

Newsletter

Spring 2018 (v2)

In this issue:

NHS 70th	1
Staff Changes	1
Fund Raising	1
On-line prescriptions	2
Scarlet Fever	2
Coffee and Cake	3
Prostate Gland	3
Prescription Renewals	3
Data Privacy and GDPR	5

The Cottons
Medical Centre
01933 623327

The main surgery
telephone line is
closed from
12:30 to 1:30pm

Appointments can
be made & repeat
prescriptions can
be ordered via the
practice Web site.

Update - this newsletter is an updated version of the one sent a few days ago. The article regarding repeat prescriptions has been updated.

NHS Anniversary

This year is the 70th anniversary of the National Health Service. Despite some current difficulties it is fair to say that the NHS has served the public very well, and is a great institution. Long may it receive the resources it needs to help keep us in good health.



HAPPY BIRTHDAY!

Staff Changes

There have been some staff changes at the surgery. Dr Sukanthan is leaving the practice, and work is taking place to recruit a new doctor. Sharon Horner is a new receptionist, and there are two new office staff.

Fund Raising

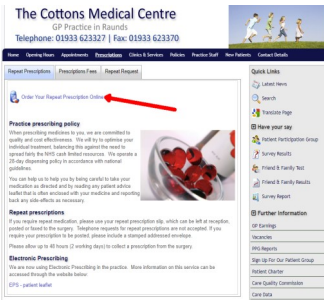
The PPG are going to have a cake stall at the Raunds Carnival in July. If you can make a cake (a big one or some small ones) for the stall please come forward. You can send e-mail to ppgcottons@gmail.com or leave a note addressed to 'PPG' at the surgery.

Funds raised, as always, go to improvements in the practice for the benefit of patients.



On-line prescription ordering

There are changes be considered by the Clinical Commissioning Group (CCG), which would mean that a pharmacy could no longer administer your repeat prescription orders. You would need to send or take in your order to the surgery, either on a paper form or on-line. This change is allegedly being considered in order to reduce the amount of drugs prescribed which are not actually needed and to reduce any 'stockpiling' that may happen. The CCG propose to run a trial of this new arrangement, but it is not known as yet whether or when it will affect Cottons.



The Cottons Medical Centre
GP Practice in Raunds
Telephone: 01933 623321 | Fax: 01933 623370

Repeat Prescriptions | Prescription Form | Repeat Prescriptions

Order Your Repeat Prescription Online

Practice prescribing policy
Your prescribing is restricted to you, we are committed to quality and cost effectiveness. We will try to optimize your medical treatment, taking the appropriate steps to ensure that, for 2012 cash linked resources. We operate a 24 hr dispensing facility by arrangement with external suppliers.

You can help us help you by being careful to take your medication as directed and by reading any patient advice leaflets that are provided with your medicine and reporting back any problems to us.

Repeat prescriptions
If you require repeat medication, please use your repeat prescription slip, which can be left at reception, posted or handed to the surgery. Telephone requests for repeat prescriptions are not available. To register your prescription to be posted, please include a stamped addressed envelope. Prescriptions can be posted in colour or a prescription from the surgery.

Electronic Prescribing
We are now using Electronic Prescribing in the practice. More information on this service can be accessed through the website home.

GP's - cardiac health

Quick Links
About Us
Search
Feedback Page
New your day
Patient Participation Group
Survive Health
Fitness & Family Help
Fitness & Family Health
Survive Health
Further Information
Our Settings
Venues
PMS Reports
Sign Up For Our Patient Group
Feedback Center
Care Quality Commission
Care Data
Privacy

One way to avoid the need to deliver your repeat prescription order form to the surgery would be to do it on-line. This is easy to do and saves trips to the surgery.

To go to the on-line prescription ordering section of the practice Web site, choose 'Prescriptions' from the menu and you will see this screen:

Here you can see the entry 'Order Your Repeat Prescription Online'. (highlighted by the red arrow)

Click that item and it will take you to the Patient Access screen. You will need to log in* and then you can place your order.

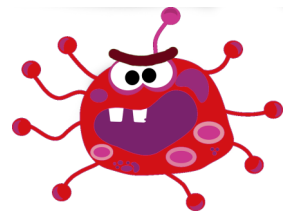
Within Patient Access you can also book doctor's appointments, so saving the need to phone and wait for a receptionist to answer.

(* - You need to register for Patient Access - please ask at reception.)

Scarlet Fever

Many people tend to think of Scarlet Fever as a Victorian disease, but cases of it are on the rise.

Therefore it will pay us to be aware of the symptoms of this disease:



Sore-throat, headache, high temperature and swollen glands in the neck. The face goes red, looking a bit like sunburn, and a white coating may form on the tongue, and then come off leaving the tongue red and swollen. There can also be a rash that forms on the chest and/or abdomen, and the rash feels like sandpaper.

Scarlet Fever will usually be treated by your doctor with antibiotics.

It is a relatively mild illness, but is very contagious and usually affects children.

It spreads via coughing, sneezing etc. so please stay away from school or work while the treatment takes effect.

Coffee and Cake

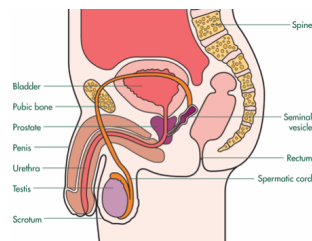
Kettering General Hospital are having a consultation session at Saxon Hall, in Raunds, on 25th April, 12:00-2:00pm. They want to involve us, the patients, in how they plan, develop and deliver their services, so as to meet our needs and expectations.



Prostate Gland

Every man has one, and it's important for their sex life, but not many know much about it, and problems that may occur with it. Better understanding of this gland will help men to make better choices about testing and, possibly, treatment.

The prostate is located below the bladder, and produces some parts of semen. The gland sometimes enlarges as men get older, although mostly this does not cause any problems. However, problems can occur, including pressure on the urinary duct, and swelling, which can make urinating painful. Sometimes cells can start to multiply out of control, and develop into cancer.



If you have any symptoms concerning urination (such as being painful, frequency, slow to start and/or slow to do it) you should talk to your doctor.

More information is here:

www.nhs.uk/Livewell/Prostatehealth/Pages/knowyourprostate.aspx

Prescription renewal period

A study conducted by a Cambridge University research team has said that there is no strong evidence to support the current 28-day repeat prescription period. They conclude that there would be merit in looking at extending the period to, say, three-monthly for people with longer-term stable conditions. This measure would mean patients need not go to a pharmacy so often and are more likely to take their medications consistently. In addition, work load would be taken off of busy GPs and pharmacies. Financial savings were also predicted.

So, it will be interesting to see what CCGs and NHS make of this and whether the idea is progressed.

The article is here: www.phpc.cam.ac.uk/pcu/28-day-prescription-lengths-people-long-term-conditions-reconsidered-say-health-research-team/

Listening to patients' opinions

The Patient Participation Group exists to provide feedback to the Practice on patients' views, suggestions, and so on. We also do other things such as fund-raising and surveys.

New members to the PPG are welcome, and people can:

- attend meetings (6pm at the Cottons Medical Centre, every 6/8 weeks),
- register to receive information via e-mail, if unable to attend meetings.

If you would like to find out more information about the Patient Participation Group (PPG) please email ppgcottons@gmail.com or ask the receptionist.

NHS Choices feedback/reviews

Please consider leaving a review of The Cottons Medical Centre on NHS Choices. Feedback does help to improve services.

Go to www.nhs.uk and choose the 'Find local services' option, or direct to:
<http://www.nhs.uk/Services/GP/ReviewsAndRatings/DefaultView.aspx?id=38292>

Northamptonshire Healthcare NHS Foundation Trust run support groups, clinics and so on. Here is a Web page giving a list of hospitals, clinics, cafes, etc. run by NHFT:
<http://www.disabledgo.com/organisations/northamptonshire-healthcare-nhs-foundation-trust/main>

Surgery telephone number	01933 623327
Practice Web site	www.thecottonsmedicalcentre.co.uk
Make an appointment or order a prescription	Go to Web site
When surgery : For life-threatening conditions	Phone 999
is closed For urgent medical assistance	Phone 111
Get mobile phone reminders	Register your number with receptionist.



Patient: "Doctor, will I be able to play the violin after the operation?"



Doctor: "Yes, of course..."

Patient: "Great! I never could before!"

The PPG is not a route for administrative or clinical complaints. Our role is to work with the practice to help facilitate the services offered and make improvements. Complaints should go to the practice management.



How the NHS and care services use your information

The Cottons Medical Centre is one of many organisations working in the health and care system to improve care for patients and the public.

Whenever you use a health or care service, such as attending Accident & Emergency or using Community Care services, important information about you is collected to help ensure you get the best possible care and treatment.

The information collected about you when you use these services can also be provided to other approved organisations, where there is a legal basis, to help with planning services, improving care provided, research into developing new treatments and preventing illness. All of these help to provide better health and care for you, your family and future generations. Confidential personal information about your health and care is only used in this way where allowed by law and would never be used for insurance or marketing purposes without your explicit consent.

You have a choice about whether you want your confidential patient information to be used in this way.

To find out more about the wider use of confidential personal information and to register your choice to opt out if you do not want your data to be used in this way, visit www.nhs.uk/my-data-choice. If you choose to opt out you can still consent to your data being used for specific purposes.

If you are happy with this use of information you do not need to do anything.

You can change your choice at any time.

GDPR text messages

You may have received a text message, on your mobile phone, from the practice asking if you are content to continue to receive text reminders etc.

This is in connection with GDPR (General Data Protection Regulations), which is an extension of the provisions of the Data Protection Act, and serves to tighten up on the usage of people's personal information.

So, please do reply to the text message from the surgery, and please send back the correct option, as specified in the message - **OPTIN** or **OPTOUT**.

Only the two alternatives specified are recognised by the computer system.

PPG data policy

Further to the above articles, you will soon receive an copy of the PPG Data Protection Policy via e-mail. This sets out what data the PPG hold about you and what it will, and will not, be used for.