

LONGSHORE SURGERIES

www.longshoresurgeries.co.uk



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Surgery News Issue 8, Summer 2015

Longshore Surgeries Patient Participation Group Summer Report 2015

Last month we welcomed Frances Peebles as a new member to the group and said goodbye to Pat Padfield who has stepped down. Many thanks to Pat for her support.

The Practice now has a district nurse, Kevin Hines, who is settling in well and our new GP, Dr. Alex Critchley commenced full-time in August but is currently on paternity leave.

The Group has been concentrating mostly on the current Shape of the System Consultation and in particular the proposed closure of Southwold Hospital. This is a matter of considerable concern in the community. The out of hospital service is also a cause for concern as Kessingland seems to be lacking a complete service. Some members have attended the public meeting at Southwold and taken their comments back to the surgery. We have had a very informative meeting with Rebecca Driver of HealthEast, who are leading the consultation, and also Peter Aldous our MP. Mr. Aldous is proving very supportive and taking up the cudgels with HealthEast on our behalf. The aim is to ensure that Kessingland and other members of the Longshore Practice are provided with a full and adequate health service within the new system. The provision of a full time Community Case Matron for Longshore is also of major importance and would greatly alleviate the workload of the GPs. A report has been sent to HealthEast outlining our concerns.

'Flu clinics are starting in September – no letters are being sent to patients but information is included in this newsletter and is available at the surgery and local outlets as well as being included with prescriptions. If you are unable to attend the clinics you are able to get your 'flu jab at the surgery. Patient Group Representatives will be at the clinics to talk to you.

A PPG sub-group has been formed with special interest in mental health issues. A meeting has been arranged with John Brierley to update us on plans within the Mental Health Service.

Stella Goodall, Chair

What is palliative care?

Palliative care is the term used to describe the care that is given when cure is not possible. The word comes from the Latin 'palliatu' (covered or hidden with a cloak) and is used to mean 'relieving without curing'. Palliative care is a proactive approach involving a multi-professional team. As well as controlling pain and other distressing symptoms, it applies a holistic approach to meeting the physical, practical, functional, social, emotional and spiritual needs of patients and carers facing progressive illness and bereavement.

Although historically associated with the later stages of cancer, it is now established that palliative care should also be a routine part of care for those living with and dying from a wide variety of non-malignant conditions. It can be provided at any stage following diagnosis of a lifelimiting illness or condition and should be used as appropriate alongside active disease management from an early stage in the disease process. At Longshore Surgeries we follow the guidance of the **Gold Standards Framework**.

The aim of this is to develop a practice-based system to improve the organisation and quality of care of patients thought to be entering the last few months of life.



We hold monthly meetings at the Kessingland Surgery; attended by a MDT (multidisciplinary team) made up of doctors, nurses, occupational therapists, community matron and other staff involved in the care of patients with incurable illnesses. The principle of these meetings is to co-ordinate the care of patients who have complex needs - the input from all those attending is taken into consideration to ensure the best package of care for patients and their families.

This approach has now been adopted throughout the country, having been set up by Dr Keri Thomas, a GP with a special interest in palliative care. "Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual." Palliative care offers a support system to help patients live as actively as possible until death as well as providing support to help the family cope during the patients' illness and in their own bereavement. It will enhance the quality of life and may positively influence the course of illness.

I hope this article has helped to 'demystify' end of life care and encourages open discussion with family and friends about what their wishes might be when they enter this phase of their life; in the words of Francis Bacon, "It is as natural to die as to be born".

So, let's not pretend it's not going to happen; instead, embrace what is important to us as individuals and be proactive about stating what we would want at the latter part of our lives.

Dr Scott

WEIGHT LOSS SURGERY (WLS)

There has been a great deal in the media about Weight Loss Surgery (WLS) being an easy cure for obesity. Believe me, it is neither easy nor is it a cure; but it is the start of your new life.

Before being considered for WLS, there are many stages that have to be gone through to ensure that the patient is prepared for such life changing surgery, this includes appointments with doctors, dieticians, health & well-being trainers, psychologists or even psychiatrists; only then do you truly begin your WLS journey.

The surgeon will tell the patient how much weight they have to lose and keep off before they are considered, once this is done – and it can take up to a year - a prospective date for surgery is given.

Finally, you've lost the weight and are judged suitable for surgery – you are given "The Diet", this varies depending on the type of surgery that the patient is having. It can range from having to live on milk for 12 weeks to a totally fat free diet of about 500 calories a day for 2 weeks (it felt like a very long 2 weeks).

Gastric Sleeve, in this procedure two thirds of the stomach is removed during surgery leaving a sleeve, once this has been done it cannot be reversed. Your stomach has to re-learn the process of digesting and absorbing food as the area that used to do this task has been removed, there are fewer problems with deficiency after this operation.

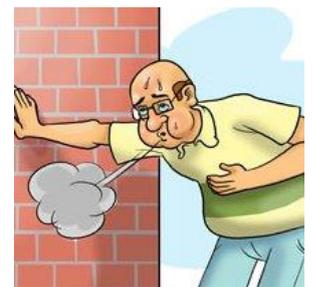
Is WLS a cure for obesity? No, as it is still possible to eat all the wrong things but in smaller amounts throughout the day. It is a valuable tool to assist those who genuinely want and need to lose weight – yes it is, but it is only a tool as you control what and how much you eat.

The nearest NHS hospital performing this type of surgery is the Luton & Dunstable - it would be great for those who live in the East if WLS was available more locally.



Breathlessness – Time to take a breather

Breathlessness is a common presenting complaint and it is surprisingly difficult to manage. The symptom of being breathless has different meanings to different people and can vary widely in its presentation, its severity and impact upon their lives. It may be associated with other symptoms like cough, wheeze and sputum. Additional features like unexplained sweats, weight loss and coughing up blood are often deemed as being more serious and should be assessed by your GP as soon as possible.



There are numerous causes which need to be considered when someone presents with breathlessness. They may not even originate from the lungs. It could be a feature seen in anxiety, hysteria, anaemia, metabolic conditions, extreme pain, poor levels of fitness, being overweight, hiatus hernia, nerve or muscle weakness to the chest muscles to mention just a few. Each cause presents its own unique diagnostic and management challenges. Heart related issues can also present with breathing difficulties. They could be from a myocardial infarction (heart attack), angina, heart failure, the rate and rhythm with which the heart beats (often loosely termed palpitations) and abnormal heart valves being some of the more common causes.

Diseases of the lungs make up the bulk of breathing difficulties. We all know about asthma which can start from a young age and is often misdiagnosed as recurrent childhood chest infections. The main symptoms are cough, wheeze and breathlessness and may be aggravated by common coughs and colds, exercise, allergies and poor air quality. Different types of inhalers and management tools can be used to treat it. Asthma is often trivialised as a minor complaint and not taken seriously but around 2000 people die from asthma complications a year in the UK.

Chronic Obstructive Pulmonary Disease or COPD is another common respiratory disease and is often smoking related in the developed world. It has some similar features to asthma and thus also requires similar inhalers and techniques to manage it. Smoking cessation is of paramount importance as it helps prevent further damage to the lungs and reduces risk of complications like infections and cancer.

Other conditions of the lungs include chest trauma, pneumothorax, pulmonary embolus, fibrosis, asbestos related disease, chest shape deformity, cancers and drugs to mention just a few. Now that you have had a chance to read the above and can perhaps start to appreciate the huge challenge breathlessness type problems present to health care workers, it's time to take a breather!

Dr Ho

LONGSHORE SURGERIES Flu Vaccination Clinics 2015

The Practice would like to inform patients that we shall NOT be sending out individual vaccination invites. If you fall within the criteria listed below, you will be eligible to have the flu vaccination:

Aged 65 or over (or 65 as of 31.03.2016), pregnant, on chronic disease register for heart, kidney, liver, stroke or diabetes, have a chronic respiratory disease, dysfunction of the spleen, immunosuppressed or undergoing chemotherapy treatment, carer in receipt of carers allowance or main carer of elderly/disabled person.

Children aged 2,3 and 4 years old and under 18 years at risk, will be contacted separately to have the nasal vaccination in Surgery.

Clinic details for Kessingland Patients:

Venue: Kessingland Community Centre, Francis Road NR33 7PU

Wednesday 23rd September 2015

Surname:

A—B 2—3 pm
C—E 3—4 pm
F—I 4—5 pm

Wednesday 7th October 2015

Surname:

J—N 2—3pm
O—S 3—4 pm
T—Z 4—5 pm

Clinic details for Wrentham Patients:

Venue: Wrentham Village Hall
London Road, Wrentham NR34 7HJ

Clinic details for Wangford patients:

Venue: Wangford Community Centre,
Millfields, Wangford NR34 8RG

Wednesday 30th September 2015

Surname:

A—L 3—4 pm
M—Z 4—5 pm

Wednesday 14th October 2015

Surname:

A—L 3—4 pm
M—Z 4—5 pm

No more excuses!

Finding your two-yearly 'poo test' (the bowel screening test) somewhat tricky? Get yourself a Toilet Fish. This simple cardboard widget creates a flat surface in the loo making catching those samples a cinch. They can be obtained for £2.65 including postage and packing for a pack of 3. Contact: Toiletfish.co.uk or write to:

Toilet Fish, Clachan Kinloch, by Collessie, Fife, Scotland, KY15 7UT. Cheques should be made out to Ellen McCaer (family company).

Julie - Phlebotomist

I moved to Kessingland when I was 5 (so consider myself almost a local!).

I joined the Practice some 26 years ago initially as a Receptionist. I then went on to train as a Phlebotomist and have been doing this job for the past 21 years. I have also been a Health Care Assistant at the Practice for the last 10 years.

During my time at the Practice I have seen many changes, one of the main ones being the transition from having the old fashioned diary to going computerised.

Living and working in the village I have got to know many of our patients and have watched them grow up and go on to have their own children.

I have three lovely boys which keep me busy as well as two dogs which I enjoy walking daily.

Your Patient Participation Group representatives are:

Stella Goodall, Chair; Jill Walker; Jerry de Mierre; Anne Burden; Frances Peebles; Christie Stewart; Dawn Boughton; Alison Hickford (Wrentham); Catherine Kestle (Wrentham); Pam Calver (Wrentham); Umi Hashim (Wangford); Joy Scriven (Wangford)

**DOCTOR'S SURGERIES
From September 2015**

		Monday	Tuesday	Wednesday	Thursday	Friday
Dr Johnston	A.M	Wangford	Kessingland	Wangford	Kessingland	OFF
	P.M	Kessingland	Kessingland	Kessingland	Wangford	OFF
Dr Coleman	A.M	Kessingland	OFF	Kessingland	Kessingland	Wrentham
	P.M	Kessingland	OFF	Wrentham	Kessingland	Kessingland
Dr Ho	A.M	Kessingland	Wrentham	Kessingland	OFF	Kessingland
	P.M	Wrentham	Kessingland	Kessingland	OFF	Kessingland
Dr Scott	A.M	Kessingland	Kessingland	OFF	Wangford	Kessingland
	P.M	Kessingland	Wangford	OFF	Kessingland	OFF

LONGSHORE SURGERY DOCTORS

Dr Jane Scott (f)
MBBS MRCGP
Qualified University of London

Dr David Johnston (m)
BSc (Hons) MB ChB MRCGP DHSc
Qualified Dundee University

Dr Robert A Coleman (m)
Mb ChB MSc MRCGP DFFP
Qualified Manchester University

Dr Peter Ho (m)
MBBS MRCP MRCGP
Qualified Cambridge University

GP TRAINING SCHEME

This practice is involved in training fully qualified doctors who wish to gain further experience in General Practice. These doctors work with us as Registrars, usually for 6 months or 12 months. These doctors are fully qualified and have experience of working in hospital medicine. They are gaining experience to make the transition to General Practice. Video recording of consultations will be taken on occasions for educational purposes. No recording will be taken without the written consent of the patient. No recordings will be taken of intimate physical examinations.

Currently we have two Registrars:- Dr Yenuskha Ilangakoon (F)

Dr Alex Lie-Critchley (M)



USEFUL TELEPHONE NUMBERS

James Paget University Hospital Foundation Trust	01493 452452
Norfolk and Norwich University NHS Foundation Trust	01603 286286
Lowestoft Hospital (no A&E)	01502 587311
Southwold Hospital (no A&E)	01502 723333
Beccles Hospital (Minor Injuries Unit)	01502 719800
Norfolk and Waveney Mental Health Partnership NHS Trust	01603 421421
Walk-in-Centre - 5 Greyfriars Way Gt.Yarmouth (8am – 8pm daily)	01493 335340
Kessingland Pharmacy	01502 740251
Haydens High St. Pharmacy (late night service) Mon-Fri 8-10.30 Sat. 8-10 Sun 8.30-10	01502 580002