

Maple



View

Medical Practice

Summer 2016

Dr Helen Ray left Maple View at the end of June to join a Worcester based practice which enabled her to reduce her commuting time considerably. We all wish Dr Ray every success in her new post.

Dr Mark Upton will be joining Maple View as a salaried GP at the beginning of September. An introductory profile of Dr Upton will be placed on the wall in the waiting room.

Independence Trust Living Well Service

Maple View has been hosting Pre-Diabetic Workshops during the summer to help patients who have been diagnosed as 'at risk of diabetes' to reduce the risks and make small changes, that make a big difference.

The workshops are fun and informative and are based upon:

- Eating right to reduce your risk of diabetes
- Healthy cooking that won't break the bank
- Supporting others
- Activities that are easy and fun

If you would like more information, please contact the Living Well Team directly on: 01905 675850 or visit the website: www.independencetrust.co.uk

What is Pre-Diabetes?

This is a term used to explain that your blood glucose levels are higher than normal, but not high enough for you to be diagnosed with Type 2 diabetes. High blood glucose levels can increase your risk of developing Type 2 diabetes and other health complications, but this is not inevitable. Things that contribute to becoming pre-diabetic, and the progression to diabetes:

- What you eat: Being overweight affects the body's ability to process sugar in the blood.
- What you do: Long periods of inactivity (e.g. watching television all evening) reduce the ability of insulin to deal with sugar in the blood. By the same token, being physically active increases the efficiency of the insulin.
- The genes you inherit also contribute to the development of pre-diabetes. You can't change your genes, but you can do something about your eating habits and your physical activity.

It is important to realize that dealing with pre-diabetes or diabetes is not simply about eating less sugar. The body's ability to process sugar depends on the action of insulin in the bloodstream. This in turn depends on your level of activity as well as what you eat. Other illnesses are also related to what you eat and physical activity (high blood pressure, heart disease), and these often occur alongside pre-diabetes. An underactive thyroid can also be linked to pre-diabetes, as this makes it difficult to keep to a normal weight.

Worcestershire Wellbeing Hub

The WWB Hub is an information and signposting service for people over the age of 16 who are experiencing low mood, anxiety or stress, and feel that they would benefit from support from local community providers.

The Wellbeing Assistants are able to:

- Provide information and signposting for wellbeing services across Worcestershire.
- Take bookings for the Community Wellbeing Programmes such as Moodmaster and Peer Support.
- Redirect people to self-help resources.

What it is not:

Staff are not clinically trained and so if you have any other needs you should speak with your GP. If your mental health issues are reaching a crisis, call 111, 999, or the Samaritans 116 123.

The Hub is open Monday to Friday 9am to 5pm. You can contact them by calling 01905 766124 and they will aim to respond within 48 hours.

European Health Insurance Cards - EHIC – NHS Choices advice

Please note: following the results of the EU referendum, no changes have yet been announced to the European Health Insurance Card (EHIC) service. The NHS Business Services Authority is continuing to provide the EHIC service as usual, and you can apply for and use your card as before.

You can apply for or renew an EHIC using the official EHIC online application form. This is free of charge. *Beware of unofficial websites, which may charge if you apply through them.*

A valid European Health Insurance Card gives you the right to access state-provided healthcare during a temporary stay in another European Economic Area (EEA) country or Switzerland.

The EHIC covers treatment that is medically necessary until your planned return home.

Treatment should be provided on the same basis as it would to a resident of that country, either at a reduced cost or, in many cases, for free. For example, in some countries, patients are expected to directly contribute a percentage towards the cost of their state-provided treatment. This is

known as a patient co-payment. If you receive treatment under this type of healthcare system, you are expected to pay the same co-payment charge as a patient from that country.

The EHIC also covers the treatment of pre-existing medical conditions and routine maternity care, provided the reason for your visit is not specifically to give birth or seek treatment.

The EHIC is not an alternative to travel insurance. It will not cover any private medical healthcare or costs, such as mountain rescue in ski resorts, being flown back to the UK, or lost or stolen property. It is also not valid on cruises.

It is therefore important to have both an EHIC and a valid private travel insurance policy in place before you travel. Some insurers now insist you hold an EHIC, and many will waive the excess if you have one.

Non-Urgent/Routine Appointments

If the Doctor requests that you make a non-urgent or routine appointment, the Doctor is satisfied that your issue can wait for the next available routine appointment and that this is likely to be in 3-4 weeks time.

Couch to 5K: tips for new runners

Warming up and down

Each Couch to 5K run includes a five-minute walk at the beginning and end of the session. Don't just go out the front door and start running; make sure you go through the preparatory brisk walking stage. As for stretching before a run, opinion is divided on whether this is necessary or even helpful.

For a warm-down, the worst thing you can do is stop running and immediately sit down, so keep walking until you're fully recovered.

You may want to put on an extra layer of clothing while cooling down, as this will stop you getting cold. For tips on cooling down exercises, read how to stretch after exercise.

How to run

Good running technique will help make your runs feel less tiring, reduce your risk of injury and, ultimately, be more enjoyable.

Avoid striking the ground with your heel or your forefoot first. Landing on the middle of your foot is the safest way to land for most recreational runners. Your foot should land below your hips – not right in front of you.

Eating and drinking

It's important to have energy for your run, but don't overdo it. Avoid having a large meal within two hours of your run. You need blood to be in your muscles, not your digestive system.

However, a light snack, such as a banana, before running is fine.

As for water, provided you are drinking enough throughout the day, this should not be problem. Some people like to have a water bottle with them while running. If you're thirsty, drink – just not too much.

Guidance from the Local Medical Committee for patients regarding GP's and Dental issues

GPs and dental problems

GP contracts are to provide primary *medical* services and therefore any treatment for dental problems is by definition excluded; furthermore GPs will be aware of their professional obligations under GMC's Good Medical Practice Guidance always to practice within their competence and to refer whenever appropriate. Patients seeking consultations for dental conditions therefore should be robustly advised to seek appropriate treatment from a dental practitioner.

Toothache and Dental Abscess

Toothache may result from many different causes including a dental abscess is due to inflammation and development of pus in the restricted space within or around the tooth. The correct treatment is to identify the source of pain, and if infection drain away the pus. First aid treatment is to take ibuprofen and cooling drinks to relieve the pain. If the pain lasts for more then 1-2 days the patient should consult with a dentist. Use of antibiotics is not advised without first seeing a dentist. Inappropriate use of antibiotics can mask the site of the infection making identification of the offending tooth difficult. Patients seeking consultations in general practice for dental pain should be advised to see a primary care dentist as soon as possible. If a patient does consult at the surgery for dental pain then the GP should advise on first aid treatment and again signpost patients to see a primary care dentist as soon as possible.

Referrals to the Dental Hospital

Patients sometimes present to GPs with lesions in the mouth, TMJ pain or other oral problems for which a GP might consider a secondary care referral. Referrals to the Birmingham Dental Hospital now requires completion of a referral template, and if inappropriate may be rejected back to the referring clinician. It may often be more appropriate to refer such patients to a dentist within primary care in the first instance. After further assessment the dentist will refer on to secondary care if appropriate. Clearly the decision on whether to refer directly to secondary care or to a primary care dental practitioner will be a matter for the GPs' clinical judgement.

Finding a dentist

Patients should be advised that they can find details of local dentists taking NHS patients by entering their postcode on the NHS Choices website or phoning NHS 111.

Accessibility

Do you have any information or communication support needs relating to disability, impairment or sensory loss?

If so, please contact the surgery to let us know how we can best meet these needs.