VALE MEDICAL GROUP NEWSLETTER -SEPTEMBER 2023



## VALE MEDICAL GROUP



Long Clawson Medical Practice: Tel: 01664 822214 Email - Icmp.admin@nhs.net Stackyard Surgery: Tel - 01476 870900 Email - Ilricb-Ilr.stackyard.admin@nhs.net

### Welcome to the Practice

We have some new members of staff joining our practice including two new GPs, Dr N Gadhia who has joined the practice in September and Dr E Dibb who will be joining the practice in December.

We also welcomed a new Clinical Pharmacist to the team Jay Joshi as well as a new Dispenser Emily Stubbs.

We have also had a new reception team member join us, Heidi who will be working mainly at Long Clawson.

We have had Dr Twomey leave the practice at the start of September, everyone at the practice wishes him well for the future.



# Sepsis Awareness Month - September 2023

Sepsis is a life-threatening condition that arises when the body's response to an infection injures its own tissues and organs.

It occurs when the body's immune system – which normally helps to protect us and fight infection – goes into overdrive. It can lead to shock, multiple organ failure and sometimes death, especially if not recognised early and treated promptly.

Sepsis is indiscriminate: while it primarily affects very young children and older adults and is also more common in people with underlying health conditions, it can sometimes be triggered in those who are otherwise fit and healthy.

Sepsis always starts with an infection and can be triggered by any infection including chest infections and UTIs.

There are lots of resources out there to help with understanding sepsis and what signs to look out for these include:

- Slurred speech or confusion
- Extreme shivering or muscle pain
- Passing no urine (in a day)
- Severe breathlessness
- It feels like you're going to die
- Skin mottled or discoloured

For more information and awareness resources you can visit:

https://www.nhs.uk/conditions/sepsis/

## Flu and Covid Vaccinations

We are offering Flu Vaccinations and COVID boosters to those who are eligible this autumn.

Please keep a look out for a text or a letter inviting you to book your vaccination with us.

If you are unsure if you are eligible or not for a vaccination, please call our reception teams at either Long Clawson or Stackyard Surgery where our team will be on hand to check eligibility and availability for you.



#### Patient Participation Group

Vale Medical Group has an established Patient Participation Group with the aim of fostering patient participation in health care, improving communication between staff and patients and allowing patients to have a say in the future direction of local health provision.

The group operates within a nationally proposed frame of reference, but largely it's up to members how it works. Meetings are generally held at Long Clawson. Members can commit as much or as little time as they like and contribute in whatever way they feel comfortable. The group are always keen to attract new members from both of our surgeries. If you would like more information please email PPG directly at vmgpatients@gmail.com

#### <u>Dates for your Diary –</u> <u>September</u>

The next PPG Meeting will be held at Long Clawson Medical Practice on Wednesday 18<sup>th</sup> October 2023.

The next PLT will be Thursday 28<sup>th</sup> September 2023, both Long Clawson and Stackyard Surgery will be closed from 1pm on this date. Long Clawson Pharmacy will remain open.



#### **Practice Nurse**

Each month we will take a look at different roles within the practice this month we are looking at the Practice Nurse role and what they can do to help you.

Practice Nurses can help with a variety of conditions and health problems be it sudden acute health issues or with long term health conditions such diabetes, hypertension, and asthma. Our practice nurses also vaccination clinics, travel clinics as well take blood for further investigations, take ECGs and provide wound care for patients.

Our Practice Nurses are also able to authorise fit notes for those who require it.

#### Don't be a DNA!

A DNA is someone who **did not attend** their Doctor/Nurse appointment and did not tell us beforehand. The clinic was ready, the Doctor and Nurses were waiting, but the patient did not attend.

Last month in August there were 70 DNA's at the Long Clawson Medical Practice and 32 DNA's at the Stackyard Surgery, totaling up to 102 appointments which patients did not attend.

If you are unable to attend your appointment, please let us know as soon as you can so we can arrange for someone else to take your slot.



Free monthly peer support group for those living with Fibromyalgia or Chronic Fatigue Symptoms.

Next meeting 18<sup>th</sup> September at 11.30am at the Harboro Hotel Melton Mowbray.

For more information contact Becky 07557 527774

