

THE ELMS MEDICAL PRACTICE NEWSLETTER



MARCH 2017 EDITION

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every **Daffodil** counts

Marie Curie
Cancer Care

March is the 'Great Daffodil Appeal for Marie Curie. Every March millions of people show their support by giving a donation and wearing a daffodil. All money raised helps fund crucial hours of care. Marie Curie provide care and support for more than 50,000 people living with a terminal illness and their families in the UK each year.

If ever faced with a terminal illness, most of us would choose to die peacefully, in our own homes, surrounded by the people that mean the most to us. Marie Curie Nurses make this possible. There are nearly 2,200 Marie Curie Nurses working across the UK, caring for people with a terminal illness in their own homes. Last year they provided more than 1.2 million hours of nursing to 31,755 people, as well as providing support to their families at an incredibly difficult time.

The staff at the Elms are getting involved by having a 'Dress Down Day' to help raise money for Marie Curie on Thursday 16th March 2017.

NO SMOKING DAY WEDNESDAY 8TH MARCH 2017



The British Heart Foundation say that quitting smoking is the single best thing you can do for your heart health. If you are a smoker, stopping smoking is the most important step you can take to protect the health of your heart. Smokers are almost twice as likely to have a heart attack in comparison to people who have never smoked. Stopping smoking has huge benefits and it is never too late to give up.

WHY SHOULD YOU QUIT?

Stopping smoking is the best thing you can do for your heart health, and the good news is that the risk to your heart health decreases significantly soon after you stop. **By quitting you will be improving your own health dramatically reducing the risk of coronary heart disease, stroke and a variety of cancers.** You will feel better and it will also help you save money to be able to afford to do more things you enjoy.

BRITISH HEART FOUNDATION FACTS- HOW DOES SMOKING DAMAGE YOUR HEART?

- Smoking damages the lining of your arteries, leading to a build-up of fatty material which narrows the artery. This can cause angina, a heart attack or a stroke.
- The carbon monoxide in tobacco's smoke reduces the amount of oxygen in your blood. This means your heart has to pump harder to supply the body with the oxygen it needs.
- The nicotine in cigarettes stimulates your body to produce adrenaline, which makes your heart beat faster and raises your blood pressure, making your heart work harder.
- Your blood is more likely to clot, which increases your risk of having a heart attack or stroke.

ovarian
cancer **action**

Do you know the symptoms of ovarian cancer?

Don't ignore these symptoms. [ovarian.org.uk](http://www.ovarian.org.uk)

MARCH IS OVARIAN CANCER AWARENESS MONTH

Symptoms of ovarian cancer can be difficult to pinpoint and are often mistaken for symptoms of less serious conditions, such as Irritable Bowel Syndrome. Signs to look out for:

- Persistent stomach pain
- Persistent bloating
- Finding it difficult to eat or feeling full quickly
- Needing to wee more often

Other symptoms you may notice include:

- Back pain
- Changes in your bowel habits (diarrhoea or constipation)
- Feeling tired all the time

Ovarian cancer is a disease that can disrupt the normal function of the ovaries. If it is left unchecked it can affect other parts of the body too. For more information visit:

<http://www.ovarian.org.uk>

STAFF TRAINING DAYS

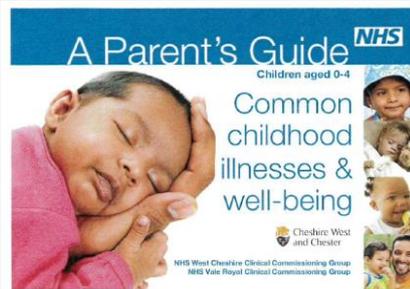
The next scheduled training days for the Practice are as follows:

Wednesday 29th March
Thursday 27th April
Tuesday 23rd May 2017

The surgery is closed on these afternoons from 12pm and will re-open at 5.00pm.

PATIENT DNA'S

In JANUARY there were 204 GP and Nurse Appointments that patients did not attend. BE CONSIDERATE! If you are unable to attend your appointment please contact the surgery as soon as possible so it can be given to another patient.



Every parent wants to know what to do if their child is unwell and how to recognise the signs

The first years of a child's life are crucial to their healthy development and will have a big influence on their well-being. As well as general well-being, the handbook will help you understand when is the right time to call NHS 111, visit your GP, chat to your health visitor or take a visit to your local pharmacy.

To download the app, search cheshire child health

or to view online www.cheshirewestandchester.gov.uk or www.westcheshireccg.nhs.uk



The MyWell-Being site has been designed to provide lots of information about health and wellbeing and guide you to where you can get extra help and support if you need it. It supports the work that is already being done by the School Nurses who provide the 5-19 Health and Wellbeing Service in your area.

This service provides a range of health services to children and young people such as immunisations, health screening, support in school or community settings, drop in services, and safeguarding. It also aims to empower you as a young person to make good choices about your health and well-being.

The site also posts topics that are relevant to your age and school year. You can search for topics and if there is something you can't find you can post a question and a member of the team will aim to get back to you as quickly as possible. For more information visit:

www.mywellbeing.org.uk

PATIENT PARTICIPATION GROUP MEETING MARCH 2017

**Our next PPG meeting is on:
Monday 13th March @ 4.00pm**

This will be an 'Annual General Meeting',

- Funds raised in 2016
- Fundraising 2017
- Re-election of PPG Chair
- Patient Survey Results 2016/17

This is an open invitation to all patients please let the reception team know if you would like to attend.

ELMS NURSE BLOG



The practice has been busy building a larger nursing team ably led by our senior Nurse Practitioner Louise.

Within the practice nursing team we are fortunate to have experience from district nursing, a registered midwife, a registered sick children's nurse and a psychology degree. Our latest addition is an Advanced Nurse Practitioner from accident and emergency and the practice is already benefitting from his emergency care experience. We now have 4 independent and supplementary nurse prescribers within the team.

We are now really settling in and enjoying the benefits of working in the fabulous Fountains building. We are able to mostly have our own spacious rooms, which relieves the pressure of room juggling for administration staff and enables us to keep equipment and literature in one place. Having specific clean and dirty utility rooms provides for safer practice. Procedures such as coil fittings, dressings and minor surgery are able to be performed in a more sterile environment. Having 4 practices in the same building is useful for meetings and once a month all the nurses meet to discuss best practice.

Our 2 Health Care Assistants are a great support with phlebotomy and are now providing a great service for patients with diabetes. They are able to do the initial diabetic checks so that the diabetic nurses are able to help patients have a more productive review and together plan the year ahead with all results available.

We still provide a nursing service at the Blacon clinic. The Elms nurses have always enjoyed looking after Blacon patients but are now noticing there is a bit of a dip in temperature from the Fountains building to the church hall where the clinic is currently based.

In August we started a triage service to try to help relieve pressure on appointments and provide a better service for patients. Mostly patients have been understanding about this new way of working and have found if needed they should see the most appropriate practitioner. Often telephone advice is all that is needed.