



## ROSEDEAN HOUSE SURGERY





# PRACTICE NEWSLETTER SEPTEMBER





**Blood Cancer Awareness Month**  
*Early diagnosis saves lives*


  
Bleeding easily


  
Weight loss


  
Nose bleeds


  
Fever

  
Bone pain

  
Swollen Lymph Nodes

  
Severe infection

  
Night Sweats

  
Red spots on skin

If you have any of these symptoms, please speak to a doctor. It is probably nothing to worry about but the sooner you are diagnosed, the sooner you can receive treatment and a better outcome for your health and wellbeing.

### BLOOD STEM CELL DONATION

Just 30% of people with blood cancer find a suitable donor within their family, so often they need to rely on the kindness of strangers.

One of the most significant ways that you can help individual people living with blood cancer is to register as a Blood Stem Cell donor.

You can register on the DKMS website and receive a swab kit.

If you are unable to register as a donor, you can still help by donating money towards costs of swab kits.



### Flu and COVID Vaccinations

- ❖ Flu appointments are now available to book from September, Flu and COVID vaccine appointments will be available from October.
- ❖ Eligible patients will be contacted via text/letter/phone call to book their appointments.
- ❖ Residents in care homes will start to be Covid vaccinated mid-September.
- ❖ If you would like to book a flu appointment and are eligible to receive one, but have not already been contacted, please contact us.



### Prospective Online Access to Medical Records

Legislation has now been passed so that new health information will be available to patients by 31<sup>st</sup> October 2023. This change supports the NHS Long Term plan commitments to provide patients with digital access to their health records using approved patient facing services applications such as the NHS App or Patient Access.

Better access to health information enables the patient to become a partner in managing their health, allowing patients to book appointments online, view test results, monitor the status of referrals and to oversee their own record.

We are working very hard to deliver this access in line with the expectations of the GP contract and we hope to have this live very soon. If you already use the apps to access your record, you do not need to do anything more to receive this further access. However, if you wish to make use of this but do not currently have online access arranged then you will need to either download the NHS App on your smartphone and follow the instructions for set up or register for online services. A registration form can be found on our website in the Administration section. This will enable you to access your prospective medical record and order medication. Our website is [www.rosedeansurgery.co.uk](http://www.rosedeansurgery.co.uk)



### PRACTICE TEAM

We are delighted to welcome Dr Danica I-Anson and Dr Rosie Kemp to the Practice as Salaried GPs. They both work 4 days a week. Dr Kemp has a special interest in palliative care, and Dr I-Anson has a special interest in women's health.

***Did you know your GP Practice has a team of people trained to see and treat patients for a variety of conditions? You don't always have to see a doctor. These are a few of the different roles that make up your GP practice:***

**Patient Advisors** - are trained to assess your needs so that they can direct you to the right healthcare professional. To do this they will take some general details about why you have contacted the surgery, help navigate you through health care services and systems.

The GP is not always the best person to help you. Patient Advisors are not 'being nosey' they are trying to make sure you receive the right care as quickly as possible.

**Social Prescribing Link Workers** – can connect patients to local community-based support with social, emotional needs, money matters, matters affecting their health and wellbeing. This includes connecting people to statutory services for example housing, financial and welfare advice.

**First Contact Physiotherapists** - can help patients of all ages with wide range of health conditions, including problems affect the bones, joints, and soft tissue such as back pain, neck pain, shoulder pain.



### **Advanced Clinical Practitioner**

ACPs are highly trained professionals with the knowledge and skills to take on wider roles caring for patients. They have advanced qualifications (such as a master's degree) and the experience to work independently without direct guidance from a superior, although they are still supervised and work as part of a clinical team. ACPs can manage your care in partnership with you and your carers. They'll listen to your concerns and in partnership with you, make decisions on the next steps to make sure you get the care you need. They can prescribe some drugs, order tests, organise treatment and work out the best treatment plan with you



### **Practice Nurse**

Can help treat wounds, applying and removing dressings, chronic disease management, give advice and information about health conditions and ailments, taking swabs, cervical smears, and samples, breathing tests, administering vaccinations and infant injections assisting the clinicians.



### **Advanced Nurse Practitioners**

Can help to diagnose and treat minor illnesses, supporting on-call GP with managing same day urgent requests, prescribing medication, giving advice and information about your health.



### **Nursing Associate**

Nursing Associates bring a breadth of knowledge and skill to general practice. Nursing Associate training spans all age ranges, is across all four fields of nursing (adult, child, mental health, and learning disability) and provides experience in a variety of clinical contexts. This is hugely beneficial in general practice settings. They work closely alongside Practice Nurses.



### **Mental Health Practitioner**

Can help with all mental health needs. Providing tools and techniques to help manage symptoms for patients with severe mental health problems such as bipolar, psychosis or eating disorders. Offering a consultation to discuss possible treatment, peer support, or a referral to hospital teams without needing a GP appointment.

**Healthcare Assistants / Phlebotomists** - can measure blood pressure, heart rate, oxygen levels and other observations, taking blood samples, offering advice on managing healthy living and weight loss, supporting the nurses & GPs in their work, carrying out heart tracings and help assisting the practice team.

**Dispensers** - can help you receive medicine directly from the surgery, organising repeat prescriptions and same day medicines, answering questions from patients and colleagues, working closely with GPs, nurses, and pharmacists.

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### **Clinical Pharmacist**

A highly qualified expert in medicines who can help people in a range of ways. This includes carryout structured medication reviews for patients, improve patient safety through a person-centred approach.

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### **Pharmacy Technician**

Pharmacy Technicians play an integral part in helping patients to make the most of their medicines. They are key members of the pharmacy and multidisciplinary team, engaging with patients and liaising with other healthcare professionals in both primary and secondary care, to support safe and effective use of medicines.

