

A health and wellbeing
magazine for the
people of Selby and
surrounding areas

Produced by Beech Tree Surgery



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facelift for surgery

New alliance aims to improve healthcare

A group of six local GP practices are working together to improve health services for the people of Selby.

Beech Tree has joined forces with five other GP practices to form a formal alliance as part of a national initiative. The practices have been working together informally for the last six months. They now plan to become a formal federation by setting up a company.

The new company will work under the name SHIELD Ltd (Selby area Healthcare Initiative for Enhanced Local Development). Its aim will be to protect, promote and improve healthcare provision in Selby and the surrounding area.

SHIELD will work to:

- Maximize efficiency
- Improve resilience
- Explore new opportunities

Dr Nick Jackson, Partner, Beech Tree, and Chair of SHIELD,



said: “This is a very exciting time for Selby. This new alliance will make us focus on more collaborative working which will make a real difference to healthcare provision in our area.

“I want to make it clear, however, that this is not a merger - all the six practices will keep their own identity and independence and patients will continue to be seen by the same teams. The new company is a formal alliance which means we are all committed to working together.”

SHIELD Ltd will include:

- Beech Tree, Selby
- Posterngate Surgery, Selby
- Scott Road Medical Centre, Selby
- South Milford Surgery
- Sherburn Medical Practice
- Tadcaster Medical Centre



WELCOME to your health newsletter

Much has happened within the practice over the last 10 months and, along with many organisations, the NHS continues to go through a period of change.

We continue to cope with a rising demand on our core services whilst providing the numerous additional services which are being rolled out. Pressures on our patient appointments remains very

high and we are constantly reviewing our service provision.

In the last 10 months we have moved to a new clinical system, activated the summary care record and moved to EPS2, all of which are covered in this edition of Selby Life.

Our efforts now focus



on keeping patients out of hospital, ensuring they can be discharged as soon as possible and providing care in the community. Projects such as a named GP for those aged 75 and over, Unplanned Care Admissions and GP/ Geriatrician Nursing Home Reviews have the same aims.

In the coming months we will be working on a joint project with York Hospital on ensuring better use of Selby

Hospital to avoid unplanned admission. We will also be introducing a new Family Friendly Test for patients and reviewing our telephone systems.

We hope you enjoy reading about our activities in this latest edition of Selby Life. We welcome your views on our magazine and look forward to hearing from you.

Richard Gregory
Practice Manager

GP recruitment – a national issue

We are fortunate to have a full complement of doctors here at Beech Tree Practice, but we are joining a national campaign to raise awareness of GP recruitment problems.

Recently Health Education England (HEE) revealed that there were 451 unfilled GP trainee posts across the country, with serious shortages in certain regions. In the East Midlands 38 per cent of posts are unoccupied and in the North 20 to 30 per cent are vacant in some areas.

Richard Gregory, Practice Manager, said: "This is a very worrying trend and the shortage of GPs may present the practice with serious problems as we plan for our future. We're continuing to raise awareness of this issue and are lobbying for action in meetings with HEE and ministers.



Doctors at Beech Tree

Beech Tree is a training practice with registrars and junior doctors coming into the surgeries as part of their training.

We currently have:

- 7 GP partners
- 3 salaried GPs
- 2 GP Registrars and
- 1 FY2 Doctor

Patients over 75 allocated a named GP

Patients who are over 75 years old will have received a letter from the practice informing them about their 'named GP'. This is part of new national NHS initiative, commencing in

April, to give patients over 75 years old, an accountable GP.

Please note, however, that patients are free to visit any GP in the practice and not just their 'named GP'. Your

named GP will not have 24-hour responsibility for you as a patient and will not be the only GP or clinician to deliver your care.

The named GP will be

accountable for their patient's overall care, ensuring their needs are met and they will work with other health and social care agencies to deliver support, if needed.

Electronic prescribing – a new way to get your medicines

Beech Tree patients can now pick up their medication straight from their chosen pharmacy, thanks to the launch of electronic prescribing this Summer

The new NHS Electronic Prescribing Service (EPS) can send prescriptions direct to your chosen pharmacy.

From August, if you collect your repeat prescriptions from Beech Tree Surgery, you will not have to visit the surgery to pick up your paper prescriptions. Instead, the surgery can send it electronically to the pharmacy you choose, giving you more choice about where to collect your medicines.

Tom Baker, Assistant Practice Manager said: "This is really good news for patients – not only can people order their prescriptions on line, they can have them sent direct to their chosen pharmacies – this is much better for patients and will free up staff time to help other patients coming into the surgeries."

if you use our branch surgeries at Carlton or Riccall there is no change to how you order or collect your medicines.



Is this service right for you?

Yes if you:

- ✓ Don't want to go and collect your repeat prescription from your surgery
- ✓ Collect your medicines from the same pharmacy most of the time
- ✓ Already use a prescription collection or delivery service

No, if you:

- ✗ Don't get prescriptions very often
- ✗ If you get any medicines on a private prescription
- ✗ If you are taking any medicine classified as a 'controlled drug' – this includes drugs such as Tramadol, Temazepam, Zomorph, Gentanyl, Oxycodone, Morphine Sulphate, Buprenorphine patches
- ✗ Pick up your medicines from different pharmacies
- ✗ Travel or work away from home a lot

How to use the service

- Choose a pharmacy
- Ask the pharmacy to be add your nomination for you
- New and repeat prescriptions will then be automatically sent to that pharmacy
- Collect medication from your chosen pharmacy

To change or cancel

- To cancel the electronic prescription service, inform your GP surgery
- To change nominated pharmacies, inform your pharmacy before your next prescription is due

Did you know?

Beech Tree spends more on drugs than most other GP practices in our area

Help us to reduce this expenditure by not wasting medication and only asking for what you need. Don't stockpile drugs and waste NHS money



NEW FACES



Dr Helen Brosch, left,
and Dr Cathy Shutt

● Beech Tree has two new GP registrars who have joined us recently:

Dr Helen Brosch

Dr Qosh Hussain

And welcome to our new year two junior doctor **Cathy Shutt**.

● Welcome to our new assistant practice manager

Tom Baker

(pictured) who joined Beech Tree earlier this year. Tom will be leading on HR, appointment provision and patient complaints.



● New dispensary manager Carolyn Kealey (pictured) joined the Beech Tree dispensary team in October. She is responsible for all dispensing activities at the branch surgeries.



Advanced Training Practice scheme



Beech Tree Practice is hoping to become an **Advanced Training Practice (ATP) within the next six months, educating nurses in general practice.**

The ATP scheme aims to increase the number

of undergraduate student nurse placements in general practice, promoting nursing in primary care.

Sister Claire Thomas said: "We're very excited about becoming an ATP. We want to encourage nurses to choose

practice nursing as a career. It's really important to support student nurses in their training and promote nursing in a local practice. This will ensure that we have more suitably trained nurses coming to work in GP practices in the future."

Did you know?

1,230 of our patients are obese – that's 8%
2,000 of our patients have hypertension
827 of our patients are diabetic



Review our services on
NHS Choices
www.nhs.uk

Contact us via the website
www.beechtreesurgery.co.uk



Join us on Twitter and Facebook

We're now on Facebook and Twitter, so please visit our sites and follow us to find out what we are up to and what's new.

Twitter - @SelbyHealthcare

Facebook – www.facebook.com/SelbyHealth

You can also let us know what you think about our services and send us your feedback via Twitter and Facebook.

facebook

Summary Care Record



The Summary Care Record (SCR) is helping improve the level of healthcare patients receive, particularly in an emergency situation.

It enables NHS clinicians to view basic information about people's health status electronically.

This could be useful in an emergency. For example, if a person is taken ill elsewhere

in the UK, a doctor could view a list of their current medication and allergies to help administer correct and appropriate treatment.

Currently a SCR is limited to only providing clinicians with a list of current medication and allergies. In the future, it will also allow clinicians to view a list of a patient's significant medical conditions.

All patients have the option to 'opt out' of the SCR and not have this information available. This would mean that healthcare professionals cannot share details of patient medication, allergies and adverse reactions etc in the event of an emergency.

For more information www.nhscarerecords.nhs.uk or ask at your surgery.

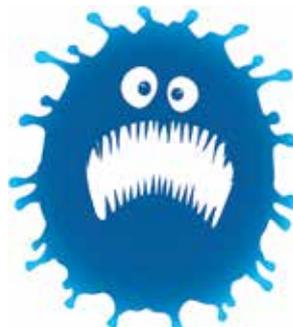
This could be useful in an emergency. For example, if a person is taken ill elsewhere in the UK, a doctor could view a list of their current medication and allergies to help administer correct and appropriate treatment.

Get ready to fight flu - get your vaccination



If you are over 65, pregnant, or are in one of the high risk groups, please make sure you get your flu vaccination.

Our drop in flu clinics are being held during October and dates are advertised on our website, Twitter and Facebook pages.



Care plans

People with health concerns will benefit from a new scheme to keep them healthy and out of hospital.

Beech Tree staff will be keeping a closer eye on certain patients after launching a new care plan scheme to keep people out of hospital.

Regular patients with health concerns will be given a care plan to support their care and treatment.



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BE BREAST AWARE



Breast cancer is the most common cancer in the UK and one woman in eight will be diagnosed in her lifetime. Early diagnosis saves lives so remember to be breast aware. Being breast aware means becoming familiar with how your breasts may change at different times during the month and as you get older.

FOLLOW THE FIVE-POINT CODE:

1. Know what is normal for you
2. Look and feel
3. Know what changes to look for
4. Report any changes without delay to your GP
5. Attend breast screening if aged 50 or over

CHANGES TO LOOK FOR:

- A lump or thickening which is different to the rest of the breast tissue
- Continuous pain in one part of the breast or armpit
- One breast becomes larger or lower
- A nipple becomes inverted, changes shape or position
- Skin changes including puckering or dimpling
- Swelling under the armpit or around the collarbone
- A rash on or around the nipple
- Discharge from one or both nipples

At Breast Cancer Campaign, everyone can BE PART OF THE CURE. We are a unique community of scientists, supporters and people touched by breast cancer. Together we are Pink Science.

• breastcancercampaign.org
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MADE IN NOVEMBER

THE RULES

1

ONCE REGISTERED AT MOVEMBER.COM EACH MO BRO MUST BEGIN THE 1ST OF NOVEMBER WITH A CLEAN SHAVEN FACE.

2

FOR THE ENTIRE MONTH OF NOVEMBER EACH MO BRO MUST GROW AND GROOM A MOUSTACHE.

3

DON'T FAKE IT. NO BEARDS, NO GOATEES, NO FAKE MOUSTACHES.

4

USE THE POWER OF THE MOUSTACHE TO CREATE CONVERSATIONS ABOUT MEN'S HEALTH AND TO RAISE FUNDS FOR PROSTATE CANCER, TESTICULAR CANCER AND MENTAL HEALTH.

5

EACH MO BRO MUST CONDUCT HIMSELF LIKE A TRUE GENTLEMAN...



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NEWS FLASH

Riccall's £12,000+ upgrade

Beech Tree's Riccall surgery has been given a facelift, following a £12,000+ upgrade which is now completed.

Thanks to everyone for putting up with disruption during the building and refurbishment work.

The picture shows the refurbished waiting room.



Did you know?

During the last three months:

- We had 490 missed appointments
- This equates to 81 hours of wasted time
- This is six hours per week - the equivalent to two clinics a week



Jessica puts her heart into charity run



*Jessica before
the run and,
right, in her role
at Beech Tree*

Beech Tree apprentice Jessica Snell took part in a special challenge this year to raise money for a cause which is close to her heart in more ways than one.

Jessica, 19, underwent a heart transplant three years ago and now, fully recovered, ran 5K to raise money for the hospital which treated her. She took part in the Children's Heart Unit fund Heart and Soul Run last June, raising more than £300.

The event at Newcastle's Jesmond Dene, celebrates the work of the North East's facilities at the Freeman Hospital which is where Jessica spent three months following her surgery three-years-ago.



"I struggled to get through to the end, but I managed to cross the finish line in front of three others. I was the only one running who had received a heart operation, so I was really pleased," said Jessica.

To find out more about the event visit www.chufheartandsole.co.uk



SAVE TIME... GO ONLINE

Our new online system makes it much easier to book appointments, order prescriptions or view your health record, any time of day or night.



Remember, once you have registered to use the online system you will be given a username and password.

Then you can:

- Make an appointment – You can book, view and manage your appointment online.
- Order a prescription – You can order a repeat prescription online
- From April 2015 sections of your medical record will also be visible

You can register for online access by:

- Requesting details from any member of staff at Beech Tree
- Emailing Jessica.snell@nhs.net
- Telephoning 01904 724586

Texting service

We are happy to text you reminders for your appointments – just let us have your mobile number.

Update your details

We are constantly updating our patient records to include up to date mobile numbers and e mail addresses.

This is so we can contact you quickly with updates, when necessary.

If you have changed your details please let us know.

E mail us at:

voycg.beechtreeadmin@nhs.net

Telephone us on:

01904 724586

Cut out and keep contact details

Selby Life is produced by Beech Tree Surgery for the people of Selby and the surrounding area.

The Beech Tree Surgery practice in Selby and its two branch surgeries in Riccall and Carlton, serve around **15,600** patients.

For more information visit www.beechtreesurgery.co.uk

Or telephone **01757 703933**

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Visit us on Facebook www.facebook.com/SelbyHealth

New patients

Beech Tree Surgery welcomes new patients. You can register at any surgery - to find out more, contact 01757 703933 or visit our website www.beechtreesurgery.co.uk

The partners of Beech Tree Surgery are also partners of Selby Healthcare LLP, a business that jointly owns Selby Pharmacy Ltd, the pharmacies in Thorpe Willoughby and Barby.

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Beech Tree Surgery
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Nurse Practitioner