

THE ELMS MEDICAL PRACTICE NEWSLETTER



MAY 2018 EDITION

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PATIENT ONLINE ACCESS

Patient Access is a secure internet system that Allows patients to perform tasks online such as booking appointments and medication requests. Patients will also be able to view a summary of their medical records to include; a summary, allergies, current medications and immunisations. To do this you will need to sign up to our **ONLINE ACCESS** facility. You can access this through the following link: <https://patient.emisaccess.co.uk/>



Access to online patient records includes; coded information on medication, allergies, illnesses, immunisations and test results. If you have already registered with Patient Access to use our online booking appointment or prescription service you will not need to register again. Please note, if you register to use Patient Access without getting your details from the Practice, you will have **LIMITED ACCESS** to the available services. **You must visit the Practice to confirm your registration within 1 MONTH with PHOTOGRAPHIC ID and PROOF OF ADDRESS, otherwise your application will be rejected and you will have to re-register for the service. Please note we are unable to provide online access for patients under the age of 16.**



MAY - NATIONAL WALKING MONTH

Every May charity Living Streets celebrates National Walking Month. It is a month dedicated to encouraging people across the country to take to their feet and feel the benefits of walking. During this month it also includes the charity's 2 flagship events 'Walk to Work (11-15 May) and 'Walk to School Week (18-22 May).

Walking is good for your heart – your heart is responsible for pumping the oxygen and blood around your body and keeping all the other organs working. Walking not only strengthens your heart but reduces the risk of heart disease and strokes.

Walking helps you to lose weight – walking is a great exercise to gradually lose weight and keep it off, 20 minutes of walking a day can burn an incredible 7lbs of body fat a year.

You can lower your risk of dementia – an older person who walks 6 or more miles a week is less likely to have problems such as dementia. This is because walking has been proven to prevent your brain from shrinking.

Walking gives you energy – walking boosts your circulation and increases the oxygen supply around the body which in turn will keep you feeling alert and awake.

Walking makes you happy – just in the same way walking can help you feel energised it is also great for making you feel happy. A brisk walk can be very beneficial in helping if you are suffering from depression, anxiety or feeling stressed.

www.livingstreet.org.uk

consult www.elmsmedicalcentre.co.uk

EConsult is an online service accessed via our website and enables patients to access safe and efficient advice for their health conditions and consult with their GP from the convenience of their own home!

Get advice about specific conditions like back pain, coughs, mental health concerns & more

Get advice about general symptoms like tiredness, bleeding, pain or weakness

Request sick notes and other types of administrative help

How does the service work?



Complete a simple form about your problem or request



Your GPs decide on the best treatment for you



We call you (and in some instances email you) with advice, a prescription or an appointment

DO WE HAVE YOUR UP-TO-DATE CONTACT DETAILS?

Address, Landline / Mobile Number, & Email?

Did you know the Practice can contact you via **TEXT MESSAGE & EMAIL** through a secure service called **MJOG**? You just need to contact the surgery with your mobile number/email address and we can update your medical record accordingly. If you are waiting for results to come back instead of calling you we can contact you and let you know they are back by email or text message and we can let you know if the GP would like to book you an appointment or telephone call with them all via the MJOG service.



14th to 20th May 2018

This year the mental health awareness week is about stress and how we cope with it. Mind (Mental Health Charity) are focusing on helping employees and employers create a mentally healthy workplace where everyone feels valued and supported. They have a range of information, guidance and support on how you to achieve this. We all know how it feels to be stressed in our everyday lives. But when you are overwhelmed by stress it may lead to mental health problems or make existing problems worse.

WHAT IS STRESS?

When we say things like 'this is stressful' or 'I'm stressed' we could be talking about:

Situations or events that put pressure on us - for example, times where we have lots to do and think about, or don't have much control over what happens.

Our reaction to being placed under pressure - the feelings we get when we have demands placed on us that we find difficult to cope with.

Is stress a Mental Health Problem?

Stress isn't a psychiatric diagnosis, but it is closely linked to your mental health in two important ways:

Stress can cause mental health problems, and make existing problems worse - for example if you often struggle to manage feelings of stress, you might develop a mental health problem like anxiety or depression.

Mental health problems can cause stress. You might find coping with the day to day symptoms of your mental health problem, as well as potentially needing to manage medication, health care appointments or treatments, can become extra sources of stress.

For more information visit: www.mind.org.uk

STAFF TRAINING DAYS

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

Tuesday 22nd May 2018

Thursday 28th June 2018

Tuesday 24th July 2018

The surgery is closed on these afternoons from 12pm and will re-open at 5.00pm. This means the Practice is not open to drop off or collect prescriptions - you need to use the drop off box provided at the main entrance of the Fountains Building.

Make May Purple for STROKE

Stroke
association

www.stroke.org.uk

Helpline:
0303 3033 100

Make May Purple for stroke is the annual stroke awareness month which takes place every May organised by the Stroke Association. Friends families and communities are invited to show their support for people who have been affected by stroke. Help stroke survivors regain their independence by wearing purple and every penny raised will help the Stroke Association provide support for stroke survivors.

What is a Stroke?

A stroke is a brain attack. It happens when the blood supply to part of your brain is cut off.

What can I do to reduce my risk?

- STOP SMOKING
- STAY A HEALTHY WEIGHT
- EAT A HEALTHY DIET
- DO MORE EXERCISE
- DRINK LESS ALCOHOL

What are the symptoms?

It can happen to anyone, of any age, at any time. It is vital to know how to spot the warning signs of a stroke in yourself or someone else. Using the FAST test is the best way to do this.

- **FACE:** Can the person smile? Has their face fallen on one side?
- **ARMS:** Can the person raise both arms and keep them there?
- **SPEECH PROBLEMS:** Can the person speak clearly and understand what you say? Is their speech slurred?
- **TIME:** If you see any of these signs, it is time to call 999

Unfortunately there is no way of knowing if symptoms will pass or get better when they first start, so you need to seek immediate medical help. A stroke is a medical emergency. Always dial 999. The quicker the person arrives at a specialist stroke unit, the quicker they will receive appropriate treatment.



MISSED GP APPOINTMENTS

DID YOU KNOW THAT THERE ARE AROUND '12 MILLION' MISSED GP APPOINTMENTS EVERY YEAR?

MISSED APPOINTMENTS WASTE NHS RESOURCES AND CAN CAUSE SERIOUS DELAYS IN TREATMENT FOR OTHER PATIENTS.

IF YOU THINK YOU WILL BE UNABLE TO ATTEND YOUR APPOINTMENT THEN PLEASE LET US KNOW AS SOON AS POSSIBLE SO WE CAN OFFER IT TO SOMEONE ELSE.