

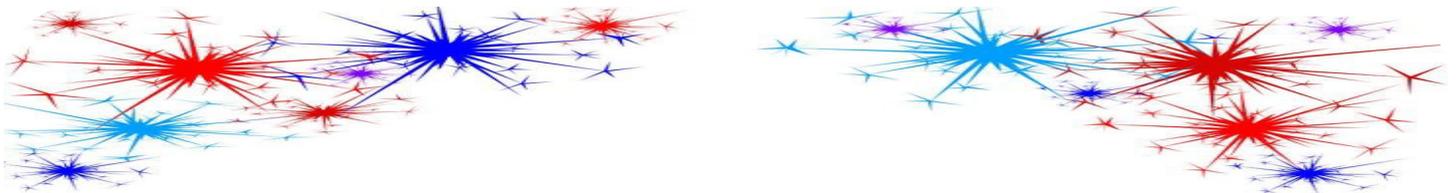


# GPS Healthcare

## General Practice Solihull

### PATIENT NEWSLETTER - WINTER 2020

We hope that you find the information useful and welcome any suggestions for future content



**Happy New Year!!**

**We have some very exciting developments planned for GPS Healthcare in 2020, we also would like to share with you success stories from 2019!**



#### **Cervical Screening - Smear Tests**

With Cytology Awareness week approaching, make sure you book in with your Cytology clinician for your smear test. Offered to Female patients aged 25-65 years old

#### **Flu vaccine's**

This vaccines are still available to assist our patients who have health conditions which make them more prone the flu virus, are 16-65+, pregnant or children with the DOB **1/9/2015-31/8/2017**

#### **Dry January**

Go alcohol free in January !

Find more details inside about how to sign up

**PLEASE  
ENSURE YOU ...**

**SIGN UP TO OUR  
PPG**

**CHECK YOUR  
WEIGHT**

**CONFIRM YOUR  
SMOKING  
STATUS**



**Have your say through our Friends and Family Test** . Available in our waiting rooms and on our webpage.

The Friends and Family Test asks our patients whether they would recommend the service they received at GPS Healthcare to friends and family who need similar treatment or care.

## Award Winning Practice!

Congratulations to Meadowside Family Health centre for achieving the **Gold Leaf Certificate of Placement Excellence** from Birmingham City University, recognising student nurse mentoring during 2019



## Would you like to join our Patient Group?



listening to patients speaking up for change

We would really appreciate having new members within our Patient Group to support with improving and sustaining excellent patient care across GPS Healthcare.

We have local PPG at our Branch Locations and also a

Group PPG where all branches meet together to discuss plans, actions and next steps .

These sessions are informative, interactive and sociable - come join us and help GPS Healthcare to improve their patient services.

**Please contact the Reception Desk if you would like**

## Make Suggestions

### Have your say!

Please provide suggestions on how to improve our services. Suggestion boxes are available

## Patient Accessibility

We aim to meet all patient communication needs and we want to ensure that all patients can understand the different types of information that we provide.

If you require any assistance with communication please let the practice know.

GP APPOINTMENT?  
CAN'T MAKE IT?  
DON'T NEED IT?  
**CANCEL IT!**

## Urgent! Please Help!

**PLEASE** when you are unable to attend an appointment, call and cancel it. This enables other patients who are in need of medical support to use the available appointment slot.

Patients who Did Not Attend (DNA) their appointment:  
**AN AVERAGE 150 MORE PATIENTS COULD BE SEEN EACH MONTH IF PATIENTS CANCEL THEIR APPOINTMENTS WHEN THEY ARE UNABLE TO ATTEND**

## TEAM CHANGES

### GP TEAM

Dr Khanna, Dr Sharma & Dr Risvi will be joining the Tanworth Lane team in the new year.

### PAEDIATRIC GP's

We are thrilled to welcome 2 new Pediatric GP's to Yew Tree Medical Centre and Meadowside Family Health Centre, in association with Birmingham City University

### NURSING TEAM

We are delighted that Nurse Reid has been appointed Lead nurse and Nurse Practitioner for Tanworth Lane.

We welcome Nurse Lad who brings valuable nurse practitioner experience and skills to our nursing team.

We are very sad to be saying goodbye to Nurse Pamela Mount who has been our lead nurse at Knowle Surgery for a considerable period of time and will be sadly missed by staff and patients alike. We wish her the best of luck for the future.



### ADMINISTRATION TEAM

We welcome Amy, Kim, Ann and Amy to our Reception and Administration Team.

**WE WANT  
YOU!  
APPLY NOW**

**GPS Healthcare is looking for talented, enthusiastic employees. Please see our Jobs and Opportunities on our website. Or send speculative CV's to [recruitment.gps@nhs.net](mailto:recruitment.gps@nhs.net)**

### **Who's who?**

We have updated our website and site photo boards so please make yourself familiar with the new additions to GPS Healthcare.



## TEAM DEVELOPMENT

Over the past year a number of our staff have passed training courses to elevate their skills and the skills we can offer to patients

### Developing New Nursing Skills

- ⇒ Our lead nurse, Steph, at Park Surgery has successfully qualified as an Advanced Nurse Practitioner and will be offering these services across the practice.
- ⇒ Practice Nurse, Hayley, will commence her Tissue Viability course in order to provide this clinical support service to our patients, in the future.

### Practice Nurses of the Future!

This year we will see new Student Nurses join our practices. This will help to increase the amount of young and upcoming nurses within Practices across the UK. GPS are delighted to be part of training the nurses of the future!

### Mental Health First Aiders

To support the resilience of the clinical and non-clinical teams, we have commenced Mental Health First Aid training. In due course this will be rolled out to the entire workforce.



## Cancer Awareness (Source: Worldcancerday.org)

### What is Cancer?

Cancer is a disease which occurs when changes in a group of normal cells within the body lead to uncontrolled, abnormal growth forming a lump called a tumour (this is true of all cancers except leukaemia - cancer of the blood).

### Preventing Cancer

Over a third of all cancers can be prevented by reducing your exposure to risk factors such as tobacco, obesity, physical inactivity, infections, alcohol, environmental pollution, occupational carcinogens and radiation. Prevention of certain cancers may also be effective through vaccination against the Hepatitis B Virus (HBV) and the Human Papilloma Virus (HPV), helping to protect against liver cancer and cervical cancer respectively.

### Dates for your diary:

- January - Cervical Cancer Awareness Month
- 4 February—World Cancer Day

**Marie Curie Support:  
0800 090 2309**

## Alcohol Awareness - Dry January (Source: Alcohol Change)

Despite our improving health as a nation, Liver Disease is one of the very few conditions that is increasing in prevalence, and the number of death's is rising as a result.

### Why do Dry January?

A month of alcohol-free has a lot of benefits: research conducted in 2018 by the Royal Free Hospital and British Medical Journal, found that a month off reduces blood pressure, lowers Cholesterol, reduces the Diabetes risk and reduces the rate of cancer-related Proteins in the blood. Last year 88% of participants saved money, 71% slept better and 58% lost weight.



**Resources available:** <https://alcoholchange.org.uk/get-involved/campaigns/dry-january>



[www.solihullactive.co.uk](http://www.solihullactive.co.uk)

Tel: 0121 704 8207

Email: [solihullactive@solihull.gov.uk](mailto:solihullactive@solihull.gov.uk)



Self Referral by contacting the service

0800 599 9880

[info@gatewayfs.org](mailto:info@gatewayfs.org)

## What is Cervical Screening?

Cervical screening is a free health test that helps prevent cervical cancer. It checks for cell changes (abnormal cells) on your cervix caused by high-risk human papillomavirus (HPV). It is not a test for cancer.

### Who can have Cervical Screening?

In the UK, you are automatically invited for cervical screening if you are:

- between the ages of 25 to 64
- registered as female with a GP surgery.

You are invited:

- every 3 years between age 25 and 49
- every 5 years between age 50 and 64.

You may get your first invite up to 6 months before you turn 25.

You can book an appointment as soon as you get the invite.

### What is HPV Primary Testing?

HPV primary testing helps identify who is more at risk of developing cell changes or cervical cancer.

- If high-risk HPV is not found, your sample does not need to be looked at for cell changes.
- If high-risk HPV is found, the same sample will be looked at for cell changes.

If cell changes are found, you will be sent for more tests (colposcopy).

## What are the Benefits of HPV Testing?

- **It is the best way to identify people at higher risk of developing cell changes or cervical cancer.** The earlier we know if someone is at risk, the better chance we have of finding any changes early.
- **It is a more accurate test than cytology.** Cytology is between 70% and 80% reliable, while HPV primary testing is between 90% and 95% reliable. A negative HPV test is also more reassuring than a negative cytology test, as cytology has more chance of being a false negative, which means any treatment could be delayed.

### How to book your Smear Appointment:

- Call your GPS Healthcare surgery (These appointments are not available online)
- Book your appointment with the Cervical Smear Taker through the reception team
- The appointment is a normal 15 minute slot.

**PLEASE REMEMBER:** If you can no longer make your booked appointment please let us know you need to cancel, and rebook your appointment to another time.

# SPECIAL EVENTS

## SOLIHULL CARERS



We partnered with Solihull Carers who have been hosting stands through 2019, offering support and information to patients and staff alike, with great success. We are delighted to be able to offer those services again in 2020! New dates will be placed on the patient noticeboards and the website.

### Carers Cuppa

Through talks with the PPG and Employee forum, we want to offer more support for carers within our practices, so we will be offering 2 Carers cuppa sessions in 2020. These are a chance for carers to come into the surgery and speak to the trust about any support they might need, but also to socialise with other carers and get to know the community.

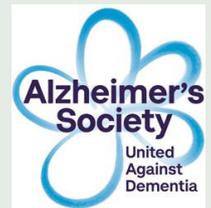
- \* Knowle Surgery - Wednesday 29th April\*
- \*Village Surgery - Wednesday 2nd September\*



## ALZHEIMER'S SOCIETY

We are pleased to link with the **Alzheimer's Society** who will be hosting a stand providing support and useful information to those who require it.

We will be offering bookable consultations with Alzheimer's Society for patients to speak with a designated member of their team for more information and guidance. Dates will be provided soon!



## DIABETES UK



Diabetes UK will be holding stand at our surgeries through to March 2020. All session will be held from 10am -12pm and patients are welcome to attend any session at any surgery.

Date	Location
16th January	Meadowside
21st January	Yew Tree
31st January	Park Surgery

Date	Location
4th February	Knowle Surgery
11th February	Tanworth Lane
18th February	Meadowside
25th February	Yew Tree

Date	Location
6th March	Park Surgery
10th March	Knowle Surgery
17th March	Tanworth Lane

### CSR at GPS Healthcare



- Recycling—Battery Bins - Available at all sites, so please bring along your batteries!!
- Our Charity—We are proud to be supporting St Basils