



ROBERT FREW PARTNERS

AUTUMN 2023 NEWSLETTER – Volume 1

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Welcome

We welcome you to our Newsletters which went out of circulation because of the COVID pandemic.

The previous past few years have been difficult for everyone, and our hearts go out to those who lost loved ones because of the COVID pandemic. Many people are still suffering from array of symptoms and illness which are poorly understood but referred to under the umbrella of “ Long COVID”. We will continue to support these people as best as we can within the ever-evolving knowledge of the after effect of COVID infection.

We want to take this opportunity to remind everyone that COVID is still much around, and there is still the need to protect everyone, especially the vulnerable patients.

Vaccination

I am glad to state that our nurses and administrative staff had performed a wonderful job and ran a highly effective FLU and COVID vaccination programme.

We have been able to vaccinate over 3,000 patients against Flu and COVID infections, and the campaign is still ongoing.

So, if you have not had your flu/COVID vaccination, do not hesitate to contact the surgery.

We also want to thank the Patients Participation Group (PPG) for their assistance and their contributions to the development of the practice.

Partnership News and Changes

I regret to inform you that we will be losing another doctor to Canada.

Dr. Tampa has resigned from the partnership with effect from the 08/12/2023. He will be moving to Canada with his family. Dr. Tampa has been a valuable member of the partnership, and we thank him for all his hard work and contributions he made to the partnership.

However, we are lucky to inform you that we have now been able to appoint a very experienced dynamic partner to replace him. We want to thank **Mr. Allan Ursell of the PPG** (Patients Participation Group) who represented the patients' view on the interview panel, and his wise counsel and incisive thoughts and contribution was highly appreciated. We now have a new GP Registrar, Dr. Elamas and she is available to see patients.

Most of you also might have been called by our clinical pharmacists to discuss changes to your medications. The clinical pharmacists are helping to see that the medicines you are taking are always safe and identify drug interactions and they are a source of safety netting for us.

Nurses

Our nurses continue to be the pillar of our Chronic Disease Management, assisted by physician assistant and Health Care Assistant. We encourage our patients/clients to buy home BP measuring machines and believe that there is NHS assistance in some cases. We will encourage patients to take their Blood pressure at home especially those with hypertension, and the result sent to the nurses. It will help to distinguish those with 'white coat' hypertension.

Private Treatments

We have had an increasing number of patients going to see private GPs and bringing prescriptions to be changed to NHS prescriptions. We want to advise our patients that no such contractual arrangements exist between a private GP and NHS, and more importantly this practice, we do not change private prescriptions to NHS prescriptions, and only in limited circumstances, when a GP in this practice has referred a patient to a private Consultant. We believe we then under an obligation to honour reasonable suggestions or prescriptions from such Consultants. Going private will not be away to circumvent a policy of NHS medicine management should not be prescribed by GPs. This is practice policy.

Complaints/Comments

We also will like to remind a minority of patients who go on NHS Choices to make anonymous negative comments that this is not the most effective way to help us in improving the service. We will not be able to respond to anonymous comments, and it means that the concerns are therefore not properly addressed.

We have a Suggestion/Comment box in reception for patients to contribute or suggest how the services can be improved.

We also want to thank those patients that have taken the time to make positive comments and give credits when deserved.

Free Screening Programmes

Please can we encourage patients when invited, to partake in any of the initiative-taking screening programmes as they are vital to your future care.

These include:

Bowel Screening

Cervical Smear Screening

Breast Screening

Prostrate Screening

If you are unsure whether you have been invited to partake in these important programmes, please do not hesitate to contact the surgery.

Recent research news that might be of interest

- a. **Skin and Aging:** a clinical study has found that daily almond consumption has the potential to decrease wrinkle in postmenopausal women. So, replacing some of your calories might be worth trying as almond is shown to have anti-inflammatory effect on the skin and reducing aging of the skin. It might be cheaper than some cosmetics.
- b. **Intermittent Fasting** has also been shown to improve Diabetic control and might prevent early onset of diabetes.

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