

BILLINGHAY MEDICAL PRACTICE

Patient

Participation

Group

"Representing patients and putting
them at the heart of all we do"



PLEASE USE THE GEL DISPENSER TO CLEAN YOUR HANDS
BEFORE USING THE SCREEN TO SIGN IN.
HAND CLEANLINESS SAVES LIVES

Cervical Screening Programme

The aim of the NHS Cervical Screening Programme is to reduce both the number of women who develop cervical cancer and the number who die from it. Since the screening programme was introduced in the 1980s, the number of cervical cancer cases has **decreased** by about **7% each year**.

All women who are registered with a GP are invited for cervical screening as follows:

- aged 25 to 49 – every 3 years
- aged 50 to 64 – every 5 years
- over 65 – only women who have recently had abnormal tests

You'll receive a letter through the post asking you to make an appointment for a cervical screening test, which will be carried out by one of the Practice nurses.

The test usually takes around 5 minutes to carry out. A small soft brush will be used to gently collect some cells from the surface of your cervix. The cell sample is then sent off to a laboratory for analysis and you should receive the result within a few weeks.

Some women find the procedure a bit uncomfortable or embarrassing, but for most women it isn't painful. If you find the test painful, tell the nurse as she may be able to reduce your discomfort.

More details are available at: <https://www.nhs.uk/conditions/cervical-screening>

*** CALLING ALL CARERS ***

YOU CARE, SO WE CARE

If you are a carer, it is important for you to stay well and supported. If you feel you need support, advice, or are struggling to care alone, then the carers' team can help. Children can be carers, too.

The surgery is planning a **CARERS' DAY** later this year, and the team would like to make sure that anyone who is a carer is able to attend. Please call or drop into the surgery to register your interest with Care Co-ordinator Jayne Fisher, or Lorraine on Reception. Carers' Day will be widely advertised when more details are available.

SPOTLIGHT ON.....THE NURSE PRACTITIONERS

The role of the Nurse Practitioner is one in which the clinician makes professionally autonomous decisions for which they are accountable. In this role they screen patients for disease risk factors and early signs of illness. The Nurse Practitioner can order investigations and prescribe medication when necessary. Our Nurse Practitioners work collaboratively with the doctors and nursing team to provide the best health care possible for our patients. In addition to diagnosing, they can prescribe medication, refer to secondary care and check incoming results and hospital letters.



Mrs Pauline Gray
BSc, Autonomous
Practitioner and
Respiratory Degree

Pauline joined the Practice on 23 July 2018 and works Mondays, Thursdays & Fridays in the role of Nurse Practitioner at Billingham Medical Practice, seeing patients exactly the same as a GP.

The 10-minute appointment is used for history taking, assessment, investigation and diagnosis/treatment. She can prescribe medication, refer to secondary

care and carry out medication reviews. Pauline has a special interest in respiratory medicine (asthma, COPD and bronchiectasis) and in a previous role was a respiratory specialist nurse.

Pauline's other areas of interest are family planning and female health alongside Dr Helen Passfield. Outside of the Practice, she is involved in the delivery of education in respiratory medicine to other health professionals.



Mrs Ann Harland
Advance Nurse
Practitioner
(ANP), PG Cert
ANP, BSc Hons

Ann joined the Practice in September 2017 as a regular locum and works mainly Mondays & Tuesdays. She has a wide range of clinical experience from working in primary and secondary care.

Initial nurse training was completed at Queen Alexandra Royal Army Nursing Corps before studying at South Bank University to become an ANP.

Ann's usual day consists of two clinics (morning and afternoon) with about 14 patients in 10-minute appointments per clinic who present with a variety of ailments. After the morning clinics are finished, home visits are carried out to housebound patients before the afternoon clinic begins.

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Blood Test Results

Please call the surgery **after 10am** to enquire about your test results, as staff will have more time to help you then. You will be told at the time of your test how long you should expect to wait for the results, so please bear this in mind before calling. It is then your responsibility to check them and make any necessary follow-up appointment with the doctor. Please note that the Practice has a strict policy regarding confidentiality and data protection. In this respect results will only be given to the person they relate to, unless that person has given prior permission for their release, or if they are not capable of understanding them.



Holiday Vaccinations

If you are planning a long-haul holiday this year, please be aware that you need to make an appointment with the nurses at least **8 weeks** in advance to ensure that you have the correct vaccinations.

Charity Promotion

The Christmas hamper raised £380.00 for St Barnabas Hospice and winners of the event were M Woods (1st prize), H Key (2nd prize) and T Richards (3rd prize). The Practice will continue to support St Barnabas throughout 2019.

Billingham Medical Practice - Information

Appointments	01526 860490
Reception	08.00 - 18.30 (Mon-Fri)
Out of hours	111
Dispensary	01526 869806 08.30 – 18.00 (Mon-Fri)

Extended surgery hours are available on Wednesday evenings. Appointments are available online and pre-bookable 7 days in advance with some appointments available on the day. Please contact Reception to access this service.

Appointments can be made for the following clinics: Antenatal*Asthma*Diabetes&Hypertension*Cervical Screening*Child Health Surveillance*Warfarin Monitoring*Health Promotion*New Patient Health Checks*Travel.

The Practice will be closed between 13.00 and 17.00 on 13 March, 10 April and 12 June to allow for staff training.

Easter Closing

The Practice will be closed on Good Friday, 19 April and Easter Monday, 22 April.



Extended Access Service

Located at Sleaford Medical Group, this is a service that is open from 18.30 to 20.00 weekdays, including bank holidays, Christmas day, Boxing day, and Easter Sunday, and 09:00 to 12:00 on Saturdays and Sundays. The address is Riverside Surgery, 47 Boston Road, Sleaford NG34 7HD. Phone 01529 303301.

Appointments for this service at Sleaford Medical Group are for **pre-bookable, non-urgent** consultations with GPs and nurses. Examples of these include chronic illness, asthma checks and routine GP appointments. To arrange an appointment, please speak to one of our own Practice receptionists.

The Minor Injuries Unit hours at Sleaford have also been extended to 20.00 Monday to Friday, and 18.00 at weekends. Appointments for this service are not necessary.

Missed Appointments

If you no longer need an appointment that has been made for you, please **CANCEL IT** to allow another patient to have the time.



DORRINGTON PARISH COUNCIL HAS APPLIED FOR COMMUNITY CHAMPIONS FUNDING FROM THE LINCOLNSHIRE CO-OP TO PAY FOR A DEFIBRILLATOR FOR THE VILLAGE. THIS WOULD BE SITED IN THE TELEPHONE BOX.

Dorrington Parish Council has been notified that they have made the final shortlist but they are now relying on support from Lincs. Co-op Members in the final vote.

There is an event at the Solo Club, 6 Market Street, Sleaford NG34 7SF on Monday 11th March at 6.00pm where members can vote. You do not have to live in Dorington to be eligible, all you need is to be able to give your Lincs Co-op Membership/Dividend card number. Alternatively, you can vote online by visiting www.lincolnshire.coop/ccvote from 11th March to 12th April 2019. Again, you will need to quote your Membership/Dividend Card number. Only one vote will count per member. If you have any queries, 01522 544 632 is the contact number for the Lincolnshire Co-op Team.

Please pass on these details to anyone you know who is a member. They need as many votes as possible to ensure that they obtain this funding.

Having a defibrillator in the village may just save someone's life.

What is the PPG?

The Patient Participation Group comprises up to 20 volunteer patients registered with the Practice. The Group meets quarterly in the waiting room at 6pm for about 90 minutes on the first Tuesday of March, June, September and December. You can find out what we do by looking at the Terms of Reference and Ground Rules on the Patient Participation Group noticeboard. We would like to welcome new members, so if you feel this is something with which you would like to become involved, please either visit our website: www.billinghaymedicalpractice.co.uk or speak with Reception. Alternatively, just come along to one of our friendly meetings before registering. Future meetings for 2019 are scheduled as follows: 4 June, 3 September and 3 December.

Patient Participation Group

Chair: juneta.wilson@btinternet.com
Vice-chair: Sheilaclark23@yahoo.com
Secretary: jean@patman.plus.com



You saywe listen

PLEASE TURN OFF YOUR MOBILE IN ALL AREAS OF THE SURGERY

Thank you!

