

**BIRLEY HEALTH CENTRE
NEWSLETTER**

October 2017

FLU CLINIC

Flu season is here again, we hosted two clinics in September which were very well attended. Thank you to our wonderful patient volunteers that helped make the clinics run smoothly.

Still need to book in? Request a Health Care Assistant appointment or alternatively ask when you attend your routine appointment. We can often get you straight in.

URINE TESTING

Before bringing in a urine sample we ask that your medical issue is discussed with a doctor or nurse. This is to ensure the correct testing is requested and to highlight any other care/test that maybe required. If there is no record of a sample being requested we have no alternative but to destroy it.

MEDICAL REPORTS

New prices for non NHS reports:

- Private Medical (incl HGV) £145
- Mortgage Protection £30
- Insurance Documentation £30
- Holiday Cancellation £30
- Private Letters £20
- Westfield Health Claims £15
- Travel Letters £15

Please note wrist splints are available to buy at pharmacies or by voucher if for carpal tunnel.

Doctors and nurses do not sign passport or confirmation of identity forms.

ON-LINE SERVICES

Appointments can be booked on-line via our website www.birleyhealthcentre.co.uk. If you haven't used the service before all you need to do is bring ID to the health centre and you will be issued with a user name and password. You

can also request access to your medical records, please ask one of our receptionists or see the practice website for details.

MISSED APPOINTMENTS

Appointments with clinicians are always in high demand. Did you know that in July we could have offered an extra 65 Doctor and 35 Nurse Practitioner appointments if everyone that didn't need their appointment had let us know. Please remember to ring the health centre and cancel if it's no longer needed.

SHARED MEDICAL APPOINTMENTS

We are open to new ways of working and often pilot new initiatives. If it benefits our patients and improves care and service we often are one of the first to pilot. A new initiative the practice is involved with is Shared Medical Appointments (SMAs).

An SMA is a joint consultation with 12 other patients, a Doctor, Nurse Facilitator and Health Care Assistant, who enters the data directly into the patient record. Patients are asked to complete a confidentiality form when they arrive. The big advantage for patients is they have an hour with the Doctor and Nurse as well as gaining peer support from the group who have similar conditions.

All GP Partners are participating and we have already completed an SMA for blood pressure and heart failure. Feedback from patients is very positive. We have other SMAs in the pipeline too including menopause, back pain and diabetes.

If you are interested in being part of an SMA or would like to know more, please speak to our SMA Coordinator Sue Breeze.

We will be reviewing our progress and would welcome any suggestions or comments you may have.

RESULTS

We kindly ask that you telephone for results between 2pm and 5pm. The doctors review

results as they arrive each day. Most results can be discussed on a routine telephone call within 4 weeks. If they are more urgent you will be contacted to either attend the health centre or book a phone call with a doctor.

FREE WEIGHT MANAGEMENT SCHEME

We are keen to offer additional services from the health centre. New for 2017 is a weight management service.

Why Weight Sheffield provide weight management support, help and advice on healthy living.

There are a range of programmes suitable for all weight loss goals, offering realistic, sustainable healthy lifestyle advice and tips to help you lose weight for good.

It's all about giving you a bit of extra help and support. For more information please visit www.whyweightssheffield.co.uk Telephone 0114 3211253 or ask in the health centre.



NEW CLINICAL EQUIPMENT

We have some exciting news to share, we recently purchased an ultrasound scanner.

Ultrasound scanning of muscles and joints is a fine art and takes many years to become expert. There will still be times when a referral maybe needed but it is hoped in time, the number of referrals to secondary care (hospital) will be reduced.

Dr Davies will be using the scanner for the diagnosis of tendon, joint and muscle conditions such as tendonitis and arthritis.

It will also allow a wider range of joint injections to be offered on site.

We look forward to offering this new service soon.

Please note the scanner cannot be used for kidney and gall stones.

CONGRATULATIONS

Well done to Dr Davies who after 4 years of studying and hard work has been accredited an MSc in Sports and Exercise Medicine by the University of Bath.

COMINGS AND GOINGS

There was not a dry eye in the health centre when we said goodbye to our Receptionist Judy back in July. After 14 years of dedicated work Judy decided she would like to start the next chapter in her life – her retirement. We wish her all the best.

New members will be joining our team shortly.

.....AND FINALLY



Look at this amazing painting created and donated by one of our patients. Shortly to be hung in pride of place in the Health Education Room. Thank you.

If you would like to contribute to the newsletter, have comments or feedback about the services the health centre offers please get in touch.

Either complete a friends and family questionnaire (available in the waiting room).

Email the practice sheccg.BirleyHC@nhs.net

Or speak to a member of staff either in person or by telephone.

