

Lyme Bay Medical Practice

Autumn Newsletter

November 2022



Issue No 2

www.lymebaymedicalpractice.co.uk

Practice News

We will continue to let you know of any upcoming events, or ways you can get involved in Practice activities and how you can make a positive impact at your Practice.

Your feedback on this newsletter is welcomed, and we would also be delighted to hear of any ideas and content you would like to see in a future edition. You can send these to us by emailing administrator.lyme@dorsetgp.nhs.uk

We hope you enjoy this newsletter and look forward to the next copy in the New Year.

How to order Medication

Medications are prescribed by the Practice GP, Nurse Practitioner and Pharmacist or via requests from other Health Professionals following diagnosis and treatment plans.

- Certain medications may be required to treat conditions over a prolonged period. These will be made available via a repeat request on your medical records.
- Some medications are only available as Acute requests as their use needs to be monitored closely. These can be requested in the same way as repeat medication but can take longer to be processed as they need additional authorisation by a Clinician.
- **Please Note: Some medications are cheaper purchased over the counter at your local Pharmacy rather than through the NHS prescription service. Please consider this before asking for medication on prescription.**
- Prescription requests need to be received in writing either by email to the prescriptions email below or via a paper request handed into either practice reception or collection boxes. Email: prescriptions.lyme@dorsetgp.nhs.uk
- **Please note: Prescription requests cannot be accepted over the telephone**
 - Your chosen pharmacy may also offer the service of ordering your repeat medication on your behalf – Please check with them for details.
 - If you are registered with SystemOnline you can request your repeat and some acute medications via the medications page. Once received these will then be approved in the usual way and made available at your chosen pharmacy.
- Remember to order in advance of any Holiday periods.
- **Please allow a minimum of three working days (Monday-Friday) for all requests to be processed.**

What if my medication is prescribed by a hospital doctor?

- When requiring repeat medication that has been prescribed through a hospital, the GP will need to have received either discharge or other hospital correspondence from the consultant before they are able to repeat prescribe this type of medication.
- If this medication needs to be regularly prescribed this can then be added to your repeat request list.

Choosing a Pharmacy

- Please ensure you have selected an appropriate pharmacy for your needs. This can be a local pharmacy e.g Charmouth, Mortons, Lloyds or Boots etc or an on-line Pharmacy who deliver directly.
- Prescriptions are automatically sent to your chosen pharmacy so if any prescriptions need to be sent elsewhere please confirm in advance of any issues.

Contd...

How to order Medication Contd..

How are medication reviews arranged?

- Medication reviews usually take place annually. This may take the form of a telephone consultation or a routine appointment with the Pharmacist or GP. The practice will contact you to make these appointments as required.
- Some reviews will take place more frequently depending on the type of medication prescribed.
- If medication is issued through another service, reviews will be undertaken with that prescriber.

What is Batch medication?

- Batch medication, also known as repeat dispensed, is for medication that is unlikely to change. Up to 12 months' supply is made available to your preferred pharmacy, therefore the need to request from the practice each month would not be required.
- Batch medication is not suitable for controlled drugs or irregularly issued drugs, ie. It needs to be for medication that is taken regularly.
- You can request that your medications are put onto a batch, however a clinician will have the final decision if they feel a medication is not appropriate to be put onto batch.

Our website has a new look

www.lymebaymedicalpractice.co.uk

Please browse the information and let us know if you have any comments

Covid 19 Boosters

Please note that Covid 19 Booster vaccinations need to be booked using the link sent via text, via the NHS website, or by calling 119 or attending a walk-in centre (these centres can be found via the NHS Website)

Those patients who are housebound will receive their vaccinations via the District Nurse teams

Please Note:

Car Parking – Lyme Regis Medical Centre

Can we please advise all parents and sixth form students of Woodroffe School, that the car park at the rear of the Lyme Regis Medical Practice is for the use of patients at the time of their appointments only.

Where possible can patients of the Medical Centre and Lloyds Pharmacy also use the car park provided and refrain from parking outside on the road in front of the building, to ensure there is parking for those who are less mobile. This area is often full which means less able patients park opposite or near the car park entrance which makes it difficult and potentially dangerous trying to enter or exit the driveway.

Practice Statistics

2022

Aug-Oct 2022

☐ 15,701

Attended Appointments

☐ 319

Patients Did Not Attend Appointments

☐ 16,129

Telephone Calls Answered

☐ 218

New Registrations

☐ 26,371

Medications Prescribed

☐ 912

E-Consults Processed

☐ 325

Home Visits

☐ 9,061

Total Patients Registered

Reminder

Please ensure that we have your correct home address, landline, mobile and email contact details. We also need to have your permission to be able to send SMS text and email messages, including copies of our newsletter.

To agree to this function and to update your details please email administrator.lyme@dorsetgp.nhs.uk

Lyme Bay Medical Practice

01297 445777 / 01297 443399 / 01297 560872

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Its not too late to get your flu vaccination



We have had a good response to our flu campaign this year, but we still have some vaccine available so please contact the Practice as soon as possible to book an appointment in Lyme Regis or Charmouth. It is best to have your flu vaccination in the autumn or early winter before flu rates increase. Remember that you need it every year, so don't assume you are protected because you had one last year.

Flu can affect anyone but if you have a long-term health condition the effects of flu can make it worse even if the condition is well managed and you normally feel well. You should have the free flu vaccine if you are:

- Pregnant

or have a long-term condition such as:

- a heart problem
- a chest complaint or serious breathing difficulties, including bronchitis, emphysema or some people with asthma
- a kidney disease
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- liver disease
- had a stroke or a transient ischaemic attack (TIA)
- diabetes
- some neurological condition, such as multiple sclerosis (MS) or cerebral palsy
- a learning disability
- a problem with your spleen, such as sickle cell disease, or you have had your spleen removed
- you are seriously overweight (BMI of 40 and above)

This list of conditions isn't definitive. It's always an issue of clinical judgement. Your GP can assess you to take into account the risk of flu making any underlying illness you may have worse, as well as your risk of serious illness from flu itself.

Summary of those who are recommended to have a flu vaccine

They include:

- everyone aged 50 years and over (by 31st March 2023)
- everyone under 50 years of age who has a medical condition listed above, including children and babies over 6 months of age
- all pregnant women, at any stage of pregnancy
- all 2 and 3 year-old children (provided they were aged 2 or 3 years old on 31 August before flu vaccinations starts in the autumn)
- all children in primary school
- some secondary school-aged children
- everyone living in a residential or nursing home
- everyone who receives a carer's allowance, or are the main carer for an older or disabled person
- all frontline health and social care workers

Community Health Services from Dorset HealthCare

Dorset HealthCare complements our Practice health provision with a range of locally-based services for our registered patients. These are designed to make care available as close to home as possible, and to manage at home some illnesses that would normally require a hospital admission.

Community Nursing

Working closely with GPs, Practice Nurses and Carers, the Community Nurses support the housebound. This includes general nursing, continence assessment, wound care, and palliative care (with Marie Curie nurses and Weldmar Hospice). While the team works flexibly according to need across the Bridport and Lyme Bay Medical Practice areas, three nurses are based at Lyme Regis Medical Centre for most of their time. The nursing team works 8.00am to 8.00pm. Dorset-wide night nursing, from 8.00pm to 8.00am, 7 days a week, is provided by a registered nurse and a health care assistant travelling as a pair.

In addition to referral by a health professional, patients can self-refer:

- to the Community Nursing service phone: 01297 446108

Community Rehabilitation Service

Following illness or hospital treatment, some patients may need extra support to recover fully. We provide rehabilitation therapies.

In addition to referral by a health professional, patients can self-refer:

- to the Rehabilitation service phone: 01297 446117

1. Occupational Therapy

Occupational therapists help people to care for themselves and their home, and to continue with their jobs, leisure and social activities. This help may include equipment, aids and home adaptations.

We visit most patients at home, or in local residential and nursing homes as part of the Intermediate Care Service. Some appointments may be at Lyme Regis Medical Centre if appropriate.

Urgent appointments are available, and we offer late visits up to 5.00pm on four evenings a week. Rehabilitation is offered for an agreed period and reviewed regularly.

2. Physiotherapy

Pains and poor function in joints, muscles and bones can make daily activities difficult. In many cases you can treat these yourself, in your own home. Information and exercises (suitable for adults only) are available on www.msksdorset.nhs.uk.

For professional treatment, our physiotherapy team offers appointments at Lyme Regis Medical Centre, Bridport Community Hospital or in patients' homes. Appointments are prioritised according to need, so routine appointments may incur waiting times.

In addition to referral by a health professional, patients can self-refer:

- to physiotherapy by using the self-referral form on www.msksdorset.nhs.uk.

Coordinating your care

Our aim is to prevent unnecessary hospital admissions and to manage care after discharge where hospital is unavoidable. Our 'Hub' at Bridport Hospital brings together the full range of professionals, both health and social services, concerned with the care and treatment of patients.

By coordinating General Practice, Community Nursing and Rehabilitation, acute hospitals (especially for discharge home or care with support) and Social Services, staff identify needs and oversee appropriate patient care in the community. Health and social care coordinators work across NHS and Adult Social Care boundaries to arrange coordinated services. A monthly Multidisciplinary Team Meeting (MDT) involving all those services reviews Lyme Bay Medical Practice patients identified as needing ongoing care.

Other services

Dorset HealthCare provides a full range of mental health and learning disabilities services, speech and language therapies, and podiatry. We hope to publish future newsletters to explain more about these, to describe the midwifery, and dietician provision by Dorset County Hospital, and the work of Health Visitors, School Nurses and Nursery Nurses. Meanwhile, see www.dorsethealthcare.nhs.uk

Your Patient Participation Group (PPG) Update

Open meeting: 'The Future of GP Services'

A talk with questions and discussion, led by Dr Forbes Watson

7.00pm, Tuesday 22 November, Lyme Regis Football Club on Charmouth Road

This is a vital, and controversial, topic. Changes and challenges that will affect all of us are looming. It's important that the voice of the public, not just of politicians and NHS leaders, is heard. So please join us.

Dr Watson is GP Principal for our Practice. He was Chair of the Dorset Clinical Commissioning Group, recently replaced by the Dorset Integrated Care Board; he is now Chair of the Dorset GP Alliance, representing Dorset general practices to ensure GP representation within that Board. So, who could be better-placed to inform us about where Primary Care is going?

A brief AGM of the PPG will be held at the end of this meeting. Every patient of this Practice is part of the PPG, so this, too, affects everyone.

Mental Health Meeting

Your PPG recently held a well-received public meeting in Woodmead Halls on mental health, with a panel of representatives from the key NHS services explaining their work and answering questions, which covered some important and interesting areas. They were backed by several local charities and support groups who brought information about what they do.

The evening was chaired by Professor Hilton Davis. He emphasised that mental health is as important as physical health, and that services are doing their best with limited funding and staff.

"Get referred by your GP, or self-refer, for help *early*" was the crucial message. Problems are easiest to deal with if tackled before they grow.

- For adults, refer first to Steps to Wellbeing: www.steps2wellbeing.co.uk /0300 790 6828/dhc.west.admin.s2w@nhs.net
- For under-18s, go to CAMHS: www.camhsdorset.org / 01305 255705. Referral is by GP, school, social worker or other professional. Young people aged 16-18 may self-refer, using the form on the CAMHS website.
- For drug and alcohol issues, contact REACH: www.edp.org.uk/reach / 0800 043 4656 / info@reach-dorset.org.

We are preparing a broader list of contacts which will eventually be available on the Practice website. There's also a full list of Dorset HealthCare mental health services at www.dorsethealthcare.nhs.uk/mentalhealth.

• PPG email address

Your PPG has a new, easier email address: lymebayppg@gmail.com. Please use this to contact the Secretary or Co-Chairs on any patient-related matter.