



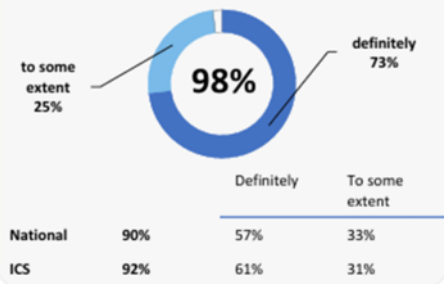
# The Doctors Notes

Issue 4 Vol 1

The Cranborne Practice Community Newsletter Summer 2024



The patient's needs were met



## One of the best in Dorset

We are delighted to learn that in this year's annual GP Patient survey, The Cranborne Practice, including Lake Road Surgery, is one of Dorset's highest scoring GP practices, achieving a 96% overall experience score, and a rating of 98% in patient needs being met.

The GP Patient Survey is an independent survey run by Ipsos on behalf of NHS England. The survey is sent out to over two million people registered with GP practices in England. The results show how people feel about their GP practice.

A small selection of patients from every GP practice is sent an invitation in the post to complete a survey about their local surgery. The survey can be completed either online or by post.

Patients are chosen randomly; your GP practice has no say who gets to participate in the survey and will not know who has been invited to participate.

To our fantastic team, **well done and thank you!** And thanks to our Patient Participation Group members who help us shape our service to support, assist, treat, and care for the communities of Cranborne, Verwood, and the surrounding area.

## Booster Programme Numbers

Over 6,400 patients were eligible for a Winter flu vaccine and 1,800 for a Spring COVID booster.

NHS Dorset data shows that this season, seventy-nine per cent of our eligible patients took up the offer of a seasonal COVID booster. That's 8% higher than the Dorset average. Sixty-five per cent of eligible patients received a flu jab, 2% higher than the Dorset average.

Thank you to those who received these important seasonal vaccinations, helping to keep our community as safe as possible.

Information on next season's COVID Booster and Winter flu programmes will be communicated in late summer 2024. Visit [www.myvaccination.co.uk](http://www.myvaccination.co.uk) or call our Community Vaccination Information line on 01202 283695.

## Whooping cough vaccinations are available for pregnant women

Whooping cough cases have been rising in England. We recommend getting the whooping cough vaccine to help protect you and your baby. It's safe and effective and will provide important protection for your newborn in its first months.

Please contact us to let us know if you have any questions or if you'd like to schedule an appointment.



## Do you Know Your Numbers?

We believe every adult in the UK should know their blood pressure numbers in the same way they know their height and weight. When you #KnowYourNumbers, you can take steps to manage your blood pressure and lead a long and healthy life.

That's why The Cranborne Practice offers patients the opportunity to monitor their blood pressure at home and share their readings directly with us using the Viso app. High blood pressure, or hypertension, rarely has noticeable symptoms. But if untreated, it increases the risk of serious problems such as heart attacks and strokes.

### How does the service work?

Patients who meet the eligibility criteria will be contacted by us with an invitation to register with the Viso programme. Invites will typically be sent via SMS text message, requesting the patient to accept or decline the invitation. People who agree to participate will receive details on how to register to use the service.

### Do I have to wait to be invited in order to use BP@Home?

No. Any patient registered with us can self register via the Viso website. Scan the QR code above to self register.

# NHS Health Checks - for patients aged 40 to 74

If we've invited you for an NHS Health Check, it's important to take up the offer and book your appointment.

Health Checks can reveal whether you're at risk of developing conditions such as heart disease, diabetes, kidney disease and stroke.

Many warning signs for these conditions, like high blood pressure and high cholesterol, do not have symptoms. So, even if you are feeling well right now, these checks are still essential to help protect your health in the future.

If we invite you for an NHS Health Check, it's important to accept the offer and book your appointment, even if you feel well.

## Prescribing over the counter medicines - #HelpYourNHS

In line with NHS England recommendations, NHS Dorset has asked GP teams across the county to stop prescribing medicine and treatment for 35 minor conditions. Medications for these conditions are readily available at your local pharmacy or supermarket.

This will release thousands of hours of clinical time to enable us, as a GP Practice to focus on caring for people with more complex needs, increasing patient access.

Search NHS Dorset Help Your NHS on the internet or ask at Reception for a leaflet.



## Respiratory Syncytial Virus (RSV) Vaccinations

The UK will become the first country in the world to roll out a national vaccination programme against Respiratory Syncytial Virus (RSV), protecting infants & older people from becoming seriously ill. RSV accounts for 39,000 hospitalisations each year.

From 1 Sept, vaccination to protect against Respiratory Syncytial Virus (RSV) will be offered to:

- Pregnant women (over 28 weeks) to help protect newborn babies
- Adults aged 75+

We plan to vaccinate as many people as possible during September and October 2024 before the expected RSV season. Eligible patients in our network of GP Practices will be contacted with an offer of the RSV vaccine once clinic details are finalised.

## Dementia Coordinator Service

Many people living with Dementia feel that having support along their journey will maximise independent living and prevent a crisis. Help & Care offer a Dementia Coordinator Service, committed to supporting people to live well with Dementia. The service is available to everyone across Dorset, age 18 and over, including support for immediate carers and loved ones, as long as a diagnosis of Dementia is confirmed. For more information, Call 0300 123 1916 or email [memory@helpandcare.org.uk](mailto:memory@helpandcare.org.uk)

## New Consultation rooms at Lake Rd

To meet the needs of a growing community, the Practice has invested in three new consultation rooms. The additional facilities will significantly increase the capacity to provide face-to-face appointments and help reduce waiting times.

To celebrate this, the practice invited members of the Patient Participation Group to open the rooms officially.

Commenting on the new rooms, Managing Partner Jo Morris said, "We constantly look at opportunities to improve patient care. We are pleased to invest in our community and create three new consultation rooms. These will provide more face-to-face GP appointments and enable us to provide a wider range of health care services for local people."



Chair of the Practice's Patient Participation Group, Julie Saunders, says of the developments, "From a patient perspective, we are pleased to see The Cranborne Practice increasing their capacity to deliver healthcare and the benefits from the additional face-to-face GP appointments available."

## And finally . . .

Since our last newsletter, we're delighted to welcome some new members to the Practice team.

New GP Dr. Claire Butler, whose Routine hours in Practice: Tuesdays, Wednesdays and Thursdays. And Lucy Barr, RGN joins our Practice Nursing team.