

# Herne Hill Group Practice

Autumn 2018



Welcome to our Autumn 2018 newsletter, bringing you information and the latest news on Herne Hill Group Practice.

## Patients Participation Group (PPG)

The PPG was formed in September 2016 and consists of a steering group of around 10 patients whose aim is to ensure that the concerns and views of the patients are heard by the practice. The steering group of the PPG is always very keen to hear from patients from those who are interested in becoming a member. If you would like to meet the current members and understand more about what the PPG does, our next steering group meeting is on the **9<sup>th</sup> October**. We are also currently looking to fill the position of a **chairperson**, so please contact the surgery if you are interested in this role and would like to find out more.

**Advance Care Planning**  
**Tuesday 18 September**  
**6-8pm at the practice**

The PPG has invited Verena Hewat from Compassion in Dying to run a session and raise awareness in this area. The aim is to help you to start the thinking process, know what is available and to have more control over the care that you or your family member want and need.

## Welcome Dr Nick Knight

It's a real pleasure to join the Herne Hill Group Practice team as one of their General Practitioners. I have special interests in child and adolescent health and sports and exercise medicine. I look forward to meeting you all, 15 minutes at a time!

Dr Knight joins recent new members to the clinical team Dr Katija Ali, Dr Grant Su and our Pharmacist Kirsty.



## Practice Pharmacist

Hi everyone! My name is Kirsty and I am currently the pharmacist based at Herne Hill Group Practice – although I haven't met all of you, I am almost certain I'll have prescribed something for you at some point!

My role here involves anything and everything to do with medicine – from acute medication requests, repeat prescription reviews, ensuring treatment alterations are updated after a stay in hospital, assessing blood results for drug monitoring, liaising with local chemists' right through to patient education and general medicine advice.

As I am able to prescribe independently, I can also manage the care for people with self-limiting illnesses and those with long term conditions.

Ultimately my aim is to ensure that every patients medical treatment is optimised and effective, that patients know why they are taking their medicines, and that they are happy with the medications they are taking, thereby ensuring better health outcomes for all.

I have both face-to-face and telephone appointments available every day so if you have any concerns, queries or issues with anything to do with your medication, then please book with me so we can sort things out as promptly as possible.

Lastly, you may be asked by the team to attend for a medication review. This is not supposed to be an inconvenience but is something we have to do on an annual basis to ensure we are being accountable, and looking after you properly.

Sometimes this is able to take place on the telephone and is very quick, other times it involves completing a physical assessment and needs a face-to-face discussion.

We will do our best to accommodate your needs whilst ensuring that we are prescribing both safely and effectively.



WiFi is here!  
Login at the practice

From time to time we may wish to contact you by email or phone.



Please speak to our reception team to ensure we have up to date details for you.

## What is flu?

Isn't it just a heavy cold? How will I know I've got flu?

Flu occurs every year, usually in the winter, which is why it is sometimes called seasonal flu. It is a very infectious disease that can come on very quickly. The most common symptoms of flu are fever, chills, headache, pains in your joints and muscles and extreme tiredness. Healthy people usually recover within 2 – 7 days, but some people can develop serious complications and need to be admitted to hospital quickly.

Colds are much less serious and usually start slowly with a stuffy or runny nose and a sore throat. A bad bout of flu can be much worse than a heavy cold.

## How do we prevent the spread of flu?

Flu is unpredictable and there can be different strains of the virus. However, over the last ten years the flu vaccine has generally been very good at targeting the circulating strains. This is available every year on the NHS to help protect adults and children who are most at risk of flu and its complications.

## Am I at increased risk from the effects of flu?

Flu can affect anyone but if you have a long-term health condition flu can make it worse, even if the condition is well managed and you normally feel well.

### Flu Vaccinations

We recommend that you have a flu jab (for free) or a flu nasal spray (if aged 2 to 17) if you are:

- aged 65 or over,
- pregnant,
- aged 2, 3 or 4 ([by nasal spray](#)),

- over six months of age and have one of the following conditions:
  - chronic respiratory disease, such as chronic obstructive pulmonary disease (COPD), chronic bronchitis and cystic fibrosis. Also people with severe asthma who need to continuously or repeatedly use their inhaler, take steroid medication, or who have been admitted to hospital because of their asthma
  - chronic heart disease, including heart failure, congenital heart disease, and heart disease caused by high blood pressure
  - chronic kidney disease, such as kidney failure and people who have had a kidney transplant,
  - chronic liver disease, such as cirrhosis and chronic hepatitis,
  - chronic neurological disease, such as stroke, Parkinson's disease, cerebral palsy, motor neurone disease or multiple sclerosis,
  - diabetes
  - a suppressed immune system, due to disease or treatment. This includes people who have a damaged or no spleen, those people with HIV, people having chemotherapy or other immunosuppressant treatment, and those on high doses of steroid medication.
- very overweight with a [BMI over 40](#).
- living in a long-stay residential care home or other long-stay care facility (not including prisons, young offender institutions or university halls of residence),
- receive carer's allowance or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill,
- a frontline health or social care worker (**this should be provided by your employer**).

For more information please see the [Department of Health Website](#).

## Flu Clinic

Every autumn, around September, we start our flu clinics. We aim to vaccinate as many of those at risk, as indicated above. We have pre booked appointments available during the week or weekend walk in clinics

You do not need to book the walk in clinics and the dates of these clinics are :

**Saturday 6<sup>th</sup> October 2018 10am to 12pm**

**Saturday 13<sup>th</sup> October 2018 10am to 12pm**

**Saturday 20<sup>th</sup> October 2018 10am to 12pm**

## Bowel Screening

Bowel cancer is a common type of cancer in both men and women. About 1 in 20 people will get it during their lifetime.

Screening can help detect bowel cancer at an early stage, when it's easier to treat. It can also be used to help check for and remove small growths in the bowel called [polyps](#), which can turn into cancer over time.

NHS bowel cancer screening is only offered to people aged 55 or over, as this is when you're more likely to get bowel cancer:

- if you're 60 to 74, you'll automatically be invited to do a home testing kit every 2 years
- if you're 75 or over, you can ask for a [home testing kit](#) every 2 years by calling the free bowel cancer screening helpline on 0800 707 60 60

If you're too young for screening but are worried about a family history of bowel cancer, speak to your GP for advice.

If there is anything you would like to see featured in our next newsletter, please get in touch with us using the details below

Herne Hill Group Practice, 74 Herne Hill, London, SE24 9QP

W: [www.hernehillgp.nhs.uk](http://www.hernehillgp.nhs.uk) | E: [lamccg.hernehillgp@nhs.net](mailto:lamccg.hernehillgp@nhs.net) | T: 020 7274 3314