



MIDDLESTOWN PATIENT PARTICIPATION GROUP



2018 Newsletter

Our next *One Day Event* starts at 9.30am on Thursday 15 November covering the theme of Diabetes. Please come along and talk to the people who will be there.

ADMIRAL NURSING SERVICE

The End of Life Care Admiral Nursing service provides specialist advice, guidance, training and support to people, their families and carers (and organisations who support them) living with advanced dementia in Wakefield.

Working in partnership with GPs, Community Nurses, Wakefield Admiral Nurses and Social Care Professionals as dementia advances, as end of life approaches and as specialist care, advice and support is needed. Offering information, support and assistance with Advanced Care Planning (ACP), referral links to other services and organisations who may be able to help and also offering support and guidance in developing the workforce.

Referrals can be made by families, carers, friends and professionals. The End of Life Care Admiral Nurse is based within Wakefield Hospice and works 3 days per week (usually Mondays, Tuesdays and Fridays), 8:30am - 4:30pm. You are welcome to telephone Wakefield Hospice 01924 331400 to discuss a referral. Information is also available on our Wakefield Hospice website - see End of Life Care Admiral Nurse.

Debby Veigas, Admiral Nurse, will be at the One Day Event for you to talk to.

INSIGHT INTO DEMENTIA

Dementia is the umbrella term for a range of progressive conditions which affect the brain. There are over 200 subtypes of dementia, but the five most common are Alzheimer's disease, vascular dementia, dementia with Lewy bodies, frontotemporal dementia and mixed dementia.

The brain is made up of nerve cells (neurones) which communicate with each other by sending messages. Dementia damages the nerve cells in the brain so messages can't be sent from and to the brain effectively, which prevents the body from functioning normally. Regardless of which type of dementia is diagnosed and what part of the brain is affected, each person will experience dementia in their own unique way.

Dementia can affect a person at any age but it is more commonly diagnosed in people over the age of 65 years. A person developing dementia before age 65 is said to have young onset dementia. There are over 850,000 people living with dementia in the UK and this is set to rise to over one million by 2025. In order to best support a person living with dementia and their family it is important to get an early diagnosis. Should you have any concerns about a family member or your own memory, please seek immediate advice from your GP.

For more information on dementia and getting the support you need, please visit:

www.dementiauk.org/understanding-dementia/advice-and-information/

Maureen Winfield, Dementia Ambassador, will be at the One Day event for you to talk to.



Congratulations to Leon, our Advanced Nurse Practitioner on completing a tandem parachute jump - raising £560 for the Alzheimer's Society.

2019 ODE Event programme

January: see box (right); April: Mental Health; July: Managing a healthy lifestyle; November: Sepsis. More details next time - subject to confirmation.

The next PPG Newsletter is due on 21st January 2019 and our next One Day Event, about Caring for you and Caring for others, will be on 31st January 2019. We shall have Age UK with us that day, plus another Carers Group which is as yet to be confirmed.

2018/19 Practice Training: surgery closed from 12 noon on Wednesdays, until 8.30am the following day on 14 November, 16 January 2019, 27 February 2019 and 20 March 2019.

Contacting the practice by phone - 01924 237100

Week Days



08:00 - 18:00 Call 01924 237100 All calls are answered as quickly as possible and our trained staff will ask the nature of your call to direct you to the most appropriate person. If you feel you need to be seen on the same day, a clinical member of staff will call you back.

17.00 - 18.00 Patients can be booked into GP Care Wakefield at Trinity Health Centre in Wakefield.

18.00 - 22:00 Call 01924 237100 and your call will be diverted to GP Care Wakefield.

22.00 Closed message asking patients to call 111

Weekends/Bank Holidays 09:00 - 15.00 Call 01924 237100 the phones are diverted to GP Care Wakefield

PRACTICE PHARMACIST

Middlestown has a pharmacist, Shahzad Yousaf, who is employed 2 half days each week. Shazad has sent the following about himself and his role at Middlestown.

'I am a Clinical Pharmacist working in General Practice, I have completed a four year Master's Degree in Pharmacy, completed a one year pre-registration programme and completed a registration exam. I have also completed the independent prescribing course and therefore I am a prescribing pharmacist. I have completed two years of Advanced Clinical Practitioner course and will be starting the third year, which is the Masters year, in Oct 2018. I have also completed a course in minor illnesses outside the Masters Advanced Clinical Practitioner course.

My role as a Clinical Pharmacist in General Practice involves carrying out face to face medication reviews, whereby my primary goal is to ensure that patients have a better understanding of the medication they are taking and ensure that what they are taking is clinically safe and appropriate. I also help support the GPs and nurses with any medication related queries and help the GPs reconcile and complete hospital discharge letters. I am also able to carry out Asthma, COPD, coronary heart disease, hypertension and atrial fibrillation reviews and diabetes reviews for patients who do not take any insulin. I am also able to see patients with minor illnesses such as chest infections, urinary tract infections, ear infections, minor skin infections, sore throat, knee pain, back pain etc. I am able to make a diagnosis and then prescribe treatment to manage that illness.'



Don't forget to book your flu jab

TIPS FOR HEALTHY EATING No.5

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.

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.

CUT DOWN ON SUGAR

Sugar in our diet

Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay. Sugary foods and drinks, including alcoholic drinks, are often high in energy (measured in kilojoules or calories), and if eaten too often, can contribute to weight gain. They can also cause tooth decay, especially if eaten between meals.

Many packaged foods and drinks contain surprisingly high amounts of free sugars. Free sugars are any sugars added to foods or drinks, or found naturally in honey, syrups and unsweetened fruit juices.

Cut down on:

- sugary fizzy drinks
- alcoholic drinks
- sugary breakfast cereals
- cakes
- biscuits
- pastries



These foods contain added sugars: this is the kind of sugar we should be cutting down on, rather than sugars that are found in things such as fruit and milk.

Food labels can help - use them to check how much sugar foods contain. These labels include information on energy in kilojoules (kJ) and kilocalories (kcal), usually referred to as calories. They also include information on fat, saturates (saturated fat), carbohydrate, sugars, protein and salt. More than 22.5g of total sugars per 100g means that the food is high in sugar, while 5g of total sugars or less per 100g means that the food is low in sugar.