

Highfield Surgery

Newsletter

May 2017

NHS costs have increased from £75bn in 2005/06 to £117bn in 2015/16. Planned expenditure for 2016/17 is £120bn.

Figures provided by NHS Confederation

The Practice Team

GP Partners: Dr Jill Deacon and Dr Martin Davis supported by our employed GPs, Dr Sarah Jane Rapsey and Dr Lena Poulton. Practice nurses: Cathy Taylor – Diabetic Nurse Specialist - and Cate Norridge – Respiratory Nurse Specialist.

Healthcare Assistants and Phlebotomists: Elayne Saunders and Sue Goodliffe (and still helping out, Kim Georgiou).

Healthcare Assistant: Ruth Murden – NHS Healthcare Checks

The Administration Team is headed up by Practice Manager, Peter Darling, supported by our administrative team of Judy MacFarlane (Secretary), Elayne Saunders (Prescription Clerk), Lisa Wooster (Scanning Clerk), and the Reception Team of Jo Blackwell, Sue Goodliffe, Ruth Murden, Claire Smith and Gill Took.

Patient Appointments and Information

If you have an appointment for a blood test please make sure you have a large glass of water before your appointment. This applies to both fasting and non-fasting blood tests.



Electronic Prescription Service (EPS)

You can choose to collect your medication from a nominated pharmacy which will avoid the need to visit the practice to collect a paper prescription. The practice can send prescriptions electronically to the pharmacy of your choice. Please ask at Reception or visit www.hscic.gov.uk/epspatients

Emergency and Out-of-Hours

There has been a lot in the news over recent months about hospital A&E Departments being overloaded and struggling to cope. Please remember that unless you feel it is life threatening, you can use either the 24-hour Minor Injury and Illness Unit at Wycombe Hospital, or for non-emergency situations you can call 111 at any time for advice.



Care & Support Planning

What is care & support planning?

Care & Support Planning is a term used to describe the way in which people with a long term condition, such as diabetes, work with healthcare professionals to make joint decisions and agree how their condition can be managed.

How does care & support planning work?

If you have type 2 diabetes, you will be invited to attend the surgery about two weeks before your annual diabetes review to have all your usual health checks and measurements taken. You will then be able to see these results before your annual review, giving you an opportunity to reflect on and think about what the results mean to you, and what is important to you.

During the annual review appointment you can discuss your results, raise any concerns you have with your health care professional and explore what options are available to support you to self-manage your diabetes, including such services as 'Live Well, Stay Well' which offers practical support for you to live a healthier lifestyle.

This is a good opportunity for you to ask questions, and discuss anything you are not sure about. By the end of the review you will have a plan that has been agreed jointly with you and your healthcare professional. This is called your 'Care Plan' or 'Action Plan'.

How is this different?

Care & support planning is designed to enable you to have a two way, productive discussion with your healthcare professional and be more in control of your diabetes by considering what you need do to stay healthy, look after yourself better and remain independent for longer.

Lori Williamson – Programme Delivery Manager

LIVE WELL, STAY WELL

Live Well Stay Well ("LWSW") is a **FREE** health improvement service available to anyone over the age of 18. LWSW are experts in working with members of the public and supporting them to make changes to their lifestyles that lead to a healthier life.

If you are interested in, or have been advised to eat a bit more healthily, be a bit more physically active, reduce the amount of alcohol you drink, lose some weight or stop smoking, LWSW are there to help you make those changes and stick to them. If you would like support with the emotional challenges of managing a long term health condition, Live Well Practitioners can offer a range of different types of support to help you cope and prevent your long term health condition stopping you from doing the things you want to in life.

LWSW support you through 1:1 interactions with a dedicated Stay Well Coach who will listen to what you would like to achieve and then help you design your personal pathway to a healthier life.

LWSW are not interested in the latest fad diet, cutting out your favourite food or drink or wearing you out in the gym. The goal is to support you to make small, proven changes that will help you to make real improvements to your health, achieve your goals and make healthy habits a long term part of your life.

Don't worry, you will not be asked you to sign up to a contract or take up hours of your time. All that is asked is that you commit to an initial assessment over the telephone and do your best to make the changes you want to make. That's it - **and it's FREE! Just phone on 01628 857311.**

Live Well, Stay Well – 109 Prospect House – Crendon Street – High Wycombe – HP13 6LA

Tel: 01628 857311 – email: info@parkwoodhealthcare.co.uk – website:
www.livewellstaywellbucks.co.uk

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Tel: 01494 813396

Email: highfield.surgery@nhs.net

Web: www.highfieldsurgeryhazlemere.co.uk