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# Patient Participation Group

Newsletter January 2018



Grosvenor  
St James  
MEDICAL PRACTICE

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## **Surgery Update:-**

October saw the completion of the merger and despite some initial IT teething problems which have now been rectified, things are running a lot smoother. September saw the database of patients from both sites merged into one database, this has enabled the two sites to now run as one and patients can be seen at either site, if they so wish.

The next stage of the merge will be to look at the telephone system and have one number and system that covers both sites. The Practice are hoping that this will be happening over the next 2-3 months and will keep you informed.

The surgery also now has a new website, please take a look: <http://gsjmedicalpractice.co.uk/>

## **What has your PPG been doing recently?**

Over the last couple of months the two PPGs from both surgeries have come together and written a new Constitution ready for the newly merged PPG. They hope to finalise this by the end of February and the next stage will be to establish the new committee Chair, Treasurer and Secretary.

After a presentation from the Practice, the PPG have been asked to look at the garden space behind the St James site to see if it will be viable to turn it into a patient garden, with the possibility of gaining some funding to assist with this project. They will update you as to their findings.

## **Flu Season**

The flu season has been particularly bad this year, we would like to remind everyone who is eligible for a seasonal influenza vaccination that these are still available. Please call your usual surgery to book a flu vaccination appointment.

The surgery is here to advise if you are unsure if you're eligible or how to go about getting a vaccination.

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## **Blood Pressure Machine**

For those who are unaware, our St James site has a blood pressure machine available for patient use, just hand the printed slip with your readings in to reception and it will be recorded on your patient file.

## **Major Problems for the NHS**

As many as 4 in 10 emergency admissions to Hospital could be avoided if the right care were available in the community.

Our population will increase by almost a quarter by 2031.

The number of people over 70 will rise by 20% in the next 5 years.

1 in 4 people have a mental health problem at some time in their lives.

We have real challenges in recruiting enough GP's, practice nurses and some senior hospital doctors.

## **Three steps to relieve pressure on GP Services**

To help relieve pressure on GP services this winter, the Royal College of GPs has launched a three before GP campaign, suggesting that patients should ask themselves the following three questions before booking an appointment with their GP:

1. Can I self-care?
2. Can I use NHS Choices or similar reputable resources?
3. Can I seek advice/treatment from a pharmacist?

These simple questions can help relieve GPs and A&E departments, allowing more severely ill patients and those with critical illnesses to be seen more rapidly.

The Pharmacy First scheme can assist with many ailments such as;

Cold sores	Conjunctivitis	Constipation
Diarrhoea	Earache	Fever
Hayfever	Indigestion	Insect bites/stings
Sore throat	Mild eczema/dry skin	Nasal congestion
Coughs	Headaches	Vaginal Thrush
Colds		

**The PPG offer support to the practice and it's patients giving constructive advice on matters relating to the surgery and local NHS issues. If you would like to be more involved with your PPG please email them on: [grosvenor.ppg@nhs.net](mailto:grosvenor.ppg@nhs.net).**