



Lander Medical Practice

NEWSLETTER

January/February/March

2018

WINTER PRESSURES

The surgery is operating close to capacity, so if a flu epidemic does occur it is important to deal with cases safely but with a minimum of disruption.

If you think you have flu - which typically causes fever and sweats, muscle aches, fatigue and often sore throat, headache and a light cough, please start by using home remedies or consulting your local pharmacist. You can explore the NHS Choices website for more information. The illness usually improves over 7-10 days.

If you are breathless or belong in a 'high risk' category for complications you should contact the surgery. These high risk groups are:

- Less than 5 yrs of age or older than 65
- Pregnant
- Nursing or residential care patients
- Those with chronic lung disorders including asthma and COPD (chronic bronchitis / emphysema)
- Diabetes
- Kidney Failure
- Long term heart problems
- Those taking medicines that suppress immunity such as steroids or chemotherapy drugs

Unfortunately there are no effective anti - influenza drugs available so appointments are mainly aimed at assessing how bad someone's breathing is.

Many thanks for your co-operation at this difficult time.

The Doctors

Did you know?

A public consultation has been launched to reduce prescriptions for some over the counter medicines. This could free around £136 million to

use on other services.

The NHS each year spends:

£4.5 million on dandruff shampoos - enough to fund a further 4,700 cataract operations or 1,200 hip replacements every year

£7.5 million on indigestion and heartburn - enough to fund nearly 300 community nurses

£5.5 million on mouth ulcers - enough to fund around 1,500 hip replacements

If patients were to self-care for these three conditions alone, it would save the NHS £17.5 million allowing funds to be diverted to other areas.

Consultation & guidance document is available at :

<https://www.engage.england.nhs.uk/consultation/over-the-counter-items-not-routinely-prescribed/>

National NHS Questionnaire

From January to the end of March, more than two million people registered with GP practices will be invited

to answer a postal questionnaire about their experiences. For the first time, 16 and 17 year olds will be included. The questionnaire has been redesigned to measure new ways of working such as online services and extended opening hours.

Some patients registered at our surgery will soon receive a questionnaire about their experiences of local health services. The survey covers issues that concern patients, such as access to care and satisfaction with treatment. If you receive a questionnaire, please fill it in and send it back as soon as you can. It is really important that we hear your views, even if you have received a questionnaire like this before. Your response will help us to improve the services we provide for patients. To find out more visit:

www.gp-patient.co.uk

Patient Participation Group News!

We have an email address:

kccg.lander-PPG@nhs.net

Do write to us with any comments and suggestions you may have.

Our aim is to develop a really positive and constructive relationship between patients, our Practice and the community it serves.

Maybe you would like to come and join us!

Members are welcome from all parts of the catchment including the more peripheral areas such as Threemilestone...

We are all volunteers and you would be made very welcome!

What have we done recently?

★ We have purchased a **Blood Pressure Machine** for the waiting room. You will find it beside our Reception on the Ground Floor. Simply follow the instructions and give it a go! You will get a small print out which you can then take into the GP with you.

★ On **Children In Need Day** you may have seen us in the long corridor outside Boots, We were serving coffee and cakes in return for a donation and we made a staggering £248.21 for the Charity.

A big thank you must go to the wonderful patients and staff who donated so generously and to the PPG members who baked the cakes and gave up their time to raise such a great sum.

A special mention must go to Lawrence Reed from Radio Cornwall who did his best to advertise our event on the day!

Our next event:

On **Monday March 19** we are planning to do **Coffee and Cakes** in the long corridor. This time it will be for **Sport Relief!**

Do come along, have a coffee and a cake and donate some money for such a great cause.



Want to challenge yourself? Take on our half marathon!

Raise money for our Cornish charity whilst achieving something amazing for yourself.

Sunday 18th March 2018

Register at

www.cornwallhospicecare.co.uk

New
for 2018!
**Run Falmouth
Kids Fun Run**
Visit the website
for more info

**Run
Falmouth**

Race Licence Number 2018 - 32214

Have you explored this new App?



This App, **NHSquicker**, shows up-to-date waiting times for local emergency departments and minor injuries units, based on the user's location.

It also shows live travel times to help people make informed decisions about where to go when they are in need of urgent treatment for a minor injury or illness.

You can also use NHSquicker to find information about less urgent NHS services, such as GPs, pharmacies, dentists and opticians.

NHSquicker is available for smartphones and tablets, on Apple and Android.

It can also be viewed in a web browser at www.nhsquicker.co.uk

(<https://www.kernowccg.nhs.uk> accessed Jan 2018)

Meet our Doctors!



**Dr Adam
Paynter**

I qualified in 1985 from Charing Cross Hospital in London and for seven years worked in hospitals in London and

Cornwall before

becoming a GP at Lander surgery. My special interests are Skin Disease and Minor Surgery and I also supervise the Warfarin clinic. Outside work my time is spent at home with my family. I have three children, the youngest is in the 6th form, the next is at University and the oldest has left home. Interests include walking and reading and sailing.

Truro Health Park

Tel: 01872 243700

Monday to Friday 8.00 -18.30

- There are early morning GP appointments on Tuesdays from 7.30am and
- Phlebotomy appointments from 7.30am on Tuesday, Wednesday, Thursday and Friday.

Threemilestone Surgery

Tel: 01872 243723

Monday to Friday 8.00 - 11.45

Monday & Wednesday afternoons 13.30 -
16.30

Friday afternoon 13.30-17.00



Is there anything that you would like to see covered in future Newsletters?

Do email us with your ideas : kccg.lander-PPG@nhs.net