

News from Bottisham Medical Practice Patients' Group

Red Bucket Appeal: At the PG AGM we heard from Dr Keith that with new IT software now on the Practice System and the appointment of a Health Care Assistant this has made the eventual, expensive, purchase of The Pod unnecessary. Instead the doctors would like us to buy smaller items of equipment such as a special light for looking at skin disorders, another 24 hour blood pressure monitor and a Dopler machine to monitor blood flow, especially for use on the feet of diabetic patients so that early treatment can be started.

Practice Matters: Dr Keith told us that under the NHS 5 year plan £500 million is being allocated to GP failing practices and developing staff resources. The Primary Care Network which starts on 1 July requires practices to federate with others to cover 30 – 50 thousand patients to provide staffing such as paramedics, social prescribers and pharmacists. Bottisham will still care for their own patients here. The other practices with us are East Barnwell, Nuffield Road, York Street and Arbury. Bottisham is a training practice. From 1 July there will be extra appointment times on Mondays and Tuesdays with pre bookable appointments from 7am and over the lunch time period 12 – 3pm. These appointments will only be pre-bookable and on line. The surgery phone line will not open earlier.

The entrance doors will be automated shortly.

A new fence has been installed in the car park, drivers please take care.

The over large new notice boards installed by the Deaf Service, who are leasing the old dental surgery, are causing some complaints. This Service needs to seek planning permission

There is extra funding for the Joint Emergency Response Team (JET) who can be called upon by the doctors. JET is a paramedic home visiting team and they have access to other services like physio for patients who may have an injury after a fall.

Asthma: Asthma affects about 5 million people in the UK. Asthma triggers cause airways to swell and so get narrower, while the lining of the airways becomes inflamed and produces more sputum, which makes the airways even narrower. This makes it harder to get air in and out of the lungs. Symptoms include wheeze, breathlessness, a tight chest, a cough and trouble sleeping due to shortness of breath/cough/wheeze.

There are many triggers for asthma including colds and flu, animals/pets, pollen, dust mites, cigarette smoke and moulds/fungi.

There are many types of asthma, often classified as seasonal asthma, childhood asthma/adult onset asthma, occupational asthma and difficult to control asthma. It is important that your asthma is well managed and controlled so that you can breathe comfortably and you should take your preventative inhaler as prescribed (every day) and have your reliever with you at all times.

Asthma UK has some really helpful short videos about living with asthma, covering topics such as exercise, travel, studying/exams.

<http://www.asthma.org.uk/advice/living-with-asthma/>

Asthma UK also has some excellent short videos you can watch to check your inhaler technique is as good as it can be – to ensure the optimal amount of medication get into your lungs. There is a video for each type of inhaler.

<http://www.asthma.org.uk/advice/inhaler-videos/>

Asthma can be very serious and so it is important to pay attention to the early warning signs of an attack see below:-

The early warning signs of an asthma attack – and how to stop it coming on

Book an urgent appointment with your GP or asthma nurse if you are experiencing one or more of these signs:

Your symptoms are coming back (wheeze, tightness in your chest, feeling breathless, cough).

You're waking up at night because of your asthma.

Your symptoms are getting in the way of your day-to-day routine (e.g. work, family life, exercising).

You need to use your reliever inhaler (usually blue) because of your asthma symptoms three times a week or more.

If you recognise any of these signs, they are telling you an asthma attack could be on its way. This is your chance to stop it coming on. Book an urgent appointment with your GP or asthma nurse or visit your local walk-in centre. They can help you to stop an asthma attack before it happens, or make it less serious so you don't end up in hospital.

Walks for Health: The next walks with our accredited walk leader Steve Gilson start at 11.00 am from the surgery car park on 7 and 19 June, 5 and 24 July 2019. Do join Steve for a walk he would be delighted to see you. Walks from Anglesey Abbey continue on Thursdays at 10am from the reception area.

Next Meeting: Next meeting will be Thursday 25 July 2019 at 6.30pm at the surgery.

Bottisham Patients' Group