

Park Practice, 9 Broadwater Way,
Eastbourne, East Sussex, BN22 9PQ
Tel: 01323 502200
Email: admin.parkpractice@nhs.net
Website: www.parkpractice.co.uk



NEWSLETTER SUMMER 2023

Update from Dr Martin Writer

During the early part of the year we wondered if it would ever stop raining. However for last week or so many of us have wished for it to be a bit cooler and have some rain!

It is very important especially during the hot weather that we are careful, making sure we use sun protection and hats, as well as drinking plenty of non-alcoholic drinks and not going out in the very hottest part of the day, if you can avoid it. If you have older or vulnerable friends or relatives, try and keep an extra eye on them and make sure they are ok.

If you have hayfever or other allergies, our community pharmacies can help you out with these which will save you time.

Please click on the below link:

<https://www.nhs.uk/conditions/hay-fever/>

Test Results

The results of most tests performed at Park Practice, take approximately 2-5 working days to come back to us, although some results *can take longer*.



Please leave at least 7 days before contacting us for the result.

It is important that you contact us for your test results, **after 2.15 pm**.

If you are waiting for a test result which has been arranged by the **hospital**, please contact the relevant department there, who will be able to advise you accordingly and **not** Park Practice.

No Excuse for Abuse!

Park Practice operates a zero tolerance policy to any abuse or bad behaviour towards its staff, doctors or other patients. This could be physical, verbal or online abuse.



If you are found to be in breach of this policy, we have the right to remove patients from our Practice list and notify the police.

Please treat our staff with the same respect you would expect to receive.

Requesting Medication Earlier than Planned

If you are putting in a repeat prescription earlier than planned, for example if you are going on holiday, please put the reason for this early request on your repeat prescription slip, or in the note section on the NHS app.

The Prescription Team will then realise why the early medication has been requested, and proceed with the request.

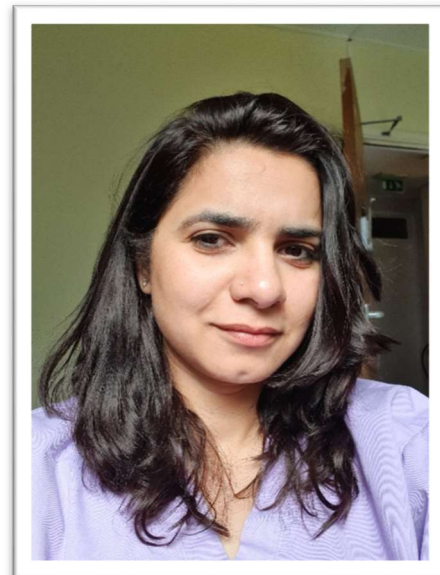
Staff News

Dr Kirti Mahajan started working at Park Practice in February 2022, to originally cover Dr Harvey's sabbatical for six months.

She has continued to work two days a week since then and we are pleased to announce in March 2023, she become a salaried GP with us. New patients to the practice can now be registered with her.

In her spare time, Kirti enjoys being by the water, acrylic painting and is a keen amateur gardener. She also enjoys travelling and trying different cuisines.

Her usual working days at Park Practice will be Mondays and Tuesdays.



We also welcome Victor, our second First Contact MSK Practitioner.

Victor is a musculoskeletal physiotherapist, who graduated from Obafemi Awolowo University. In his spare time, he enjoys dancing and singing.

Victor will be working at Park Practice every Thursday.

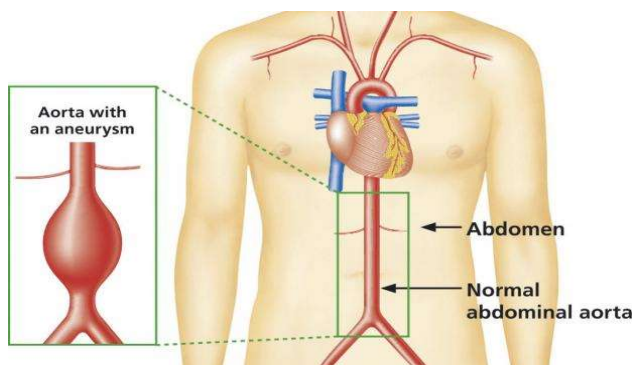
The Abdominal Aortic Aneurysm Screening Programme

Screening for an abdominal aortic aneurysm (AAA) is being offered to men during the year they turn 65 years of age, as they are most at risk of getting an AAA (the risk of getting an AAA is smaller if you are a woman, and in men under the age of 65).

It involves a painless 10 minute ultrasound scan of the abdomen, with the results given at the end.

The aorta is the main blood vessel that supplies blood to your body. It runs from your heart, down through your chest and abdomen. In some people, as they get older, the wall of the aorta in the abdomen becomes weak and starts to form an aneurysm.

Large aneurysms can be serious and burst (rupture) which can lead to death. Research has shown that by offering these scans, can reduce the rate of premature death by half.



Visit www.nhs.uk/aaa or click on the below link:
[Abdominal aortic aneurysm screening - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Do you have a young adult approaching 16 years of age?

Once a patient reaches 16 years of age, we are unable to speak to their parents, regarding their medical issues.



It will be necessary for the patient to complete a Third Party Consent form which can be found on our website, or can be picked up from our reception desk. The patient will need to return the form to us with identification. The nominated person/s can then speak to us, on their behalf.

Results on Patients Know Best App

It appears that the Patients Know Best app shows blood results and letters for patients before they have been viewed by clinicians at Park Practice. Please can patients allow our clinical staff the time to follow their usual process of viewing results and patients phoning in for them. Our clinical staff monitor trends alongside medical conditions and although results might be showing as out of range on the app, this might actually be okay for a patient - it may only just be outside of what is considered the normal range or the doctor might ask for a further test to see what is happening a little further down the line in case it was a temporary issue that has resolved. Please rest assured that patients who need contact from a clinician regarding a result, will either be telephoned by the doctor or the result will be marked for the patient to book a routine follow up with the clinician that ordered the test.

Continuity of Care

It is important that you have a follow-up appointment with the same health professional, whom you initially saw, if it is regarding the same problem. This means the clinician will already know your history well and continuity of care leads to better outcomes.

Please be aware when making a follow-up appointment, you may have to wait longer to see the same clinician, but this is to ensure we offer you the best possible treatment and care.

The Use of Antibiotics



Recently we have noticed one or two extra calls requesting antibiotics to have just in case when

someone has just developed a sore throat or in an otherwise healthy person with a cough.

It is understandable that people are calling for these, as over the last 2-3 years we have done things very differently particular prescribing antibiotics often doing this over the phone without seeing people.

During the last winter when Group A Throat infection was more common, the Government lowered the threshold for prescribing and we were doing this when we would not normally do so.

Antibiotics are very powerful drugs and if we use them they may well stop working when we really need them. They also have side effects such as diarrhoea and thrush, so unless we feel you would benefit from them we will not prescribe them for you, as most sore throats and coughs will get better on their own.

Alzheimer's Month - September 2023

The aim of this month is to raise awareness and challenge stigma surrounding Alzheimer's and dementia.

Dementia is a degenerative brain condition which affects over 50 million internationally.

Some early signs and symptoms of dementia include:-

- Memory loss.
- Difficulty concentrating, planning or organising.
- Problems with language and communication.
- Getting lost in familiar places.
- Misunderstanding what is being seen.
- Being confused about time or place.
- Mood changes or difficulty controlling emotions.
- Aggressive behaviour.

Please contact the surgery to make an appointment if you would like to discuss your concerns/symptoms with a clinician.

If you would like more information, please click on the link below:



[Alzheimer's Society \(alzheimers.org.uk\)](http://Alzheimer's Society (alzheimers.org.uk))
or the website is:
www.alzheimers.org.uk

Monthly Figures

Thank you to all of the patients who have used the appointment reminder link to cancel their appointment. This enables us to offer appointments to other patients, who need to be seen.

If you pre-book an appointment but then phone up for a sooner appointment for the same condition, please remember to cancel the pre-booked one.

The number of patients attending for appointments at Park Practice were:-

- ❖ April 2023 - 2,884 patients
- ❖ May 2023 - 3,928 patients
- ❖ June 2023 - 4,135 patients

The number of patients who cancelled their appointments at Park Practice were:-

- ❖ April 2023 - 169 patients
- ❖ May 2023 - 219 patients
- ❖ June 2023 - 202 patients

Do you want to walk/jog/run 5 km on a Saturday morning at 9 am?



If the answer is YES, then doing Eastbourne Park Run is a great way to meet new friends and to keep fit at the same time.

It is a *free, fun and friendly* weekly 5 km (3.11 miles) event. Walk, jog, run, volunteer or spectate – it's up to you!

Park Runs are held all over the country and our local one is at Shinewater Park, near Bannatynes, every Saturday at 9 am.

Other nearby Park Runs are in Seaford and Hastings.

It is completely free but you do need to register initially in order to obtain a barcode. Each time you do a park run (at any location), take your barcode, which is scanned when you finish, and your time is recorded.

For more information, their website is below:

www.parkrun.org.uk/eastbourne

Medication Used For Fear of Flying

Please refer to the Park Practice website for MORE information regarding this. This can be found under the Prescription Tab.

The guide on our website, outlines the issues surrounding its use with regards to flying and why the surgery no longer prescribes such medications for this purpose. Diazepam in the UK is a Class C/Schedule IV controlled drug.

People often come to us requesting the doctor or nurse to prescribe diazepam for fear of flying or assist with sleep during flights. Diazepam is a sedative, which means it makes you sleepy and more relaxed. There are a number of very good reasons why prescribing this drug is not recommended.

Flight anxiety does not come under the remit of General Medical Services as defined in the GP contract and so we are not obliged to prescribe for this. Patients who still wish to take benzodiazepines for flight anxiety are advised to consult with a private GP.

For further information:

<https://thefearofflying.com/programs/fly-and-be-calm/>

<https://www.fearlessflyer.easyjet.com/>

<https://www.britishairways.com/en-gb/information/travel-assistance/flying-with-confidence>

<https://www.flyingwithoutfear.com/>

And Lastly...Some Barbecue Safety Tips

If you are planning a barbecue this summer, remember to:-



- **Never** leave the barbecue unattended.
- **Ensure** the barbecue is on a flat site, well away from a shed, trees or shrubs.
- **Keep** children, garden games and pets well away from the cooking area.
- **Keep** a bucket of water or sand nearby for emergencies.
- **Ensure** the barbecue is cool before attempting to move it.

It is important to cook food thoroughly to avoid food poisoning. Food poisoning is usually mild but sometimes it can be severe, so it is important to take the risks seriously.

When you are cooking any meat on a barbecue, make sure:-

- The coals are glowing red with a powdery grey surface before you start cooking, as this means they are hot enough.
- Frozen meat is properly thawed before you cook it.
- You turn the meat regularly and move it around the barbecue to cook it evenly.