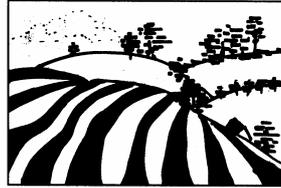


DOWNLAND UPDATE



Notes from The Downland Practice

Issue number 38

Autumn 2010

**All telephone calls: 01635
248251**

The busy time for calls is
up to 11.00 a.m. Please
avoid this time unless
your call is urgent

Facsimile: 01635 247261

Website: www.downlandpractice.co.uk

Local Hospital Numbers:

West Berkshire 01635 273300
Royal Berkshire: 0118 3225111
John Radcliffe: 01865 741166
North Hants: 01256 4732902
Great Western: 01793 604020

Remote Delivery Points for Medication

Since 1973 when Dr Bingham, Dr Brocklesby, Dr Nickson and Dr Arnold went into partnership the Practice have used a mini bus to bring patients with no transport to the Practice and have also used drop off points in the villages for medication. There is no obligation for practices to offer this service as it is the patient's responsibility to collect medication and we believe we are one of very few practices that provide this and we are keen for it to continue.

This has been a very popular service and a recent survey we have conducted shows how highly valued it is by patients who use it and it has only been possible due to the goodwill of people volunteering to host drop off points.

The whole of General Practice is now closely monitored by outside agencies and we have now had to formalise our arrangements with medication drop off points so that we are able to demonstrate good practice.

We have asked to have a named responsible person at each collection point to sign an agreement stating that the medication is kept in a safe manner. This is a dry cool environment where medication can be supervised.

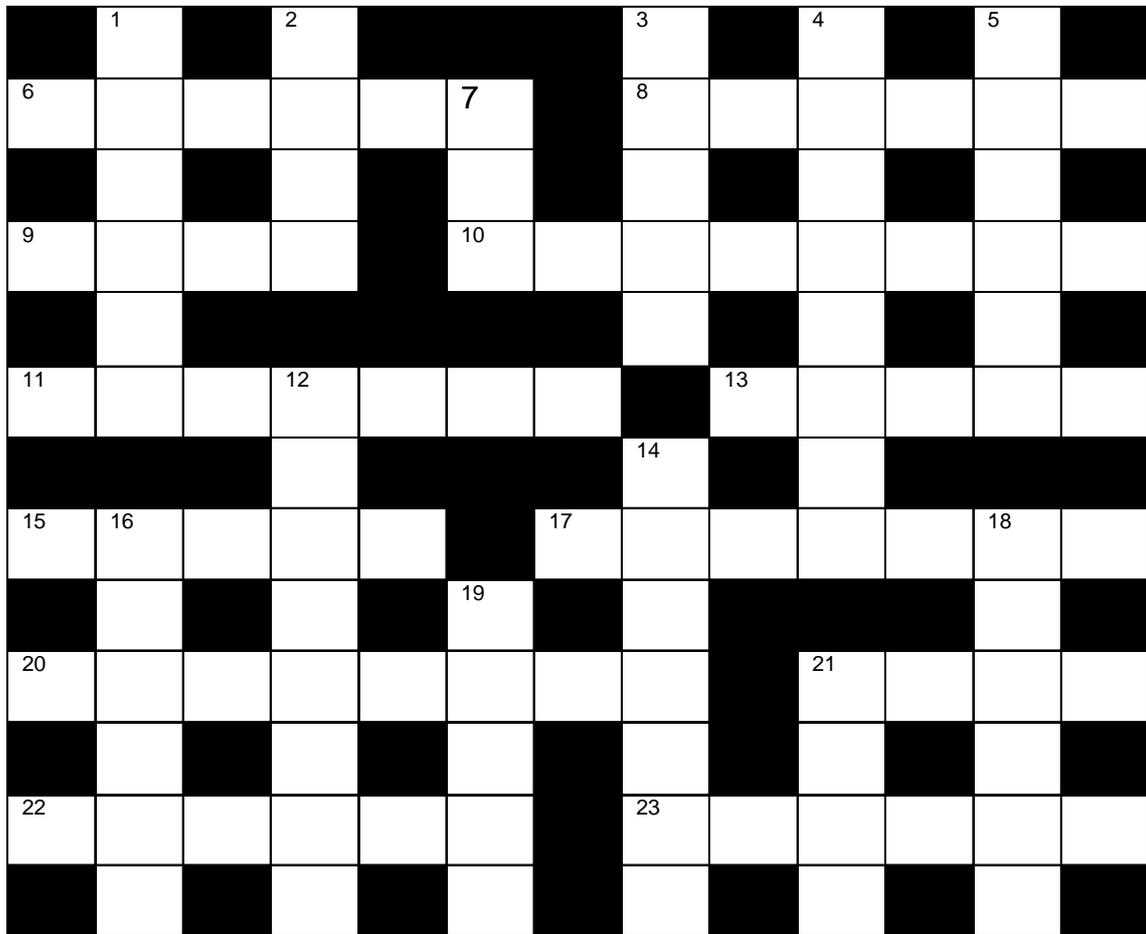
The responsible person (or their representative) signs a sheet at each delivery accepting responsibility for the medication received. Patients (or their representative) then sign that they had collected the medication. This enables us to have an accurate audit trail of medication.

Drop off points that are not in commercial premises need to have a notice stating what times/days medication can be collected. There is no need to offer 24 hour access. Some villages are looking at having a rota for collection points with 2 or 3 people taking part.

Unfortunately some of our existing drop off points felt unable to continue with the new arrangement so the service has had to stop to those villages.

If you feel you would be able to provide a medication drop off point in your village either wholly or as part of a rota, please contact your Parish Council or myself.

Hannah Arnold



Across		Down	
6.	The act of wiggling (6)	1.	Sudden violent wind (6)
8.	Come to the end of supply, leave room (3,3)	2.	Prevent from being seen or discovered (4)
9.	Home in a rock (4)	3.	Put on clothes (5)
10.	A gauze fabric, very fine (8)	4.	Lacking a crew, remote controlled (8)
11.	Money paid to ex-spouse (7)	5.	Large deep serving dish (6)
13.	Complacently or inanely foolish (5)	7.	Drinking vessel (3)
15.	Hidden storage space (5)	12.	A princess in India or the wife of a Maharaja (8)
17.	Candy made of a thick creamy sugar paste (7)	14.	A sled pulled by dogs (7)
20.	Derived from or containing glass (8)	16.	A shed containing a number of beehives (6)
21.	Subdivision of a larger religious group (4)	18.	A US coin worth one twentieth of a dollar (6)
22.	Covered with unclean things – egg run! (6)	19.	A small spiked wheel at the end of a spur (5)
23.	A young eagle (6)	21.	A mentor, a herb (4)

By Scarlet Sage

Solution Page 9

NEWBURY BREAST CARE SUPPORT GROUP

ABOUT US

Formed in 1993 for women (and men) who have had treatment for any form of breast disease, we exist to provide support and information to help with the process of 'moving on'.

The activities of the group are underpinned by professional guidance from designated Breast Care Nurses, Physiotherapist and Lymphoedema specialist and a Seroma clinic.

Meetings are held on the 2nd Tuesday of each month at 2.30pm and the 3rd Wednesday of each month at 7.30pm. All members receive a monthly newsletter.

We are a very happy group and you will be most welcome at any of our meetings where you will find people of all ages, some still having treatment and those who had breast cancer over 20 years ago.

For more information please contact us on our direct line 0779 500 3040 or visit us at www.newburybreastcaresupportgroup.co.uk.

The Newborn

Those eyes look up so tenderly
Softly dreaming almost heavenly,
They listen to each word that's spoken
Believing they're promises not to be broken.
They learn from everything around
From the lofty air to the earthly ground.
Their arms are held out ready to embrace
Someone with a smile on their face.
Their tiny hands explore all that's near
Deep down feelings with no expecting fear.
Their feet kick out and play
Soon they toddle on their way.
Their hearts inside are full of love
Carrying peace, just like a dove.
When they have children of their own
They'll also know the pleasure we've known.

By BAA

Hello and Goodbye

Our Registrar, Naomi Bryan left us in August and we wish her every success in the future.

Rachel Butler who worked as an administrative assistant has left to start paramedic training at Plymouth University and we also wish her every success.

There have been several changes in the dispensary. Sam left and Nicky and Shannon have joined us. Also, Charlotte, who works Friday in the Pharmacy, is now working the rest of the week in dispensary.

We have two new medicine counter assistants in the Pharmacy as Kate left; Shu and Susan.

Until January we have two GP Registrars; Ben Curtis and Pratap Khosti. Ben is with us for 6 months and Pratap for a year.

Our F2 doctor working with us until December is Hannah Skelton.

Booking Appointments On Line

For some time now patients have been able to order their repeat medication on line using EMIS Access. This package does also allow the facility to book appointments on line. The Practice have now decided to start using this function and a number of appointments will be available to book on line from 4th November, 2010.

To use this facility you need to request log on information. Forms are available from either reception or the dispensary; once they are completed your log on information can be collected either from reception or the dispensary after 2 working days.

From 8th November, 2010 we will have a generic Practice email address. This will be for administrative matters and not for urgent medical queries or booking appointments. Initially the inbox will only be checked on a daily basis and any messages treated as incoming post. The email address will be downlandpractice@nhs.net.

New Telephone System

Over the summer we have had a new telephone system installed. This did cause a number of teething problems for which we can only apologise. It does all seem to have settled down now; however, we are waiting for more work to be done on it!!

There is now the facility to leave a message to cancel appointments when the surgery is shut and all calls will be recorded for training and security.

Car Park

Recently a number of staff cars have been damaged in our car park. The really disappointing aspect of this is that no-one has ever owned up to the damage leaving our staff with the hassle and expense of getting their cars repaired.

We are, again, going to apply for planning permission to extend our car park to provide an area of staff only parking. This will be a much simpler plan only using the area of field behind the surgery with a gravel surface.

We do have the use of the Downland Volunteer's Handybus every morning and our driver, Ted, picks up patients and brings them in to the surgery for appointments. If you would like to use this service please ask reception when booking your appointment.

Lost Property

Listed below are items which have been left in the surgery over the past few months. Please ask at reception if you wish to claim them.

Lime green bag (My first ready bed)
Black mobile changing mat
Pokémon book
Pink soft bunny
Beige cord cap
Grey cardigan
Red gloves
Blue (Bart) sunglasses
Grey peak cap
Blue blanket
Yellow car
Bunny key ring
Soft ball
Nurses watch
Watch

Blue umbrella

SUGAR GAME

How many hidden sugar cubes are in these foods and drinks?
(1 sugar cube = 3g sugar)

1. Orange Juice (unsweetened 200ml) _____
2. Orange (80g) _____
3. Cola (330ml can) _____
4. Diet Cola (330ml can) _____
5. Lucozade (380ml bottle) _____
6. Jelly (1 pint made up) _____
7. Sugar Free Jelly (1 pint made up) _____
8. Fruit Pastilles (1 tube 53g pack) _____
9. Jam (100g) _____
10. Jam Portion (20g) _____
11. Ketchup Portion (10g) _____
12. Horlicks (25g serving) _____
13. Horlicks 'Light' (32g sachet) _____
14. Options Sachet _____

By Nurse Becky
(Acknowledgement – The Desmond Diabetic Course for Nurses)

Answers page 10

***Private Seasonal Flu Vaccination
Service Available
at
Downland Pharmacy***



**Please ask
staff for
details!**

Get Yourself Protected This Winter

**The Downland Pharmacy
East Lane
Chieveley
RG20 8UY**

Tel: (01635) 248251

Pharmacy Services - Downland Update

As it is Winter and the usual Colds, Coughs and 'Flu are about we are pleased to announce that the Pharmacist can now provide customers with the Flu Jab at a bargain price of £12 per shot, along with the usual remedies available within the Pharmacy to ward off and keep all the bugs at bay. Also still available is the Anti Malaria offer should you be taking in some winter sun and travelling to far flung foreign climes where protection is a must, collecting your course of tablets from here will enable you to get 10% off all related items such as remedies for Diarrhoea, Bites/Stings, Aches/Pains and Fevers, Vitamins, Sterile Needle Packs, Travel First Aid Kits and other items that are a must for all travellers. Which leads nicely into if you have ever wondered whether your symptoms - possibly picked up whilst enjoying sunnier climes - could be related to Kidney, Liver or Water infections there are Home Diagnostic Test Kits available for these as well as for Chlamydia and Diabetes to help put your mind at rest and get to the root of the problem as it were.

With the Christmas Season fast approaching I am sure that some of you will be pleased to know that some of the stress can be alleviated by making use of the Stop Smoking Clinic - also run by the Pharmacist - that offers a 6 week programme of advice and support combined with an 8 week supply of nicotine replacement therapy all for the princely sum of ONE NHS Prescription charge of £7.20 (unless you are exempt), who says that you have to wait 'til the New Year, anyway we all know that resolutions are made to be broken! Should there be more wine than smoke taken at the christmas party with a few embarrassing outcomes - such as co-workers or Ex's to be avoided - you can always pop into the Pharmacy where we can provide confidential advice as well as the FREE Emergency Contraception Pill to help avoid any unwanted Christmas Presents (providing it is taken within the first 72 hours, thereafter you would have to make an appointment with the Doctor)

And it's not just your health and well being that we are prepared to help you take care of, we also provide for your four legged friends in the guise of Drontal Worming Tablets and Frontline Flea/Tick prevention, so go on beat the Winter Blues, pop into The

Downland Pharmacy today and see what we can really do for you.... : D

CHESS by Woodpusher

2 replies to the difficult problem last quarter: Mr Daniel Jeffs got the first move right (Bh6+!! Forcing the black king to h8 to prevent the pawn queening), but missed the follow up Kg5! when black has no way of countering white's mating plan of Bf8, Kh6 then Bg7 checkmate. Mr Fred Dunsdon wanted to queen the white pawn on the first move, but this would just allow its capture before the other pieces were set up to give checkmate.

No such finesse needed in this quarter's problem! Game 4 of this year's World Championship match between Anand and Topalov. How does Anand (white, to play and win) bludgeon his way to victory? First three moves in the sequence please. Good luck!

Andrew Wardle

Please pick up a hard copy of Update from the surgery for the chess puzzle

CROSSWORD SOLUTION

ACROSS: (6) squirm (8) run out (9) cave (10) gossamer (11) alimony (13) inane (15) cache (17) fondant (20) vitreous (21) sect (22) grunge (23) eaglet

DOWN: (1) squall (2) hide (3) dress (4) unmanned (5) tureen (7) mug (12) maharana (14) dogsled (16) apiary (18) nickel (19) rowel (21) sage

Are you taking aspirin unnecessarily and risking your health?

There has been some news this summer that aspirin is not always a good idea. As you probably know it is used a lot to prevent further heart attacks and strokes but also up until now, as a prevention in some patients with hypertension. Long term low dose aspirin can substantially increase the risk of a stomach bleed, in fact. This summer some advice was published in the British Medical Journal which showed that the chance of preventing a heart attack or stroke in patients who hadn't already had one, even if their blood pressure was high, was no better than if they had taken no aspirin at all. However, the risk of bleeding, not only from the stomach, but into the brain was increased. Unfortunately, over the last ten years, several erudite bodies such as the British Hypertension Society have advocated using aspirin in primary prevention, i.e. in patients who have not had a coronary or cerebral event already. Therefore it has become a bit ingrained in both doctors and patients that an aspirin a day is good for you! This will need to change from now on. Doctors will discuss this with patients as they come along for review but if there is anybody taking aspirin just because they felt it would be a good idea generally, we suggest you stop now and maybe discuss it next time you have a consultation.

Ref – BMJ 2010 July – Helen Barnett et al

Dr Mary Dyson

Answers Sugar Game:

1(7), 2(2), 3(12), 4(0), 5(22), 6(31), 7(0), 8(14), 9(12), 10(4), 11(1), 12(4), 13(5), 14(1)