



MIDDLESTOWN PATIENT PARTICIPATION GROUP



2017 Newsletter

Our next *One Day Event* starts at 9.30am on Thursday 26 October where the Forget Me Not Children's Hospice and Wakefield Hospice will be in the surgery. Please come along and talk to the two groups mentioned in the articles here.

FORGET ME NOT CHILDREN'S HOSPICE

provides care and support to children with life shortening conditions and their families across West Yorkshire and North Manchester.

We are here for families from as early as pregnancy onwards. Whether that is through offering respite, hydrotherapy, music therapy, counselling or bereavement support, we are here to say "yes" to children and their families.

When we say 'yes' to a family, we begin our care not just for the child, but for the whole family. We're led by a highly specialist team of nurses & therapists who deliver our fantastic services, and they do it so well that the CQC rates our children's hospice as 'outstanding'.

Our state-of-the-art children's hospice building in Huddersfield, West Yorkshire, is the heart of all our services and is designed to be a real home from home for our families. However, virtually all of our services are also available through 'Hospice at Home' including clinical care for the children,

forget me not children's hospice counselling and even help with household chores.

WAKEFIELD HOSPICE is working collaboratively with other Health and Social Care professionals to raise awareness about the steps people can take to make their end of life wishes known to others.



Giving people the opportunity to think and talk about their future wishes if they have a serious illness can be beneficial to all. It offers the opportunity to discuss what this might mean to you personally, your partner or your relatives, and the time to plan for your future treatment.

One way of making people aware of your wishes is by a process known as Advance Care Planning. This involves a discussion between you and those who are important to you, and depending on your individual circumstances at the time, those who may provide care for you, for example nurses, doctors, care home managers and/or social workers.

During the discussions you may choose to express some views, preferences and wishes about your future care so that these can be taken into account by those caring for you if you are unable to make your own decisions at some point in the future.

Wakefield Hospice will be attending the 'One Day Event' at Middlestown Surgery, where we can provide you with further information about this process, and also give you details of the support we can offer.

TIME TO BOOK YOUR FLU JAB Seasonal flu is the particular type of flu virus that arrives in the UK each autumn. The type varies from year to year. A new jab is developed each year to protect against the expected type. Flu immunisation (the flu jab) gives excellent protection against seasonal flu and lasts for one year. You should be immunised against the seasonal flu virus each autumn if you:

- Are aged 65 or over
- Have any chronic (on-going) lung diseases
- Have a chronic heart disease
- Have a serious kidney disease
- Have a serious liver disease such as cirrhosis
- Have diabetes
- Have a poor immune system. This can be caused by chemotherapy or steroid treatment, or if you have HIV/AIDS or if you have had your spleen removed
- Have certain serious diseases of the nervous system such as multiple sclerosis or have had a stroke in the past
- Live in a nursing home or other long-stay residential care accommodation
- You are the main carer for an elderly or disabled person
- Staff involved in direct patient care (including nursing and care homes)
- Pregnant women - it is recommended, even if you are otherwise healthy



To book call the surgery on
01924 237100

NEWS FROM THE PRACTICE

Surgeries at Flockton and Emley: The practice is committed to maintaining services at both Flockton and Emley and have recently increased the number of appointments available across the branch sites. There may be occasions when you need to see a member of the practice clinical team for specific tests, or sooner than the next available appointment at your preferred site. In these circumstances you will be offered the option of an appointment at Middlestown Medical Centre.

Advanced Nurse Practitioner: We introduced to you our Advanced Nurse Practitioner, Leon Richford in the Spring Newsletter. Leon is a registered nurse who has undergone additional education and training complimenting the work of the clinical team. He can see approximately 90% of the patients a GP would normally see, typically focusing on acute (short term) medical problems although will also manage patients with long term conditions.

GP CARE WAKEFIELD is an extended out of hours service owned by all the Wakefield GP practices to cover the entire population of the Wakefield District.

It operates from 6-10pm weekdays and 9am-3pm Weekends & Bank Holidays. Call your normal surgery number and calls will be diverted automatically during these hours. Outside these times call 111 or ring back during normal surgery hours.

Following triage of your problem the service will offer you a GP appointment, if deemed appropriate, at Trinity Medical Centre or Pontefract General Infirmary.

There needs to be shared consent in place for the service to be able to provide safe care, therefore please ensure you clearly give record sharing consent when accepting an appointment. Patients who prefer not to give shared consent **cannot** access the service.

The service is not available for routine matters such as repeat prescriptions.

Routine care by Health Care Assistant/Nurse: In addition to the above during Weekdays 6-8pm and Weekends & Bank Holidays 9am-1pm patients can be seen for routine annual review of Heart Disease, Diabetes, COPD, Asthma and Stroke **but only** if you are well controlled and your condition is stable.

Other routine nurse care includes:

- Blood tests
- Routine ECG (not chest pain)
- Spirometry
- Review of contraception pill
- Repeat depo injection
- Smears
- B12 injection

For more information ask at Reception

TIPS FOR HEALTHY EATING No.1

The key to a healthy diet is to:

- ✓ Eat the right amount of calories for how active you are, so that you balance the energy you consume with the energy you use. If you eat or drink too much, you'll put on weight. If you eat and drink too little, you'll lose weight.
- ✓ Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.

It is recommended that men have around 2,500 calories a day. Women should have around 2,000 calories a day. Most adults are eating more calories than they need, and should eat fewer calories.

Base your meals on starchy carbohydrates

Starchy carbohydrates should make up just over one third of the food you eat. They include potatoes, bread, rice, pasta and cereals.

Choose wholegrain varieties (or eat potatoes with their skins on) when you can; they contain more fibre, and can help you feel full for longer.

Most of us should eat more starchy foods; try to include at least one starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram the carbohydrate they contain provides fewer than half the calories of fat.

Keep an eye on the fats you add when you're cooking or serving these types of foods because that's what increases the calorie content, for example oil on chips, butter on bread and creamy sauces on pasta.



Next Newsletter
due 22nd January
2018 and One
Day Event 1st
February 2018