FLU IMMUNISATION PROGRAMME 2010

We will be commencing our annual flu immunisation programme on Saturday, 23 October. All the nurses and doctors will be giving flu immunisations on that day and appointments are now available. Please ‘phone the surgery or come in to book an appointment.

The flu vaccine this year is a combination of seasonal flu and the H1N1 swine flu influenza vaccine. If you had the swine flu vaccination last year it is still recommended that you have this done at the same time as their flu jab.

The patients with the following conditions are eligible for flu immunisation:

- People over 65 years old
- Chronic Respiratory Disease (including asthma if taking regular inhaled steroids)
- Chronic Heart Disease
- Chronic Renal Disease
- Chronic Liver Disease
- Chronic Neurological disease
- Diabetes
- Immunosuppression
- Carers
- Pregnant women
- Frontline Health and Social Care Workers
- Poultry Workers

Any patient who falls into one of the above categories (except for pregnant women), who has not been immunised against pneumonia, can also have this done at the same time as their flu jab.

We would like to immunise all our “At Risk” patients first. If, however, you would like to be immunised against flu, but do not fall into any of the above categories, please do not book an appointment until after 1 December.

Sue Rees - Nurse Practitioner

BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month! This is the time to go pink, raise money and save lives! On Wednesday 13 October the surgery will be doing a “dress in pink” day and will be holding a cake sale to raise money for this great cause. Please come in and help a good cause!

HOMEOPATHY

The Department of Health has stated that primary care trusts are to decide whether patients can access homeopathy on the NHS. This is after a recent publication by the House of Commons Science and Technology Committee failed to support a role for homeopathy. The controversy continues with Professor of Complementary Medicine, Edzard Ernst, asking for evidence based medicine principles to be rigorously applied to treatments requiring public funding. Surrey PCT does not routinely fund homeopathy and unfortunately there is lack of good evidence to resolve this issue.

Dr C Monella

STEROID INJECTIONS

Tennis elbow is a common condition associated with overuse of the muscle fibres attached to the outer aspect of the elbow. A steroid injection can be very helpful for short term pain relief but there is no long term benefit. On the whole, the injection is safe, but tennis elbow often settles with rest, and a review of work habit/daily activities is worthwhile in preventing recurrence. Surgery is definitely the last resort!
A recent article in the BMJ, following up 232 patients with shoulder injections, found that steroid injection plus exercises provided earlier pain relief compared to exercise alone. However, after 24 weeks there was no significant difference in outcome - food for thought! If early pain relief is the priority then adding a steroid injection rather than a course of physiotherapy may be the best option.

Steroid injections for osteoarthritis of the knee result in pain relief, often within 48 hours, and certainly within 6 weeks. Repeat injections in weight-bearing joints are usually limited to 3-4 per year. There is no evidence of long term benefits. Side effects are rare and infection associated with the injection is very rare indeed.

Booking into our injection clinic will require a clinical assessment, diagnosis and prognosis by either a doctor or nurse practitioner. 

Dr C Monella

THE WHITE PAPER

The new government has decided that 80% of the NHS budget will come under control of GP practices as consortia. The White Paper has people on the system at its centre. The aspirations are noble, with the scrapping of centrally managed performance targets. Critics, however, claim that some GPs don’t want to hold budgets and lack managerial support. Unfortunately, the outgoing primary care trusts proved to be risk averse, bureaucratic and ineffective commissioners.

Furthermore, practice based commissioning, championed between 2004 and 2009, was itself described by the primary care tsar as “a corpse not fit for resuscitation”.

Developing commissioning groups will be a challenge, despite the Dorking practices having an excellent record of working together to improve and develop services - challenges such as “what formula to use” for resource allocation. (The previous Carr Hill formula introduced in 2004 had to be abandoned.) And let’s not forget the commissioning of out of hours care!

Mr Lansley’s NHS reform requires the formation of consortia. Fortunately, the rule that one size does not suit all can be applied, particularly for Surrey PCT which was huge with over a million patients! GPs cannot opt out, with income allocated by the commissioning board and variation in performance scrutinised by the consortia members. In essence, the challenge will be whether the GPs can make better use of resource at less cost than the PCTs, ie get more for less!

Having been a veteran of PBC, PCTs, PCGs, fund holding and many other NHS reforms, I am now happy simply to observe developments and support our Dorking patients. 

Dr C Monella

FoM PURCHASES

Since the last Newsletter, we have purchased two new nebulisers with funds raised by Friends of Medwyn.

TOP TEN DRUGS

Have you ever wondered what the top ten prescribed drugs were in the community? Well here they are for 2009:

<table>
<thead>
<tr>
<th>#</th>
<th>Drug</th>
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<tbody>
<tr>
<td>1</td>
<td>Simvastatin</td>
</tr>
<tr>
<td>2</td>
<td>Aspirin</td>
</tr>
<tr>
<td>3</td>
<td>Levothyroxine</td>
</tr>
<tr>
<td>4</td>
<td>Ramipril</td>
</tr>
<tr>
<td>5</td>
<td>Bendroflumethazide</td>
</tr>
<tr>
<td>6</td>
<td>Paracetamol</td>
</tr>
<tr>
<td>7</td>
<td>Salbutamol</td>
</tr>
<tr>
<td>8</td>
<td>Omeprazole</td>
</tr>
<tr>
<td>9</td>
<td>Amlodipine</td>
</tr>
<tr>
<td>10</td>
<td>Lansoprazole</td>
</tr>
</tbody>
</table>

MISSED APPOINTMENTS

As you can see below, the incidence of missed appointments is very high.

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>July</td>
<td>156</td>
</tr>
<tr>
<td>August</td>
<td>157</td>
</tr>
</tbody>
</table>

It is extremely frustrating for doctors and nurses when people do not turn up. A great deal of valuable time is lost and another person could have made use of the appointment. If you know you will not be able to keep your appointment, please notify the surgery in good time.

NEW NOTICE BOARD

There is a new notice board in the waiting room with local news and information. This is situated at the entry to the waiting room, just as you enter, on the left hand side.
STAFF NEWS

Dr Hannah Davies
Following nine months maternity leave, when I had my baby daughter, I have now returned to Medwyn and am working on Monday, Tuesday, Wednesday and Thursday mornings. I am enjoying my time back at Medwyn.

Dr Emma Linnard
Dr Linnard is back from maternity leave, having had a baby girl, and is working on Monday morning and afternoon and Tuesday afternoon.

Dr Anne-Marie Quirk
I am Dr Anne-Marie Quirk. I qualified in 2002 at St George’s Hospital, London and worked in Australia and Chichester before GP training at Frimley Park. I live near Guildford and have been working in Camberley for the last three years, with special interests in family planning and geriatrics.

Things I enjoy outside medicine are netball, running and camping!

I am glad to see that the patients here have a participation group via the Friends of Medwyn, and I am really excited to be joining the surgery team in November 2010.

Pauline Cunningham

I have had a varied career in buying, corporate hospitality and software and, now that I work part-time, I look forward to pursuing my hobbies. We have two daughters, born while we were living in the Middle East, who have now left home. I really enjoy working in such a friendly and dedicated team here at Medwyn.

FORTHCOMING EVENTS

Italian Food & Wine Tasting
On Friday 22 October, there will be an Evening of Italian Food and Wine at The Medwyn Centre at 7.30pm for 8.00pm. There will be a three course meal accompanied by excellent Italian wines. (A vegetarian option is available on request.) There will also be a raffle.

The evening will be hosted by wine expert Phil Connor. Tickets cost £20 and are available at reception.

Please tell friends and relatives about our forthcoming events to ensure we get a good turnout. We are reliant on these events to raise funds for future equipment etc.

2011
Barn Dance
A Barn Dance will be held on Saturday, 21 May 2011. Further details will be available early next year.
Sponsored Cycle Ride
The Sponsored Cycle Ride has been deferred until next year. Participants can either find sponsors or pay a small entry fee. Further details will appear in a future Newsletter.

Suggestions
We would welcome suggestions for future fund-raising events.

FUTURE NEWSLETTERS AND EVENTS

People wishing to obtain advance notice of forthcoming events, and online copies of Newsletters, should leave their email addresses at reception. There are cards on which email details can be entered.

Please be assured that you will not be deluged with emails from the Friends. Six a year would be average, four of which would contain the Newsletter. A further two would contain information on forthcoming events and announce how much money FoM have made and how the practice intends to spend it.

CONTACTS

Medwyn Surgery Internet address: www.medwynsurgery.nhs.uk
Full details of the Centre can be found here, together with details of the doctors, facilities for making appointments and ordering repeat prescriptions.

Newsletters are also available via this site, using the link on the left hand side ‘Friends of Medwyn’.

**Other Useful websites**
- www.nhsdirect.nhs.uk – health advice and general information
- www.nhs.uk/choices - mainly advice on choosing a hospital
- www.patient.co.uk - leaflets on various medical conditions
- www.caringwithconfidence.net – information for carers

**COMMENTS AND SUGGESTIONS**

We would welcome any comments and suggestions from patients regarding Medwyn Surgery or the Newsletter. Please either email them using the ‘Contact Us’ link in the red band at the top of the web site at: www.medwynsurgery.nhs.uk or leave them at Reception.

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**and on a lighter note.....**

Three students are leaving their last classes of the day.
The law student is thinking, "I'm tired and thirsty. I must have a coffee."
The engineering student is thinking, "I'm tired and thirsty. I must have a beer."
The medical student is thinking, "I'm tired and thirsty. I must have diabetes."

Joe had been seeing a psychoanalyst for four years for treatment for the fear that he had monsters under his bed. It had been years since he had had a good night’s sleep. Furthermore, his progress was very poor, and he knew it. So, one day he stopped seeing the psychoanalyst and decided to try something different.

A few weeks later, Joe’s former psychoanalyst met his old client in the supermarket, and was surprised to find him looking well-rested, energetic, and cheerful.

“Doc!” Joe said, "It's amazing! I'm cured!"

“That's great news!” the psychoanalyst said. "You seem to be doing much better. How is that?”

"I went to see another doctor,” Joe said enthusiastically, "And he cured me in just ONE session!”

“One!?” the psychoanalyst asked incredulously.

“Yeah,” continued Joe, "My new doctor is a behaviorist.

“A behaviorist?” the psychoanalyst asked. "How did he cure you in one session?

“Oh, easy,” says Joe. "He told me to cut the legs off of my bed."

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**Doctor:- "The pain in your right leg is caused by old age.**

**Old Man:- But my left leg is the same age and that doesn’t hurt.**

**A man walks into a doctor’s surgery. He has a cucumber up his nose, a carrot in his left ear and a banana in his right ear. **

"What's the matter with me?” he asks the doctor.

The doctor replies, "You're not eating properly."