

The Rycote Practice – Patient Newsletter



Excellent Care by Working together

Message from Andy Jinman Patient Participation Group Chair



Dear Patient

Welcome to the summer edition of The Rycote Practice patient newsletter. If there are things you would like to hear about or topics you would like covered, please e-mail us at rycote.ppg@nhs.net

In this edition we hear about changes to prescribing of medications that are available “over the counter”, the practice response to a ballot to close its list, the local open day about the Thame Community Hub and this year’s flu programme as well as a chance to familiarise ourselves with new members of the practice team.

Help us to help you
When you change your phone or move house letting your GP surgery know is probably the last thing on your list of things to do.

However, please do remember to let us know, as it can cause us big problems and potentially affect your care if we cannot get hold of you. You can call 01844 261066 or e-mail us at www.therycotepractice.co.uk

Learn about Thame Community Hub

Buckinghamshire Healthcare Trust are piloting ways of providing care to people outside of hospital, making it easier to get the right support at the right time.

Thame community hub
open day

Wednesday 13 September from 2pm to 4.30pm

BHT invites you to come and find out more about their community treatment and assessment services. There will be free health advice, refreshments and a chance to meet partner organisations such as Talkback, Prevention Matters, Carers Bucks and AgeUK.

More information can be found at www.buckshealthcare.nhs.uk/communityhubs or by calling 01494 734959 or e-mailing communications@buckshealthcare.nhs.uk

Other dates for the diary
Tuesday 12th September
Wednesday 11th October

The practice will be closed from 1pm on these dates for essential staff training. We apologise for any inconvenience.

Restricted Prescribing of Over-the-Counter Medications



Oxfordshire Clinical Commissioning Group (OCCG) has recently recommended that medication that can be bought over the counter should not normally be prescribed. OCCG does not support the prescribing of medication that is available to buy from local pharmacies or supermarkets for children or adults. Although not exhaustive, the list at the bottom of this page gives examples of medicines that should be purchased by the patient, parent or guardian. The reason for this

change in approach to prescribing is as follows;

- Community pharmacists are an excellent resource of health advice and are often overlooked and can be an extremely useful step prior to consulting with your GP
- Patients should keep a small supply of simple treatments in their own medicine cabinet so that they are able to manage minor ailments at home
- All these medicines are widely available at reasonable cost
- Many of these medications are more expensive when prescribed on the NHS compared to when they are purchased in pharmacies or supermarkets

Full guidance can be read in the OCCG policy “optimising Self Care by appropriate use of Over-the-counter Medicines”. This can be found on the OCCG website www.oxfordshireccg.nhs.uk . Please be assured that consideration will be given in situations of extreme financial hardship or where it is felt that a patient’s health could be significantly impaired by this policy (e.g. long term medications for chronic conditions).

The NHS belongs to everybody and the CCG, supported by its practices must ensure that its resources are used in the best possible way for all patients. The practice would like to thank patients in advance for their understanding and support with this initiative.

Medications that should be purchased “Over-the-Counter”	
Moisturising creams, gels, ointments and balms for dry skin with no diagnosis	Hay fever remedies e.g. antihistamines, nasal sprays & douches
Bath oils and shower gels or medicated shampoos	Lubricating eye drops and eye ointment (patients >2yrs)
Anti-inflammatory gels e.g. Ibuprofen gel	Lactose free infant formula
Anti-diarrhoea medication for short term diarrhoea	Vitamin D except for the treatment of osteopenia, osteoporosis or renal conditions
Antifungal preparations e.g. Canesten	Haemorrhoidal preparations
Laxatives for short term use	Paracetamol or ibuprofen for short term use
Topical acyclovir	Indigestion remedies
Mouthwash e.g. Corsodyl	Head lice treatments

If you have any queries, please contact your GP or email us at therycotepractice@nhs.net

BMA Ballot on Industrial Action

A survey by the British Medical Association (BMA) last year revealed that the majority of GPs find their workload unsustainable, most surgeries are finding it difficult to recruit staff and GPs are put off being partners (practice owners) by this workload. Last year NHS England published its strategy to support general practice over the next five years called "The General Practice Forward View".



The Local Medical Committees (LMCs) from across the country debated the current pressures at its conference in May this year and proposed the following motion;

"That conference believes that the GP Forward View is failing to deliver the resources necessary to sustain general practice and demands that GPC ballot GPs as to whether they would be prepared to collectively close their lists in response to this crisis"

As a result the BMA is currently undertaking a ballot asking practices whether GPs in England are willing to collectively close their practice lists or temporarily suspend new registrations.

At the Rycote Practice we have very serious concerns about the funding for primary care and doubt whether the current strategy will be successful in averting a crisis. However we have voted NOT to take this action as we believe that it would be to the detriment of the population that we are here to serve. The Rycote Practice remains open to new registrations.

The Changing Face of The Rycote Practice

Dr Aynsley Cresswell and Dr Siv Vignesh both left us at the end of July having successfully completed their GP training. Dr Caroline Rodgers and Dr Rhiana Newport also departed at the start of August to undertake their final year of GP training. We wish all our trainees well in their future careers. Dr Kate Mclean (full time) and Dr Rebecca Cox (part time) joined us in early August to complete their training.



Siv



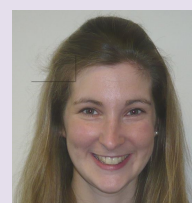
Kate



Aynsley



Rebecca



Rhiana



Caroline

Dr Liz Baynes-Clarke also left in mid-August and Dr Becky Geyton will provide maternity cover for Dr Mel Strachan until she returns in April of next year.

In July we welcomed Catherine White as a new member of the reception team, replacing Tracy Atkins who left us to take up a new role at the John Radcliffe hospital.



Liz



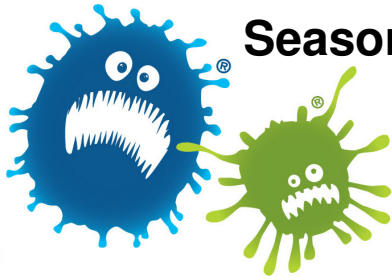
Becky



Tracy



Catherine



Seasonal Flu Vaccinations – Dates for your diaries

Saturday 23rd September 08:30 – 11:30

no children (under 18) on this date please



Saturday 7th October 08:30 – 11:30

These are walk-in clinics - you do not need an appointment. We would encourage patients to help us by staggering your arrival times so that we can keep waits to a minimum.

Flu can be more dangerous if you are over 65, have an existing health problem or are pregnant. You are eligible for a free flu jab if you are;

- aged 65 and over
- pregnant (at any stage of pregnancy)
- under 65 years of age (and over 6 months) with one of the following conditions
 - respiratory disease such as asthma or COPD
 - neurological disease including stroke and TIA
 - immunosuppressed such as genetic disorders, HIV and those undergoing chemotherapy
 - conditions of the spleen such as sickle cell and coeliac disease
 - heart disease
 - kidney disease
 - liver disease
 - diabetes
- have a BMI over 40
- living in a residential or nursing home
- the main carer for an older or disabled person

We will help you by sending a text reminder if you are eligible for a free flu jab. If you do not receive a text & think you should have a flu jab (or do not have a mobile phone), please contact the surgery for advice.

We encourage all eligible patients to receive a flu jab but if you do not want one, please let us know so that we do not send you a further reminder. You can tell any member of staff or reply NO to the text message that you receive.

It is best to have the flu vaccination in the autumn before any outbreaks of flu. Remember you need it every year, so don't assume you are protected because you had one last year.

You may also be eligible for a pneumococcal vaccination and if you are 78 or 79 (or previously eligible) a Shingles vaccination. We will discuss this with you when you attend for your flu jab.

As part of the government's flu immunisation programme, children between the ages of 2 and 8 are also eligible for a flu vaccination in the form of a nasal spray. Children in reception class and school years 1, 2, 3 and 4 will be immunised at school by the school nurse. We will separately write to the parents or guardians of all children aged 2 and 3 to invite them to special appointments.

More information can be found on our website at www.therycoteppractice.co.uk

