

# SPRING NEWSLETTER

Ramsey Health Centre

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MAY 2012

## RAMSEY HEALTH CENTRE PATIENT GROUPS

### PATIENT PARTICIPATION GROUP (PPG)

Hello,

I would like to introduce myself to you all; I am the new Chair of the Patient Partnership Group here at the Ramsey Health Centre. The group is currently made up of 13 willing volunteers from the area, all of whom are patients of RHC and all of whom are committed to represent your views to the Health Professionals and Administrative staff at the Practice.

To date the PPG has been actively involved in

- Support at "Flu Vaccine days"
- Helping with patient surveys
- Contributing to the Practice newsletter
- Facilitating a message book on the retirement of Professor Haslam
- Help within the practice for National health days
- Continuing discussions regarding the appointments system, wasted medications, unattended appointments and the Practice website

We are always looking for new ways to help the Practice help us all, for instance we are currently looking into whether the PPG could assist the Practice with a promotion event during National Carers week in June. If you have any ideas that you would like to put forward or would like to know more about the PPG feel free to contact me or the PPG Practice coordinator.

To conclude I would like to publicly thank Carole Broom the outgoing chair for her work and commitment to the group; she leaves me with a hard act to follow.

Gordon Greaves  
Chair RHC PPG

*The PPG meet regularly to discuss healthcare issues and gain feedback from our patients. The PPG engages in activities which benefit and enhance the work of the Practice, and acts as a useful sounding board for change.*

*The PPG is a way in which you as a patient can take an active interest in your own healthcare.*

*Interested?*

*Why not come and join us?*

*Please leave your details with a member of staff call us on 01487 812611 or email*

*Ramsey.health-centre@nhs.net*



### PATIENT REPRESENTATIVE GROUP (PRG)

If you are unable to commit to the more formal PPG but would like to be involved in how your Practice develops then perhaps joining our PRG would suit you better? We contact PRG members by email to gain their views and opinions on our service delivery. To register please call us on 01487 812611 or email: Ramsey.health-centre@nhs.net

## DISPENSARY

### THANK YOU

Since the commencement of our '*medication waste campaign*' we have seen a reduction in the amount of returned medication. Thank you for continuing to only order the medication you require and helping to reduce waste within the NHS.

All uncollected medication is returned to stock, two weeks after ordering. If medication is still required please re-order allowing **two** working days.

#### Prepayment Certificates—Save Money

Prescription charges rose again on 1 April to £7.65 per item. Prepayment charges remained the same:

3 months	£29.10	
12 months	£104.00	(this can be paid monthly)



If you have two or more items a month a prepayment will save you money.

Please ask at Dispensary for details

## SPINNING INFANT SCHOOL

Ramsey Health Centre would like to thank the children of Spinning Infant School for the wonderful pictures they have kindly drawn for us. A huge thank you to Zoe, Wiktoria, Maddie, Joshua, Abigail and Kacey.

The pictures are on display in our waiting room for our patients to enjoy.



## NHS HEALTH CHECKS

### Aged 40 to 74? If Yes .....

The NHS is offering free health checks for patients who have not had a health check in the past 5 years and have not been diagnosed with the following conditions:



- |                             |                       |
|-----------------------------|-----------------------|
| Diabetes                    | Hypertension          |
| Chronic Kidney Disease      | Chronic Heart Disease |
| Familiar Hyperlipidaemia    | Atrial Fibrillation   |
| Peripheral Arterial Disease |                       |
- or had a Stroke/TIA or Heart Failure

The health checks include:      Blood pressure, BMI, Physical Activity  
Cholesterol, Diabetes risk

**If you would like a Health Check**

**Please book an appointment at Reception**



## SUMMER HOLIDAYS

Many of us travel abroad every year, the majority of trips pass without incident however we should never be complacent about the risks involved with overseas travel. There is no such thing as risk free travel. Before you book your trip abroad you should be aware of the potential health risks at your destination. To be safe and secure and prepared in case things go wrong it is important to take a few simple precautions.

The best way to ensure you are fully prepared for your trip is to contact the surgery to arrange an appointment with the Practice Nurse for up to date and expert advice. It is advisable to do this at least 6 weeks before you travel, allowing adequate time to arrange vaccination courses and medication if these are required. However it is never too late to seek advice.

The nurse team here at Ramsey Health Centre have 20 years experience in travel health, they can advise from a 1 week package holiday to a year long back-packing trek. We offer an initial telephone consultation; a risk assessment is carried out, and if vaccinations or medication are advisable/required the nurse will arrange an appointment with you to attend the surgery. In addition to normal day time appointments the nurse team offer late appointments for travel on a Tuesday evening.

If you have a medical condition it is advisable to discuss the suitability of the trip before you book. If you take regular medication make sure you have enough for your trip, this might include contraceptive pills, inhalers etc. Take a first aid kit.

Be aware that certain medicines are not permitted in some countries, an up to date list can be found on the Foreign and Commonwealth Office website (<http://www.fco.gov.uk/en/travel-and-living-abroad/>).

You may need a European Health Insurance Card – you can apply on line at [www.dh.gov.uk](http://www.dh.gov.uk), by telephone on 0845 6062030 or via the Post Office. A dental check is advisable, especially if you are planning a long holiday or back packing. Get the right insurance for your destination and to cover any activities you are planning to take part in. Research your destination, stay healthy and enjoy your holiday.

Sister Lynne Burrows  
Nurse Team Leader



### **SUN AWARENESS!**

Take care  
11am—3pm

Remember in the sun:  
NEVER BURN

Cover up with a shirt &  
hat—find shade

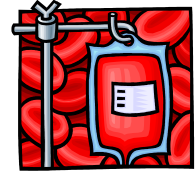
Protect Children

Use 15+ Sunscreen

### **WARNING**

Sunburn can double  
your risk of skin cancer





## Your life blood

Your ABO blood type is inherited just like the colour of your hair. There are 4 ABO blood types A, B, AB and O but the frequency of these varies around the world. The distribution of the ABO groups in England is about 45% A, 43% O, 9% B, and 3% AB, though this will vary slightly in different parts of the country. The distribution, however, differs significantly around the world, with higher levels of B in Asia (and parts of Europe such as Poland & Lithuania) and more O in Africa and in native Americans and Australians.

Our circulatory system is there to move substances around the body to enable it to function. Our blood contains

- Red cells which contain haemoglobin, a molecule with iron at its heart to carry oxygen collected from the lungs around the body
- White cells which circulate around the body to detect and destroy invading bacteria directly or to make long lasting antibodies
- Platelets, small cells which assist in helping us to stop bleeding by “plugging the hole”
- Liquid plasma part which among other things contains a battery of proteins that cause the blood to clot when we are injured. These proteins work together with our platelets.

In UK there are 3 Blood services, English, Scottish and Welsh (Ireland has its own too) which collect blood from healthy volunteers to provide a bank of blood to those patients that need it following accidents, during surgery or to keep them alive when they have certain health conditions such as cancer, renal or liver failure and many more.

The English blood service has a network of mobile blood collection teams that travel around – in this area there are teams based in Huntingdon and Cambridge. The Huntingdon team regularly has sessions in Ramsey (Community Centre) and Warboys (Parish Centre).

About 470ml of blood is taken at donation into a special sterile collection pack which has a solution to stop the blood from clotting (anticoagulant). All the blood collected goes back to a central place to be processed that night or the next morning. Each donation makes one adult red cell dose. A small proportion of donations are processed to separate the platelets and plasma in addition to the red cells. There is also a program to collect platelets directly from donors – this needs specialised equipment. Donors have to meet additional criteria to be part of this donor panel. The nearest centre for this is at the Cambridge Blood Centre at Addenbrooke's Hospital.

*New donors are always welcome.*

*If you would to find out more you can visit [www.blood.co.uk](http://www.blood.co.uk) or phone 0300 123 23 23.*

A first time donor needs to be between 17 and 65 years old. You need to weigh at least 50kg (7st 12lb) and if female and under 20 then an extra check is required if you weigh less than 65kg (10st 3lb) or are under 5ft 6ins. Every donor has a confidential interview with one of the Nurses or attendants to check firstly that donating would not harm the donor and secondly to find about if there are any health problems, foreign travel, medications, recent ear piercing or tattoos that could potentially lead to harm for the patient receiving any part of the blood donated. Following a successful health interview a small sample of blood is taken from a finger prick to check that you are not anaemic before you donate.

The Blood Service do not want donors to have a wasted journey - the 10 top reasons why your blood might not be taken at session are: **Feeling unwell** - Chesty cough/cold or an active cold sore, **Dental work** - Any visit to a dentist, any procedure or seen a hygienist in the past 7 days? **Infection** - Within the past 2 weeks? **Antibiotics** - Taking a course or completed a course in the past 7 days? **Travel** - Travelled outside the UK (including business) within the past 6 months? **Cardiovascular** - Have you got or had any heart conditions? **On hospital waiting list** - Or currently undergoing medical tests? **Piercings/tattoos** - Any new piercings or tattoos in the past 4 months?

*The shelf life for the plasma products is 2 years but for red cells this is reduced to 35 days and for platelets it is just 7 days. It is vital that the NHS continues to collect blood – if all donors stopped donating tomorrow then stocks of red cells would last about 5 days and platelets approximately 2-3 days.*