

# Elsdon Avenue Surgery Newsletter

Issue 8 - October 2017

## *Welcome to our Newsletter!*

We have been encouraged by our Patient Participation Group to produce a newsletter to let our patients and visitors know more about what is happening in the surgery. We know there are often so many changes – and perhaps a newsletter might help to share what is going on.

## Defibrillator

We are delighted to tell you that on 2<sup>nd</sup> October we took delivery of a defibrillator for the practice! Our Practice Participation Group led a very



successful fundraising campaign, which got off to a great start when we secured a donation of £240 from the Lakeland Co-op. Patients have made donations – for which we are so thankful. Many, many people have contributed books and chocolate for our tombola.

Local businesses and patients' employers have donated raffle prizes. The staff team put together a great collection of cakes which many of you came along to buy!

We have been so encouraged by such a supportive response. Remember:

**When someone has a cardiac arrest, every minute without CPR and defibrillation reduces their chances of survival by 7-10%**

- If a defibrillator is used and effective CPR is performed within 3-5 minutes of cardiac arrest, survival chances increase from 6% to 74%
- Without immediate treatment, 90-95% of cardiac arrest victims will die

We are continuing to sell books – the stall has been very popular! The regular trickle of funds will help us with the ongoing costs of replacing batteries and pads for the defibrillator, as they arise.

## Had your flu jab?

Lots of people qualify for a free flu jab on the NHS. If you are over 65, or if you have a long term condition such as diabetes, heart disease, stroke, COPD, asthma requiring regular inhalers, or if your immune system is compromised by chemotherapy, then you qualify. If you are a Carer, are pregnant, or have a learning disability then so do you. Please book an appointment for a flu jab with one of our healthcare assistants - Nicola or Fern.

**Children** who are 2 or 3 years old can have a Fluenz nasal spray. Those who are 4 or over will get theirs at school so we don't get issued with enough stock to cover any children of other ages. The spray needs to be given by a nurse, not a healthcare assistant.



Some people may also qualify for shingles (aged 70-74 or aged 78-79) or pneumonia vaccinations too. Check at reception if you're not sure.

## Do it Online



Did you know you can register to make or cancel appointments online? You can also request your repeat prescriptions or view your medical record and test results. Just ask a receptionist to register you with a username and password and we will set it up.

## Have you met our Staff Nurse, Elaine?



In the summer, both Nurse Practitioner Margarite and Healthcare Assistant Nicola reduced their weekly working hours. We wanted to recruit a new nurse who could help to fill the gap. Elaine has worked with the practice from time to time on the district nursing team, doing home visits to the housebound patients. She enjoyed her time with us so much we are delighted to say that in June she joined the practice permanently as a practice nurse.

Since then, she has done a lot of training! She has spent time with Margarite, and attended training courses to learn about immunisation programmes and qualifying to perform smear tests for ladies.

Elaine is working Monday – Wednesday and can now carry out most nursing tasks. If you need to see a nurse, do check at reception whether Elaine can see you. Most people don't need to wait for an appointment with Margarite.

## Patient Participation Group -

**We are looking for new members!**

If you are willing to join us face to face, our meetings are held at 6pm every couple of months, usually on a Monday evening. We hope this makes the meetings accessible to as wide a range of people as possible. The group are a useful sounding board for ideas and also make suggestions and constructive criticism to the practice team! If you are interested in coming along, either email the practice manager [liz.brittlebank@nhs.net](mailto:liz.brittlebank@nhs.net) or give your name and number to one of the reception team. We would be pleased to welcome you.

