessary and they are often available in the evenings and at weekends

Please remember — Your pharmacist is an excellent source of advice for many common conditions, such as:

- | | |
|--|--|
| Acne (mild) | Cold sores of the lip |
| Cystitis (mild) • Diarrhoea (adult) | Eczema (mild)/Ringworm/ Athletes foot /Scabies/Skin rash |
| Eye infection (conjunctivitis) | Fungal skin infections |
| Hay fever/Seasonal rhinitis (mild to mod) | Head lice /threadworms |
| Insect bites and stings | Mouth ulcer (minor) |
| Piles | Sore throat (acute) |
| Vaginal thrush | Warts and Verrucae |
| Minor conditions associated with pain, discomfort and/fever (e.g. aches and sprains, headache, period pain, back pain) | |

Patient Participation Group (PPG)

Like to be involved?

Unable to come to meetings as working?

We have a virtual PPG — which means you can keep in contact with updates and changes via email! Ask Reception for more details.

