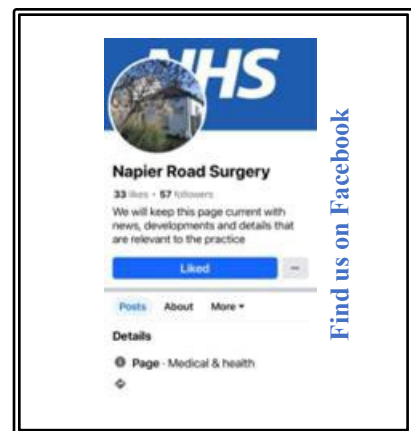
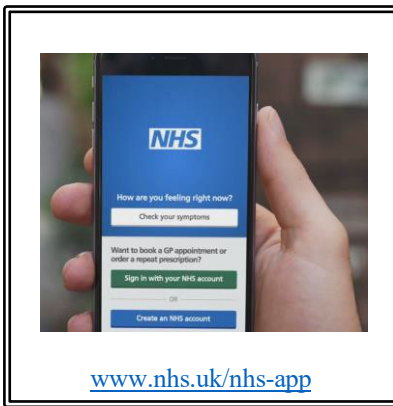
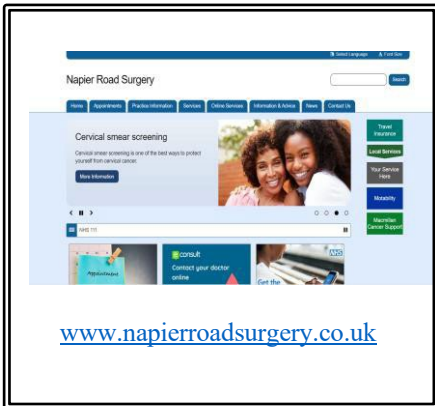
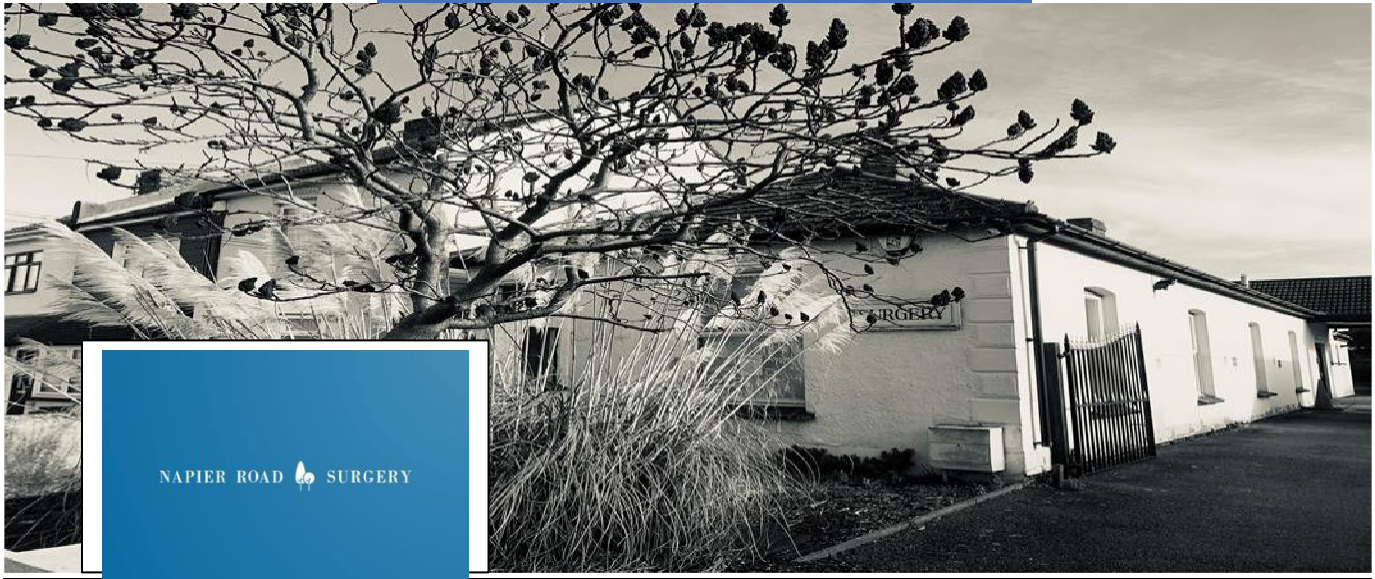


NEWSLETTER – Spring 2024



Notice from the PPG

In this issue we are updating readers on recent changes to the NHS App, the national screening programmes and new services available at the surgery.

Should you wish to be part of the PPG or share your ideas and suggestions and make a difference at your surgery please email napierroadsurgeryppg@gmail.com



Notice from the surgery

There have been increased waiting times at the surgery for patients with appointments, this is due to appointments running over. We ask when booking an appointment to see the GP that should you wish to discuss more than one issue, that you book a double appointment with reception, this will prevent longer waiting times at the surgery. Normal appointment times are up to 10 minutes.

Please be advised that prescriptions take up to 72hours to process at the GP Surgery.



Surgery News

Doctor Jana will be retiring at the end of March 2024 and on behalf of the PPG and all his patients we wish him a very long and happy retirement, a wonderful man and well deserved.

The surgery will be in great hands with Doctor Kypa..





FOCUS ON HEALTH
Long-acting reversible
contraception
Now available at the surgery

What are the long-acting reversible contraceptive choices?

The contraceptive implant. A minor procedure under local anesthetic is needed to insert the small, rod-shaped implant under the skin in your upper arm, where it remains. The implant releases a progestogen hormone. Each implant lasts three years.

The contraceptive injection. An injection of a progestogen hormone is given every three months (two months for one brand), most commonly into the muscle in your bottom.

The intrauterine contraceptive device (IUCD). This is also known as 'the coil'. It sits inside the womb (uterus) and, once fitted, can stay in your womb for up to ten years. The device is called a coil because in the 1960s some devices were coil shaped.

The intrauterine system (IUS). This is a specific type of IUCD which releases a progestogen hormone into the womb. It can last for up to five years.

Why would I choose long-acting reversible contraception?

LARCs are ideal for women who do not want a baby in the near future. This might be because you think you have completed your family and don't want more children, but want to keep your options open. Or it might be because you are young and not wishing to have children for some years to come. Or because you don't want children at all. Or because you are not currently in a position to have children, because of your job, relationship or finances. The great thing about LARCs is the word "reversible" - so if your situation changes, you can stop using them and become fertile again.

You don't need to take a tablet every day, so for most LARCs, you can forget about contraception for years at a time. This makes them more reliable (as they don't need you to remember, other than when they are due to be replaced).

The main downside is that they all require a small procedure of some sort. However, this does not have to be done very often, and provides long-term, reliable contraception once you have done it.

This service is now available at the surgery....



FOCUS ON HEALTH

National Screening Programmes

Breast screening - Mammogram

Anyone registered with a GP as female will be invited for NHS breast screening every 3 years between the ages of 50 and 71. You'll get a letter in the post inviting you.

For more information please visit [Breast screening \(mammogram\) - NHS \(www.nhs.uk\)](http://www.nhs.uk)

AAA (Abdominal Aortic Aneurysm) screening

Offered to men during the screening year (1 April to 31 March) that they turn 65.

For more information, please visit [Abdominal aortic aneurysm screening - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Bowel Screening

NHS bowel cancer screening checks if you could have bowel cancer and is available to everyone aged 60 to 74 years. You can use a home test kit, called a faecal immunochemical test (FIT), to collect a small sample of poo and send it to a lab. This is checked for tiny amounts of blood. Everyone aged 60 to 74 years who is registered with a GP and lives in England is automatically sent an NHS bowel screening kit every 2 years. You may get a test before you are 60.

For more information, please visit [Bowel cancer screening - NHS \(www.nhs.uk\)](http://www.nhs.uk)

If you are worried about any symptoms please contact the surgery and arrange an appointment with the GP.



Changes to the NHS App

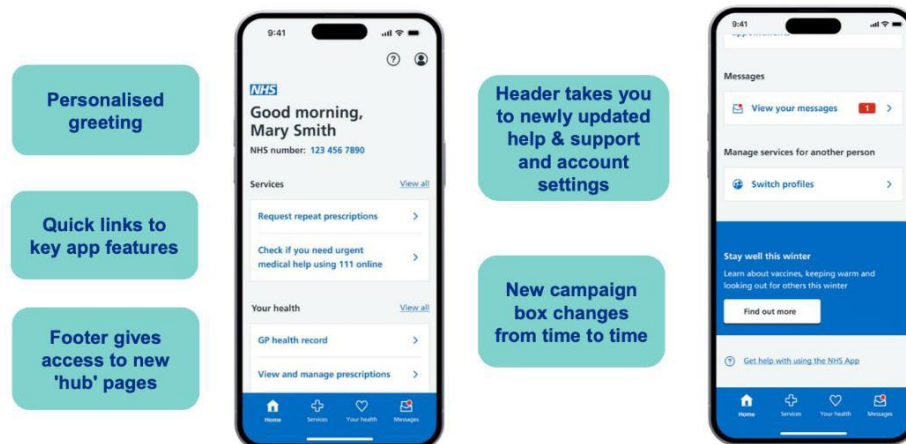
If you are a regular user the NHS App then you may have noticed that there have been some changes to the way that it looks and works. If you haven't seen these changes, which went live on December 11th, then you may want to download the latest version of the App from Google Play or the App store, depending on your phone. The NHS App is a simple and secure way to access a range of NHS services on your smartphone or tablet. To use the NHS App you must be aged 13 or over and registered with a GP surgery in England.

According to the NHS:

"The NHS App has been redesigned to make it simpler and easier to access NHS services. Some items have moved within the App, but all the health services you need are still available. Your settings will remain the same after the update."

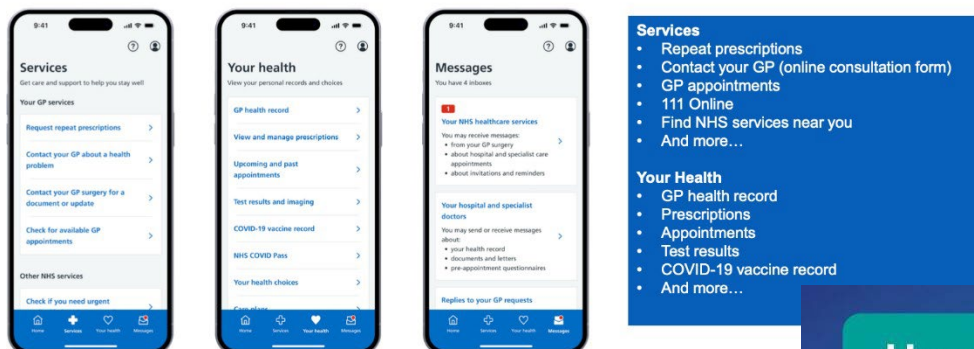
We thought you might like to see some of the changes for yourself.

New NHS App homepage



New NHS App hub pages

The NHS App footer (blue bar across the bottom of the screen) contains icons that take you to new 'hub' pages: **Home, Services, Your Health, Messages.**



Not yet an NHS App user?

We thought it might be useful to explain the sign up process and assist you as much as we can.

There are two stages to signing up for full access.

Stage 1 : Download the NHS App onto your phone from Google play or the App store. You then need to create an NHS account using your email address and a password. When you have done this, you will be sent an email to verify your account. You will then be asked for your phone number, and you will receive a text to verify who you are. This process is used each time you log on.

Stage 2 : To access more of your information and services you need to provide some additional information to prove who you are. This is so the NHS can connect you to your own records and protect your health information. You will be asked what photo ID you want to use and how to take a picture of that with your phone's camera. Once you have done this and it has been uploaded to the NHS you will be asked to take a video of yourself repeating four numbers given to you. It will then upload the video it has recorded. This checks that your face matches your ID photo.

The next step is to enter your NHS number if you know it. If you don't know it will ask for other details including your date of birth and postcode. You will then be contacted when this process is complete. This can take up to 2 hours but is often much quicker than that. Once this process has been confirmed you can return to the App and log in using your email address and password and add the verification code that will be sent to you.

If you have photo ID, or are not sure if you have the right photo ID, you can find out more about this process [by clicking here](#)

If you don't have any photo ID you can find out how to sign up [by clicking here](#)

We know that it does sound a complicated process but it's well worth the effort as the App provides access to all sorts of information and services.

When you are signed up using your phone you can then access your NHS account using a web browser. [Click here to try it out](#)

The PPG are discussing how we might help people who are struggling to sign up or use the NHS App. So, if you think you need help, please email us at napierroadsurgeryppg@gmail.com and explain how we can assist you.

Pharmacy First

Patients can now get treatment for seven common conditions directly from their local pharmacy, without the need for a GP appointment or prescription. The Pharmacy First scheme was launched by the government and NHS England on 31 January 2024 to give patients quick and accessible care and ease pressure on GP services.

What is Pharmacy First?

Pharmacy First will enable community pharmacists to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat seven common health conditions without the need to visit a GP.

What are the seven common conditions?

Sinusitis
Sore throat
Earache
Impetigo (a bacterial skin infection)
Shingles
Uncomplicated urinary tract infections in women.

How can I access treatment from my pharmacy?

You can get treatment for these conditions by walking into the pharmacy or contacting them virtually. GP receptionists, NHS 111 and providers of emergency care will also be able to direct patients to pharmacies, that offer the service, if contacted.

Find out more at <https://healthmedia.blog.gov.uk/2024/02/01/pharmacy-first-what-you-need-to-know/>

A Small Selection of the upcoming National Campaigns



MEN'S HEALTH WEEK

Mental Health Awareness Week

13-19 May 2024

A UK event supported by the Mental Health Foundation. The aim is to educate the public about mental health issues and to promote better mental health.

Men's Health Week

12-18 June 2024

Led by the Men's Health Forum to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.



Cervical Screening Awareness Week

17-23 June 2024

Around 3,200 women are diagnosed with cervical cancer in the UK each year.

Napier Road Stats (Oct23-26Feb24)



Face to face GP consultations - 1390



All GP face to face & telephone - 1823



Nurse Appointments - 911



Mental Health Nurse - 84



COPD/Asthma reviews - 40



Diabetes Reviews - 64



Childrens immunisations - 61



Hypertension reviews - 79



Cervical Screening - 55



Missed appointments - 117

Napier Road Surgery Services

Do you need to see a doctor, or can the general practice team help you?

A range of healthcare professionals work at or are attached to our surgery to help you get the right care for you. Our reception staff are triage trained; they are trained to ask the right questions in order to get you the most appropriate care.

Practice Nurse (PN)

- Asthma/COPD reviews, blood taking, BP monitoring, lifestyle advice, smear tests, HRT advice, travel advice & immunisations, ECGs, spirometry, B12 and hormone injections, diabetes checks, hypertension reviews, NHS health checks.

Social Prescribers

- Social prescribers are a means of enabling GP's, nurses and other health and care professionals to refer patients to a range of local, non-clinical services in order to improve the patients' health and wellbeing.

Practice Pharmacy Team

- The Pharmacy team are responsible for the medicine management of all patients in the practice. They assist the GPs in ensuring that the patients are on the right medications for their condition and monitor these going forward. Speak to the pharmacy team about any queries regarding your medication.

Community Care and Treatment Services

- Their duties include, taking blood, chronic disease monitoring, wound care, dressings and removal of sutures/stitches, ear care, minor injuries and more.

First Contact Physio (FCP)

- The FCP team are the best first point of contact for any muscular or joint problems. They can provide diagnosis and treatment for your condition, as well as refer you on to specialists if that is required. Their service is designed as an alternative to seeing a GP.

Mental health and Wellbeing Team

- The surgery now has a Mental Health Nurse at the surgery 1 day a week. They can help by providing coaching support to help you manage your condition, working with you to identify your health and wellbeing goals as well as advising you of helpful resources and peer support groups.

Eye Conditions

- Eye conditions can be managed by your local Opticians. They can treat a majority of eye problems such as; sticky eye, floaters, pain in and around the eye, and blurred/reduced vision. Opticians can also refer you onto Ophthalmology at the hospital if required. They maintain emergency appointments on a daily basis should you require your eye looked at urgently.

District/Community Nurses

- The District Nurses deliver care to all the patients who are housebound and cannot be seen by a Nurse at the surgery. They meet on a regular basis with the GPs to discuss their workload and determine the care each patient will require. Although they do liaise with the GPs, they manage their own caseload.

NHS 111

- When the surgery is closed or when you are advised to, please contact NHS 111 by calling 111 or visiting <https://111.nhs.uk/> They can offer advice out of hours and refer you on to the hospital (such as A&E) should you require going there. If you suspect a heart attack or stroke, call 999

NHS Website

- www.nhs.uk this website contains a great deal of information to manage non-life-threatening conditions at home. People are often surprised by what they can treat themselves. You may find this useful for when you do have to wait to be seen by the surgery or you may even find that the self-help advice is all you need, and the issue goes away.