



### Staff Changes

Dr Trina Dennis has returned from maternity leave and is now working 2 days a week on a Tuesday and Friday



*Dr Rose donated her retirement cheque's of £300 each to Dave Gudgeon Chairman of St Georges Dementia Support Group and Jean Griffith of the Hempnall Trust these were gratefully received by both*



Book Sales continue to go well but more clean books are needed . A donation will be made to St Georges Dementia Support Group, Stoke Holy Cross. Thank you for your support

# HEARTBEAT

Edition 23

December 2017



*The Patient Participation Group would like to wish all Patients and Staff a very Happy Christmas and a Peaceful New Year*

Old Mill Surgery Poringland

01508 492929



Millgates Surgery Hempnall

01508 499333

### Patient Participation Group Members

Ray Hollands

Chairman

Jeanette Armstrong

Secretary

Elaine Bounds

Minute Secretary

Grace Cheese

Treasurer

PPG Contact: [oldmillppg@gmail.com](mailto:oldmillppg@gmail.com)

Next Meeting of the PPG + AGM

Wednesday 6<sup>th</sup> December 7.15 pm at Millgates Surgery Hempnall



All Patients of the Practice are welcome to attend



## Flu Clinic's

Flu Clinics – the flu clinics were well attended this year and ran very smoothly thanks to the assistance of PPG members. So far 1110 vaccines have been given plus a number of nasal flu's. The practice still has a few vaccines left and those patients who are in the at risk categories should make an appointment quickly before they run out.



## Carers

The practice issued forms for completion in the flu clinics, unfortunately not many people completed them. We think the main problem is that patients do not consider themselves to be 'carers' they feel that looking after a loved one who has a long term illness is a natural obligation which they are happy to undertake. However, for example, anyone living with and therefore looking after someone who has had a stroke is considered to be a carer. Even if a patient does not live with the person but regularly checks and assists with daily living is also classed as a carer. Once we have been informed that a patient is a carer we mark their records to ensure that we offer them appropriate health care. We would offer flu vaccination, health checks, back up information etc. The aim is to keep the carer as well as possible so that they can continue to care for the person with the long term illness and therefore ensure that he/she remains at home for as long as they might wish to do so. If you think you might be a carer please mention this to your GP or one of the reception team.

## STROKES INFORMATION EVENING

Held on Wednesday 25th October 2017 at Poringland Community Centre

Another well attended meeting with around 64 attendees, mainly patients but some people from the surrounding villages were also given a warm welcome by our PPG members.

Dr Maleki opened the evening by discussing strokes from the point of view of the practice, what signs and symptoms to look for and the importance of acting fast if a stroke is suspected. He informed us that although the percentage of patients in the practice who had suffered a stroke was small the effect upon the patient and family members and close friends could be devastating. The work the practice does in guiding patients in preventing strokes is substantial. Jane Shemilt, Sister on Dunston Acute Stroke Unit and Pamela McCarthy, Deputy Sister Strokes Alert Nurse at the NNUH talked to us about the signs and symptoms of stroke, the work they do within the hospital and, again, they impressed upon us the importance of acting fast should we ever suspect stroke. We should not just look for all of the symptoms mentioned in the FAST advertisement; just one could indicate that we are having a stroke.

John Potter, Professor of Ageing and Stroke Medicine gave a lively presentation describing the two different forms of stroke and the treatments available. He informed us that although preventative measures are vital there are some genetic traits which, as yet, we cannot avoid. However, it is still important to be aware.

There was time allocated at the end for questions which the panel willingly responded to.

All in all, another great, enjoyable and enlightening evening.

Many thanks to Christina Martin Community Champion at Tesco Harford Bridge for providing & Serving the refreshments.

Thank you to Aldis Farm Shop, Groundhog, Budgens supermarket and everyone who donated prizes for the raffle which made £123 and will be used to fund future Health Information Evenings.

And to all of the PPG members who prepared this and worked so hard during the evening.