

# MOSBOROUGH HEALTH CENTRE NEWSLETTER – Autumn/Winter 2019



## **Forthcoming Bank Holidays:**

**Wednesday 25<sup>th</sup> December 2019**

**Thursday 26<sup>th</sup> December 2019**

**Wednesday 1<sup>st</sup> January 2020**

We will be closed on the above dates. Please remember to order your prescriptions in plenty of time! For emergencies, please dial 999 during this time, for other non-emergency medical attention please dial 111.

## **Welcome**

We would like to welcome Dr Olivia Liddle to Mosborough Health Centre. Olivia is our new GP Registrar, she will be with us until November 2020. Dr Liddle will be working on a part time basis. She is a fully qualified Doctor who is undertaking the last bit of training until she qualifies as a GP.

## **Good luck and Bye**

We sadly say goodbye to Vivienne Higgins who is retiring after long service. Vivienne has worked at Mosborough Health Centre for almost 20 years, firstly as a receptionist and then she moved to the role of Medical Records Clerk. She will be missed by all of her friends and colleagues at Mosborough Health Centre.

Dr Alice Baldwin has now gone on maternity leave to have her second child. Mother and baby are both doing well. Dr Baldwin will be returning to us in July 2020 where she will continue her role as GP Registrar until she completes her training at the end of 2020.

## **From Registrar to Salaried GP**

We are pleased to announce that Dr Tom Brynes has now completed his training and has agreed to work as a Salaried GP here at Mosborough. We are delighted that he has decided to stay. Dr Brynes will be working here on a Wednesday and Friday.

## **New Permanent member of staff**

We are also pleased to have been able to offer Maya, our apprentice, a permanent role as a Medical Receptionist here at Mosborough. This has been due to Maya's hard work and commitment during her apprenticeship and we are very pleased that she has accepted the post.

## Mosborough Health Centre update

We are considering merging Mosborough Health Centre and Sothall Medical Centre into one practice. The aim of this merger would be to maintain both practices and to enable them to become stronger and more sustainable together. Our intention would be to manage the practice as one organisation as we believe this will improve health care services in the long term.

The practices have worked closely together over the years sharing management and clinical staff. We now feel that our patients would benefit from bringing the two practices together. This could mean that we are able to offer a wider range of services including minor operations and more specialised chronic disease care. It could also enable flexibility with offering extended opening hours to all patients.

There are no plans to close either of the practices and you will still be able to access care at the practice that you currently do, with the clinician of your choice.

If the two practices were to merge there will be no changes as to how you receive your care. The merger will allow patients to have increased access to both male and female GPs. It will offer patients the opportunity to access a wider range of experienced GPs with a greater differential of skill mix whilst providing appointments with advanced and nurse practitioners, advanced clinical practitioners, clinical pharmacists, physician associates across both practices.

Before we make any decisions though, we would like to know what you think about this and what impact it may have on you. You can tell us your thoughts by:

- Completing the survey online (website [www.mosboroughhealthcentre.co.uk](http://www.mosboroughhealthcentre.co.uk) / <https://sothall.net> )
- Visiting the surgery and completing a survey
- Sharing your thoughts via Social Media (Facebook / Twitter)

Please share your thoughts by 16<sup>th</sup> December 2019 so we can begin to consider the feedback received from all our patients. This will be collated, reviewed and considered and will be available on our website in due course.

## **Primary Care Networks – what are they?**

As part of the most recent GP contract, practices are encouraged to become part of a Primary Care Network (PCN). PCNs are groups of GP practices, usually covering between 30,000 and 50,000 patients between them, which will collaborate to deliver services in a more integrated way, while also allowing GPs to retain their own independent contractor status. This is part of the NHS Long Term Plan.

GP practices will hold the PCN contract and be the 'core members' of the network but may ultimately invite other organisations to join, in a bid to bring other local mental health, community and social services together. Extra funding has been allocated to PCNs and this will eventually pay for additional first contact clinicians across the practices. PCNs are to be seen as an umbrella and support for practices so they can work together on things they need to do together whilst maintaining their independence.

The British Medical Association (BMA) have been involved with the negotiations for PCNs and are very positive. The BMA stated that 'this level of commitment from NHS England has been very welcome – it won't solve all the problems but it's a much needed investment and a real commitment to support general practice'.

Mosborough Health Centre has joined a PCN with Sothall, Owlthorpe, Crystal Peaks, Birley and Hackenthorpe practices.

## **Extended Access**

The satellite hub service provides a range of NHS services on weekday evenings and weekends. There are six satellite hubs at Woodhouse, Crookes, Palgrave, Sloan's, Flowers and Burncross Practices.

The nearest hub to Mosborough Health Centre is on Skelton Lane at Woodhouse. The service offers:

- Urgent GP appointments.
- Practice Nurse appointments for removal of stitches, wound care and dressings (you must take your own dressings to the appointment), asthma reviews, diabetes reviews, smears, ear syringing, Depo and B12 injections (patients must take the injection to the appointment)
- HCA appointments for blood tests, blood pressure checks, ear syringing, diabetes bloods and foot checks.
- Physiotherapist for assessment of Musculoskeletal pain.

## **Booking an appointment**

Our receptionists are able to view available appointments at any of the hubs and book an appointment for you. If you need to contact 111 when the surgery is closed you may be offered an appointment at one of the hub if it is deemed appropriate.

## **Woodhouse Hub Opening times**

Monday - Friday 6pm to 10pm

Saturday & Sunday 10am to 2pm

### ***We are changing our Wednesday late evening appointments***

To offer a better mix of appointments for patients we are changing our Wednesday late evening appointments. The Woodhouse satellite hub service means that there are now GP and nurse appointments available locally 6.00pm-10.00pm weekdays and at weekends. We are therefore going to be offering early morning GP appointments 7.00-8.00am on Wednesday mornings along with health care assistant appointments including phlebotomy (blood tests). We know that some patients would like a telephone call but struggle to take a call during working hours. We will therefore be offering some bookable telephone appointments between 6.30pm and 7.45pm. Over all there will be slightly more appointments outside of usual 8.00am – 6.00pm than we currently offer.

### **Antimicrobial resistance or antibiotic resistance.**

In the days before antibiotics infectious diseases were responsible for 40% of all deaths. This has now fallen to 7%. However there is increasing concern about the rising levels of resistance to the antibiotics in common use. In almost half of urinary tract infections the bacteria causing them are resistant to the first line antibiotics. We now have incurable cases of TB and the sexually transmitted infection Gonorrhoea, with bacteria strains that are resistant to all of our antibiotics. We have not been making much headway with the development of new antibiotics; it is likely to be at least a decade until anything new comes on the market and the expectation is that any new antibiotics that are developed will all be for intravenous use.

There is increasing pressure on all of us to use antibiotics wisely and carefully. 80% of all prescriptions for antibiotics are generated by GPs and it is estimated that about one in four of these are unnecessary. Government guidelines are pushing us to ensure that the prescriptions we give for antibiotics are genuinely needed. They urge us to provide leaflets about self-care for common infections including the normal timescales for these infections which is often quite a few weeks longer than people expect. We should always use the shortest effective course but where possible send samples off, for example, of urine or of sputum first to guide treatment and confirm whether or not antibiotics are actually needed. There is a strong

correlation in that in regions with the highest prescribing of antibiotics they also have the highest incidence of antibiotic resistance.

Sheffield CCG monitors all practices prescribing of antibiotics. Here in Mosborough we are around the average. We are working hard to try to ensure that we are not adding to that one in four prescriptions that are unnecessary.

Current conservative estimates are that antibiotic resistance has been responsible for the deaths of 25,000 people within Europe per year. Obviously some people are more at risk than others; those undergoing chemotherapy, those who have a poor immune system or those who have had surgery, undergone a transplant or people who are diabetic.

This is a global problem but one that we all need to help to address. There is an interesting YouTube clip called 'Awareness of Antimicrobial Resistance' from 2016; it is only short but is quite informative. I would ask that we all remain mindful of the need to be careful with antibiotics, use the local pharmacies to get medications to help relieve the symptoms. By all means speak to us if you are concerned about your symptoms and wonder if an antibiotic might be indicated.

I am currently suffering from a heavy cold and sinus congestion and it reminds me once again just how awful and ill you feel with these common conditions!

Dr Jane Searle

## How to contact us

### Reception opening hours

Monday	8.30-6.00	
Tuesday	8.30-6.00	occasionally closed 1-2 - training
Wednesday	8.30-6.00	6.30-8.00pm by appointment only
Thursday	8.30-6.00	
Friday	8.30-6.00	

### Phone lines open at 8.00am (0114 251 2636)

Please note we do not take incoming calls between 12.00 and 2.00pm. During this time urgent calls will be diverted to the out of hours service.

### Telephone Surgery

We operate a telephone surgery every week day. Please call between 8.00am and 10.30am. The GP on duty will call you back for a consultation later that morning. If the GP thinks that you need to be seen, then an appropriate appointment will be made for you.

Usual telephone surgery rota is below (this may change during holiday periods). On some occasions, a GP Registrar will also be helping with the telephone surgery.

<b>Monday</b>	Dr Tom Holdsworth/Dr Olivia Liddle
<b>Tuesday</b>	Dr Jane Searle
<b>Wednesday</b>	Dr Tom Brynes
<b>Thursday</b>	Dr Sara Kellock/Dr Gregg Bingham (alternate weeks)
<b>Friday</b>	Dr Kerrys Clark

**If you have requested a call back, please ensure that you are available to take the call as the GP is working through a long list – sometimes up to 60 calls and will only be able to call you a couple of times.**