

HIGHBRIDGE HIGHLIGHTS

JUNE 2015
EDITION 1



Did you know that...?

Your General Practice gets paid £73 a year for looking after you: less than pet insurance.

Not all GP Practices in the Country provide the services we do here in Somerset.

Many of the services we offer are not in our contract, you may be surprised which services these are.

Here are a few examples:

- * Taking blood
- * ECGs (heart traces)
- * Taking cervical smears

The average patient sees their GP 8 times a year but the money is the same however many times you visit.

There were 340 million GP consultations last year up from 300 million 5 years ago.

There were only 22 million visits to A&E.

General practices do 90% of the work in the NHS on 7.4% of the budget.

10 years ago it was 10% of the budget.

Your GP is being asked to do more and more work for hospitals because they are under pressure too.

Successive governments have given us more paperwork to do so less time to spend with patients.

Our hours aren't 9-5 but 8.00-6.30 and most of us come in early and stay late.

6 out of 10 GPs are planning to retire before they are 65 and 1 in 4 is already over 50.

Not surprisingly fewer young doctors want to be GPs.



How you can help us to help you

To enable us to prioritise and address your health care needs, reception staff will need as much information as possible to pass on to clinicians and this will give the optimal opportunity to assess your needs. For example, you may need a blood test before seeing a doctor, or you may need to see a doctor sooner than you expected, or you could be reassured that it is appropriate and safe to wait for a routine appointment. All information given to staff and clinicians is treated as strictly confidential and in your best interest. So please, explain to reception staff whenever you are making an appointment what your medical issue is and they can assist you more effectively and efficiently.

**A smear test
lasts 5 minutes.**

**The impact of cervical cancer
lasts a lifetime.**

Attend your smear test.
Reduce your risk.

Jo's cervical cancer trust  Call our helpline: **0808 802 8000** Visit our website: jostrust.org.uk

Registered in England and Wales. Company limited by guarantee. 1010777. Registered Office: 1010777-000000

Diabetes Week 2015 takes place from 14 to 20 June

What is Diabetes Week?

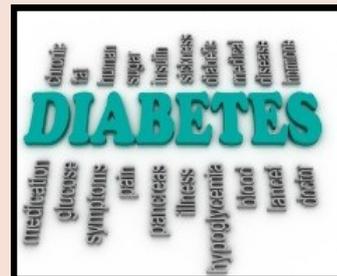
Diabetes Week is an annual UK-wide initiative devoted to raising awareness of diabetes and raising money to help fund research into the condition. Set up by British charity group Diabetes UK, this special week is now the annual focal point for all of the charity's diabetes awareness, campaigning and fundraising activities. This Diabetes Week Diabetes UK, want to remind everyone that you're not on your own when it comes to diabetes. Look on the Website throughout the week, they give support, advice, and chances to learn more about diabetes to help you manage your condition well. (Diabetes.org.uk)

Caroline - 345 123 2399 Monday-Friday 9am-7pm.

Risk Factors for Type 2 Diabetes

If:

- * You are overweight or have a high BMI
- * You have a waist measurement more than 80cm for women, and more than 94cm for men, or 90cm in South Asian men.
- * You have a parent, or sibling with diabetes
- * You are from a African-Caribbean, Chinese or South Asian background
- * You are over 40 or over 25 and are of South Asian or African-Caribbean decent
- * You've ever had high blood pressure, a heart attack or a stroke.
- * You suffer from schizophrenia, bipolar disorder or depression or if you are taking anti-psychotic medication.
- * You're a women with a history of polycystic ovaries, gestational diabetes or have given birth to a baby over 10lbs(4.5kgs).
- * You have impaired fasting glucose or impaired glucose tolerance.



Diabetes Symptoms - The main symptoms of diabetes are:

- * Significantly increased thirst,
- * Needing to urinate more than usual,
- * Tiredness.

If you have any concerns please speak to your GP or Nurse at your local surgery.

Staff at Highbridge Medical Centre have volunteered to take part in the Headway Somerset Charity **Dragon Boat Festival** in Taunton on Sunday 7th June. We are aware only too well of the impact that head injuries can have on patients and their families and our targets is to raise £2000 for the Headway Fund.

To achieve this goal... Please dig deep, all donations gratefully received, cheques can be made payable to 'Anne Williams' who is our Senior Nurse Practitioner and has volunteered to be the Practice Fundraiser.

Alternatively... Donations which we can raffle to raise funds would also be gratefully received.



Thank you to all of our patients who have in the past agreed to their consultation being observed by medical students. We have further student sessions during the year. The students observe the consultation with the GP but do not perform any examinations.



We would like to say farewell to one of our practice nurses. Laura Hutchinson has left us to move to America with her family. Bon Voyage Laura!



We would like to wish one of our dedicated medical secretaries good luck and best wishes in her retirement. Sue Hollingdale has been a valued member of our team since 2001 and we will miss her very much. Thank you Sue for all of your hard work and dedication.