



2016

Special points of interest:

- Access for patients with restricted mobility
- Take part in a National trial
- New law - driving under the influence of drugs (including Prescription medication)
- Save lives— know the signs of Sepsis and Septic shock, become a blood donor
- Choice + - SAME DAY appointments with a GP
- Using online services— book a GP appointment and order your repeat prescriptions

The Chipping Surgery Newsletter

News from your Patient Participation Group (PPG)

IMPROVING ACCESS FOR THE DISABLED



You may have noticed some recent changes at the surgery. The shrubs outside the surgery have been cut back to give wider access to pedestrians. In addition the disabled spaces outside the front of the surgery have been repainted to try and ensure that they are only used by those who have the most difficulty accessing the surgery.

An application has been made to get all the kerbs outside the surgery lowered to further improve access for the disabled.

As the spaces at the front of the surgery are in high demand, an additional disabled space has been allocated in the surgery car park at ground level. If you are unable to



make your way from this space to the main surgery entrance, please use the downstairs surgery entrance which is on the side of the building, facing the new houses.

Once inside the building go to the waiting room and press the bell on the outside of the waiting room door to summon a Receptionist. They should then be able to assist you by, for example, arranging for your appointment to be held in a downstairs room or bringing your prescription items down to you.



Atrial Fibrillation (AF) is the most common heart rhythm disturbance (arrhythmia) encountered by doctors. It results from uncoordinated electrical activity within the upper chambers of your heart and leads to your heart beating in an irregular rhythm. It is currently estimated that 2% of the adult population in Britain have Atrial Fibrillation, increasing to 10% in over 60s. The Chipping Surgery has joined a national trial to screen 200,000 people for AF using the Cardiocity units. There are only 30 units on trial in the whole country. The aim of this unit is to catch people who are unaware that they have AF and so are not on any medications or any hospital follow-up, as they are in danger of becoming unwell without realising the reason. **Please help us with this important research** by using the Cardiocity unit.

The screening is easy and quick to carry out. You will be asked to enter your age, sex and initials before being coached on how to place your hands on the sensors by an interactive silent video. The screening takes 30 seconds. At the end of the screening, you will either be thanked for your time, or asked questions about whether you have a known heart condition and if you are on any medication.

If there are any concerns then you will be asked to inform Reception. If the machine has detected a possible anomaly, the data will automatically be referred to a cardiology consultant and a Doctor or Nurse will contact you. We have this unit for a trial period of 12 months and then the data will be evaluated to make decisions on how to carry out AF screening.





DRUGS AND DRIVING NEW LAW

It's illegal to drive if either:

you're unfit to do so because you're on legal or illegal drugs, or

you have certain levels of illegal drugs in your blood (even if they haven't affected your driving)

Prescription medicines

It's an offence to drive if you have over the specified limits of certain drugs in your blood and you haven't been prescribed them.

Talk to your doctor about whether you should drive if you've been prescribed any of the following drugs:

- amphetamine, e.g. dexamphetamine or selegiline
- clonazepam
- diazepam
- flunitrazepam
- lorazepam
- methadone
- morphine or opiate and opioid-based drugs, e.g. codeine, tramadol or fentanyl
- oxazepam
- Temazepam



What should I do if I need to take any of the specified medicines?

Keep taking your medicines as prescribed. Check the leaflet that comes with your medicines for information on how your medicines may affect your driving ability.

Do not drive after taking your medicines until you know how they affect you.

Do not drive if you feel drowsy, dizzy, unable to make decisions or concentrate, or if you have blurred or double vision.

If you are unsure how the change will affect you, talk to your doctor or a member of the pharmacy team.

For more information go to www.gov.uk/drug-driving-law

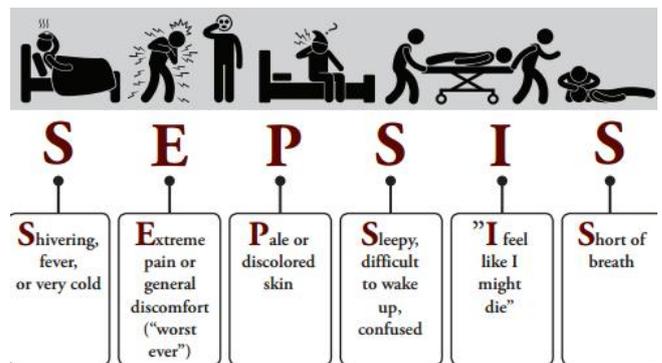
SEPSIS (Septicaemia)

In sepsis, the body's immune system goes into over-drive as it tries to fight an infection such as infections of the skin, lungs (such as pneumonia), urinary tract, abdomen (such as appendicitis), or other part of the body. Without quick treatment, sepsis can lead to multiple organ failure and death.

Early symptoms of sepsis may include:

- a high or low body temperature
- chills and shivering
- a fast heartbeat and/or fast breathing

Severe sepsis or septic shock can develop quickly.



Symptoms can also include:

- feeling dizzy or faint
- a change in mental state e.g. confusion
- diarrhoea or nausea and vomiting
- slurred speech
- less urine production than normal
- loss of consciousness

When to seek medical advice

if you've recently had an infection or injury and you have possible early signs of sepsis see your GP immediately or call [NHS 111](http://www.nhs.uk) and say 'I am concerned about Sepsis'. You'll usually be referred to hospital for further diagnosis and treatment.

Severe sepsis/ septic shock are medical emergencies. If you think you or someone in your care has one of these conditions, call 999 and ask for an ambulance.



Your blood's main components are red cells, plasma and platelets. Donated blood is usually separated into its individual components or parts, so a patient can be given the particular component they need. This makes the most of every blood donation, as the components in one unit of blood (or one donation) can be used to treat different patients.

By giving blood you will be helping to treat many different illnesses and conditions including anaemia, cancer and blood disorders, as well as cardiac surgery and emergency surgery.

As blood components have a short shelf life, we always need to top up the supply.

Most people can give blood. You can give blood if you:

- are fit and healthy
- weigh over 7 stone 12 lbs or 50kg
- are aged between 17 and 66 (or 70 if you have given blood before)
- are over 70 and have given blood in the last two years

Check you are able to give blood.

If you have an existing medical condition or have a question about your eligibility to give blood you can check online at www.blood.co.uk/who-can-give-blood/ or you can call **0300 123 23 23** for advice

Find an appointment – a number of appointments can be booked in advance. Find a venue at <https://my.blood.co.uk/home> or call **0300 123 23 23**

Giving blood should take no more than an hour. You should not feel any discomfort or pain. After donation a selection of drinks and snacks are provided

Two permanent blood donation centres are at Bristol and Gloucester. Both have free parking for donors

Bristol Blood Donor Centre

Gloucester Blood Donor Centre



Southmead Road
Bristol

BS10 5LX



59 London Road
Gloucester

GL1 3HF

YOUR BLOOD DONATION WILL SAVE LIVES

Your blood donation is an amazing gift to people who need it in an emergency or for on-going medical treatment. The NHS need over 6,000 people to give blood every day to meet the needs of hospitals and patients

DONORS BY NUMBERS

WE NEED TO REACH NEW RECORDS BY FEBRUARY 2013

1,111 X
THAT'S ENOUGH PEOPLE TO FILL 1,111 DOUBLE DECKER BUSES

2011 ↓ 50% ↓ 2012 ↓

4% ONLY 4% OF THOSE ELIGIBLE IN THIS COUNTRY ACTUALLY DONATE

40% YOUNG PEOPLE ARE VITAL TO THE BLOOD SERVICE

BLOOD GROUPS - MOST TO LEAST COMMON WHICH ARE YOU?

O+	A+	B+	A-	B-
37%	35%	8%	7%	7%
			AB+	AB-
			2%	1%

USES OF BLOOD

7,000 UNITS PER DAY

EVERY UNIT DONATED SAVES OR IMPROVES THE LIVES OF UP TO 3 PEOPLE

OVER A LIFETIME ONE DONOR CAN HELP MORE THAN 500 PEOPLE



STAFF CHANGES

Recently we said goodbye to Dr Rebecca Usher who has started a new post at a practice in Cheltenham which is where she lives and will give her more time with her young family. We were very sorry to lose her and know she was sorry to go. We have heard from her since she has left and she is doing well at her new practice. She has promised to pop in from time to time to see us.

In June we welcomed a replacement for Dr Usher and her name is Dr Daniella Duke who like Dr Usher is employed by us as a Salaried GP. Dannie has come to us from a large practice in Bristol and lives in Wotton and previously from Birmingham

In August our new F2 doctor joined the practice. Dr Victoria Collis will be with us for 4 months and we hope she enjoys her time with us



The PPG have produced step by step instructions for booking an appointment with a GP online, and ordering repeat prescriptions online. These are available on the surgery website , and at Reception.

If you would like support to start using the surgery's online services please contact the Chair of the PPG, Louise Arnold, on 07857 634 261 or via email at louise@larnold.co.uk

The Chipping Surgery

Contact Us

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Address: Symn Lane
Wotton Under Edge
Gloucestershire
GL12 7BD

Stay in Touch

Website: www.thechippingsurgery.co.uk

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CHOICE + CLINICS: SAME DAY APPOINTMENTS

Choice+ clinics are funded by the Prime Minister's GP Access Fund to help people who need same day appointments.



There is a Choice+ clinic in every area of Gloucestershire. Your nearest clinic is at The Vale Hospital in Dursley , but you can go to whichever clinic is most convenient for you. The clinics are staffed by experienced local GPs and are open every day of the week, including Saturdays, Sundays and Bank Holidays. Evening appointments are also available.

How do I access a Choice+ clinic?

Ring your GP practice as normal. A nurse or GP will take some brief details of your medical problem and offer a Choice+ appointment if this would be suitable for you. You may also be offered a Choice+ appointment if you attend a Minor Injury & Illness Unit at a community hospital.

What sort of problems are suitable for Choice+?

Choice+ is suitable for people with medical problems that are new - such as tonsillitis - or that have got worse, e.g. someone with COPD (also known as emphysema) who may have a chest infection that needs treating quickly

FEEDBACK

If you would like to comment on the service you receive at this Practice , please

- Leave a comment in the book at Reception
- Complete a Family and Friends Feedback form available at Reception
- Email our Practice Manager, Debra Phillips debraphillips@nhs.net
- Become part of, or contact, our Patient Participation Group
Chair Louise Arnold, 01453 844341
07857 634 261, louise@larnold.co.uk

Join us at the next PPG meeting
Monday 14th November at 7 pm
in the surgery