

# PRESCOTT SURGERY PATIENT NEWSLETTER

March 2022

**Latest News from The Surgery – From Tracy Willocks, Practice Manager and Jackie Jones, Chair of The Patient Group.**

## **Improving Your Health at Home**

Keeping well, looking after your health and good self-care is becoming more paramount in day-to-day living. The Patient Group thought it would be of benefit to patients to explain how a useful toolkit of products can help patients monitor their own vital signs. **Vital signs are a person's body temperature, pulse rate, respiration rate and blood pressure.** And for a reasonable cost you can purchase equipment to help you monitor your vital signs both as good practice, as part of your on-going healthcare and also if you are unwell.

Vital signs are measurements of the body's most basic functions. They help to detect or monitor medical problems. They can be measured in a medical setting, at home, at the site of a medical emergency or else where. If you have a telephone consultation with your doctor or you see the doctor face to face, it is often useful if you are able to report your vital signs at your appointment, especially if you have been monitoring them for whatever reason.

### **Standard equipment, which monitors vital signs, is as below**

- **A thermometer** – measures the body temperature
- **A Blood Pressure monitor** – monitors the force of the blood pushing against the artery walls during contraction and relaxation of the heart
- **An Oximeter** – measures respiration rate and pulse rate

Whilst the patient group cannot recommend any specific brand of product, local pharmacies will be able to provide advice and also stock the products you need or there are a wide selection available on line to review and purchase.

If you need help or advice using the equipment then please contact the surgery or speak to the nurse or your GP at your next appointment.

**Jackie Jones, Chair – Prescott Surgery Patient Group**

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## ***Covid-19 Pandemic Update***

Even though it is no longer a legal requirement to wear a face covering in public settings in England, the infection prevention for health care settings remains unchanged, you will still need to wear one when you visit Prescott Surgery and other health care services, unless you are exempt. Wearing a face covering will protect both patients and staff.

We will continue to ask all visitors to the practice to sanitise their hands on arrival and ask if they have any COVID symptoms, have had a positive PCR test in the last 10 days or if they been in contact with anyone who has tested positive.

Please do not attend the practice for any reason if you have any COVID symptoms, this includes collecting medications from the dispensary.

Please help us to continue to keep everyone safe.

## ***News From The Dispensary***

We are delighted to announce we have appointed a new member of staff to our dispensary. **Sarah Hill will be joining us on 21<sup>st</sup> March.**

## ***Telephone system***

We have been made aware at the Practice, that there have been issues with our telephone system. On occasions the telephone system is cutting patients off from the call before we have answered. We are working with our provider to look in to this. As soon as we know what the issue is and the solution we will provide an update.

Please do contact the surgery if you have a medical need during our opening hours, Monday to Friday 08.30am-6.00pm. If you have a non-urgent medical query during the evening and weekends that cannot wait until the surgery re-opens, please call 111, this service is available 24 hours.

If you have a medical emergency, please dial 999

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## ***Spotlight on***



Each newsletter and subject to space, the practice intends to introduce you to the work of a various members of the team. This month we are focusing on our Primary Care Network team of Allied Health care professionals. First Contact Physiotherapist's, Social Prescriber's and Clinical Pharmacist's all support Prescott Surgery patients. Here is an introduction to who they are and what they do.

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### ***Spotlight on.....Joe Smith, First Contact Physiotherapist***

*My name is **Joe Smith** and I am a **First Contact Practitioner or First Contact Physiotherapist (FCP)** for six rural Shrewsbury practices. I specialise in musculoskeletal issues including joint pains and problems, back and neck pain and muscle strains. I help to manage patients in the pathway that may require further investigation or surgery, or simply advise on appropriate management of a given condition. Although my background is in Physiotherapy, I do not provide a Physiotherapy service for patients; if this is required then a patient will be referred onwards to the physiotherapy service. My main responsibility is to assess, triage (manage based on severity), and advise or refer onwards if needed. This helps to save the GPs some time with their caseloads, as approximately 30% of consultations are in relation to joint pains or problems.*

*I have worked in both the private and NHS settings, including Pulmonary rehabilitation, Orthopaedics, Acute Stroke, Musculoskeletal outpatients in both the NHS and also in a specialist sports and orthopaedic clinic. I have also worked in Rugby teams providing sports Physiotherapy, and helped high-level athletes competing in gymnastics, triathlons and motor sport. I currently also work part time in the hospital within Orthopaedics and the stroke ward. On a personal level I enjoy hill running with my dog, going to the gym, Rugby and martial arts.*

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## ***Spotlight on.....Isobel Evans, Social Prescribing Advisor***

### **What is Social Prescribing? Support towards better health and happiness!**

Social Prescribing is non-medical role which offers adults 1:1 confidential support to discuss & understand the wider issues affecting their health & wellbeing & linking people up to sources of support within the community. At Prescott Surgery, our Social prescribing advisor **Isobel** is qualified Occupational Therapist & is experienced at supporting people to make positive changes to improve their health & wellbeing.

Many people can benefit from Social Prescribing; this includes those who may be:

- Feeling worried or anxious
- Felling lonely or socially isolated
- Living with a long-term health condition
- Wanting to make healthy changes to their lifestyle
- Caring for someone

Social Prescribing is available across all the Primary Care Networks in Shropshire, including Shrewsbury Primary Care Network – which is the network of all the GP practices in Shrewsbury.

For more information or to get support from Social Prescribing:

- ask for a referral at the Prescott GP practice
- alternatively you can telephone: 0345 6789025 or you can email us at: [healthylives@shropshire.gov.uk](mailto:healthylives@shropshire.gov.uk)

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## ***Spotlight on.....Charlotte Lynch, Lead Clinical Pharmacist & Sandeep Jangra, Clinical Pharmacist for the Shrewsbury Primary Care Network***

### **Hello from Charlotte Lynch...**

*As lead clinical pharmacist for Shrewsbury Primary Care Network I carry out structured medication reviews for patients within the rural cluster (this includes Prescott Surgery). This involves looking at the medication list from a holistic point of view and liaising with the doctors and nurses to ensure patients are on the correct medication.*

### **Hello from Sandeep Jangra...**

*As a primary care network Clinical Pharmacist. Our role will be to provide structured medication reviews, with a view to improve how medication is delivered to patients but also helping patients understand more about the medications they take. We also take a holistic approach with a view to improve health outcomes within the local community.*

*As pharmacist's we will be working together with the wider health care professional team to ensure that patient needs are met. From time-to-time we may also contact patients if we are conducting any audit projects or conducting long-term condition review clinics.*

Surgery news prepared by Tracy Willocks, Practice Manager and Jackie Jones, Chair of The Patient Group