



NewsWATCH

The Watlington & Chalgrove GP Practice Newsletter



Issue 008

Email us at: wat.chal@nhs.net

June 2013

PPG Members

Watlington

- Roger Beattie
- Josephine Carrington
- Jenny Tindale
- Doreen Hobbs
- Shirley Brown
- Beryl Parkinson
- Jacky Wagstaff
- Marian Davis

Chalgrove

- Neil Topping
- Evelyn Chakera
- David Lee
- Ann Reed
- Lesley McCourt
- Gill Walker
- Lynn Baker
- Peter Grout
- Helen Moss-Black
- Audrey Mainwaring

If you have any issue that you would like raised at a PPG Meeting, please contact any of the above or email us.

Special points of interest:

- What, when, where?!
- What's the risk?
- The good, the bad and III
- Fit for nothing?!
- Are you online repeating?!
- How much commission?

Contact Us
By Email

wat.chal@nhs.net

What's Really Going On?!

As the much publicised changes to the NHS start to take effect it is somewhat daunting to keep abreast of what is actually happening, especially if you believe some of the doom and gloom perpetuated by certain areas of the media.

Essentially, GP Practices are taking on greater levels of decision making and budget responsibility with the brief to involve patients in as many of those decisions as is practical.

That's one of the reasons we - your Patient Participation Group (PPG) - exists and why every GP practice in the country has to have their own PPG.

At our Group meeting in March Julia Stackhouse, the Communications Coordinator for the Oxfordshire Clinical Commissioning Group (OCCG) came along to talk to us about the changes to the Patient Group Structure within the new OCCG.

The talk was very informative and gave the group an insight into the proposed make up of commissioning, county council responsibilities, public health etc. and the structure on how the voice of the patients will be heard.

In summary, each Locality Group (we are part of the South East Oxfordshire locality) will be represented by up to two members from each practice PPG within each locality. There are 6 localities in total that feed into the OCCG.

The intention is that nominated members (usually two) of our Practice PPG

will meet regularly with representatives of all the other PPGs in South East Oxfordshire. The objectives of these meetings will include:

- taking issues raised by our PPG and bringing them to the attention of those responsible for policy making etc. with the aim of pinpointing wider concerns with regard to existing policies and procedures and identifying new or amended services that are needed.
- obtaining an overview of what is happening beyond the individual

Practice and feeding this information back to the various PPGs and then, through Newsletters like this, to the patients.

Thus, if patients have concerns with services, patient care etc., there will be a recognised method of

communication to initiate discussion and review of those concerns.

If there is sufficient support for any concern it will be taken to the OCCG board as a Locality or County wide matter.

It's certainly a challenge to get all these lines of communication up and running but there is a commitment at all levels to make it work.

What *is* certain is that we all have a responsibility to contribute our concerns - and positive experiences - about the quality of health care being experienced.

So please don't hesitate to contact us if you want us to take up any issue on your behalf.

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Goodbye

A fond farewell to Dr Hulatt who sadly left the Practice at the end of May. She and her family have moved to Devon and we would like to take this opportunity to wish them all the best for the future.

From June 1 Dr Hoy will replace Dr Hulatt as a full time employee of the practice and along with Dr McManus and Dr Neale will ensure the continued excellent service to patients at Chalgrove.

Dementia Awareness

Now here's a contentious issue to set you thinking! A new national directive is encouraging GP practices to identify patients at risk of developing dementia. This would then be noted on their medical records.

On the plus side, if the directive is adopted, GPs can offer the patient an assessment and refer them for more detailed diagnosis when dementia is suspected. In addition, support can also be offered in consideration of the health and wellbeing of carers for patients diagnosed with dementia. To qualify for the "at risk" category a patient would already have a specific medical condition which may or may not be related to dementia.

However Many GPs are concerned that if this risk is noted on a patient's records and the practice is subsequently approached by, for example, an employer or insurance company at some time in the future for a medical report on that patient, the dementia "at risk" classification could prove to be a problematic issue for the patient, even though at that point in time they were not actually suffering from any mental illness.

The thinking is that if GP Practices go down this route, assessments for dementia will only be offered following patient consent to an enquiry about their memory.

If you have any concerns about this development please email us.

Also, you can check out the medical article on dementia on the Practice website for more information of this condition.

111 - The Truth?

There has been a lot of bad press recently about the new 111 service. In some parts of the country it did not get off to a good start and there have been many complaints.

The reality in Oxfordshire is somewhat different and demonstrates how the new PPG structure discussed on Page 1 can work very effectively to reassure patients.

The data made available to our PPG at the last Locality Forum meeting shows that the 111 service in Oxfordshire is working extremely well.

From September 2012 to May 2013, 116,838 calls were received. 90% of these calls were answered within 60 seconds

and there have been only 22 complaints which represents less than 0.02%.

Unfortunately in other parts of the country the service has had problems which have hit the press and which have influenced everyone's view of 111.

Oxfordshire had a long lead-in period for this service and delayed the full

launch until all the necessary back-up services were in place and for this reason we have enjoyed a very successful introduction to the service.

The figures speak for themselves - see the website for more details.

**Don't believe all you
read in the papers!**

Fitness

We all know that exercise is good for us but too many of us would have to admit that we really don't get enough. Not all of us are keen to go jogging before work, cycle into Oxford, join an aerobics class or swim 50 lengths every day.

For some of us this would, for a variety of reasons, be way beyond our capabilities. But, as Dr Ding explained at the last PPG meeting, regular moderate exercise is important for a healthy lifestyle.

You don't need to be training to run a marathon in order to improve your fitness levels and reduce your risk of cardiovascular disease.

Check out the latest medical article on the Practice website www.watlington-surgeries.nhs.uk for useful advice on what you can do to help yourself stay fit this summer.

Many thanks to Dr Ding for another interesting talk.

Repeat Prescriptions

Did you know that if you are registered for online booking of appointments you can now request repeat prescriptions online too? Just log on to your record, tick the box next to the medication you require and the prescription will be at the Pharmacy in 3 working days.

Please remember it's **3 working days**; especially if it's a weekend or Bank Holiday - don't wait until you only have one tablet left and then put unreasonable demands on the practice and pharmacy!

.....and on a related note, if you are using your online access to make an appointment for a child, please include this information in the box provided so that the appropriate patient records are available to the Doctor when the child attends the appointment.

Commissioning

Commissioning is what GPs will be doing more and more as the new NHS structure gathers pace. It means that GPs will procure or commission services that their patients need.

It is obviously a big issue and one that is still developing.

Patients will no doubt have many questions about the effect this will have on services.

The Practice intends to hold a public meeting early next year to outline the changes and answer questions.

Look out for further information towards the end of this year.