

Minster Health Newsletter

Spring 2006

Drs. M Jones, J Moroney, P Bolter, M Ashley & F Forsythe

Staff Update:

A fond farewell and a cheerful greeting

We bid a fond farewell to our present registrar, Dr Suma Bhaskar, she finishes her attachment to our practice at the end of January; we will miss her and wish her all the best in her next hospital post.



In the coming six months we will have two new GP registrars with us, as normal Drs Ashley and Jones will be their educational supervisors. Dr Helen Feaster has completed several hospital posts, the latest being in paediatrics, hopefully some variety with a few bigger patients will be a nice change for her! Dr Claire Ward has completed all other training posts so we will be her last appointment before she steps out into the big wide world, of general practice

We feel involvement in the further training of junior doctors is important in developing a cohort of high quality GPs in the York area (approx 30% of the doctors in York and Selby have been trained at Monkgate!). In addition we feel the help they give us during their attachment enables us to provide an even higher standard of medical care. Thank you to those who in the past have agreed to our registrars' videoing consultations, as this is one of the major teaching tools we use in the practice.

Sister Pearson, who was working as the lead member of our district nurses has decided to leave to become a 'community matron', so perhaps we will get her back at some stage, her position has been taken over by Sr. Janet Wright: Janet not only looks after this practice but also a neighboring one, so the team is quite a bit bigger than previously.

Di Ruston is undergoing training to become a nurse practitioner as well as our practice manager! She will be running daily clinics and

seeing 'all comers': to start with the 'duty doctor' will cover her.

Although not a 'staff' increase Dr Bolter is pleased to announce a 'family' increase: baby Jasmine was born in December; we are pleased to report mother and baby are both well. Her two older sisters are a big help!

Another successful flu campaign!



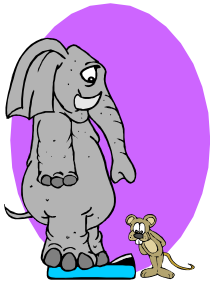
Yet again our practice nurses approached the Christmas holidays exhausted from their efforts in vaccinating at risk patients against influenza. We are pleased to see that over 75% of patients at risk have been vaccinated, each year this number gets higher as people realise the benefits of protection, and that vaccination is not as unpleasant as they thought! Vaccine is manufactured and delivered to all practices early in October each year, once stocks run out it is virtually impossible to get any more so it is important to book early.

Most patients who would benefit from the flu jab should also have Pneumovax; this vaccine protects against a specific form of life-threatening pneumonia and meningitis and is available throughout the year. If you are not sure if you have had the Pneumovax injection (it is usually a one-off injection as compared to the flu jab which is given annually) please ask reception staff to check your records and make an appointment with the practice nurse if necessary.

Below is a list of risk factors, which suggest you would benefit from protection by vaccination:

- Aged over 65
- Diabetic
- Asthma or bronchitis
- Heart disease
- Renal failure
- Weakened immune system

New Years Resolutions



Soon we will be donning walking shoes or swimming costumes and attempting to work off the results of too little exercise and too much food, let alone the alcohol consumption! At this time of year many of us make commitments to do something positive next year, the half-hearted amongst us don't tell too many people just in case they don't succeed!

Instead of making life hard for yourself why not do it the easy way, make a small commitment you will stick to rather than aiming to become an Olympic athlete and quitting after a week when your six-pack hasn't materialised?

Even better why not get someone else to do some of the work for you! If you smoke we can refer you to the smoking cessation service, just ask at reception. The smoking cessation advisers provide plenty of advice and support, and on their recommendation we can prescribe various medications that really help (and are FREE!). Give it a go.....you know it makes sense.

Parking problems:

We all know only too well that the parking here is very restricted, indeed our staff have to undertake advanced parking lessons!

We ask that patients do not drive into the surgery, since so much damage is done to the parked cars at our end, where cars tend to turn round.

There is ample parking space in the Lord Mayors car park at the rear

We hope that there will be an ample supply of parking for patients at the new surgery in Heworth: we are glad to report that the site has now been de-contaminated and that construction work is in the preliminary stages.

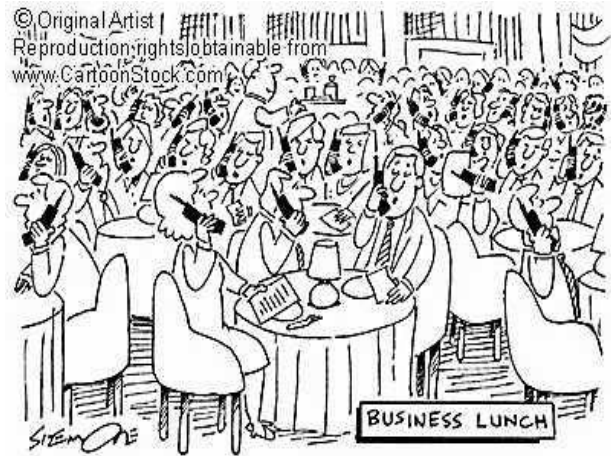
Hull and York Medial School (HYMS)

Drs Jones and Moroney already teach medical students on campus in York; however, we are please to say that students will be coming into the

practice in the autumn of 2006. HYMS is a community based medical school, with a large proportion of the course not being taught in lecture theatres but at the 'coal face', with real live patients. This method has been shown to produce doctors who are better communicators, and we anticipate that you will assist us in their education!

Telephone appointments

The service that we provide of the duty doctor ringing patients back, who have a query that may not need a face to face appointment is proving very popular indeed: anything up to 50 telephone appointments are used on a daily basis. The sheer volume of demand has had 2 consequences for us. Firstly, since it takes a significant amount of time to make these telephone calls; we ask that people requesting advice make sure they are available to take the call – for reasons of confidentiality we are unable to leave messages, and phoning numbers back several times is a waste of time as well as being irritating. Secondly, our telephone bill has more than doubled since introducing this service; we thus ask you access a landline number if possible, as this is much cheaper than ringing mobile phones!



Feedback forms

A big thank you to all of you who have taken the time to fill out the feedback forms that we have been handing out for the past few months. The results of this survey are studied in depth, and changes to the service are made as a consequence of your comments. We aim to publish the full results when they are fully analysed.

Comments on this newsletter to Di Ruston, Practice Manager, please