

PPG Newsletter for January 2023

Get Help for children/young people 0 to 18 years

The practice has just launched a new App called 'Healthier Together'. The NHS Healthier Together App provides clear information about what to look out for if your child or young person is unwell and if needed it will directly inform your GP practice (Watership Down Health) about your child/young person's symptoms rather than having to call to get an appointment.

Download the App so that you have the App ready go if your child or young person is unwell:

[Healthier Together App : Healthier Together \(what0-18.nhs.uk\)](https://www.nhs.uk/healthier-together/)

QR codes are available from this link

<https://watershipdownhealth.com/wp-content/uploads/2022/11/QR-Poster-for-Healthier-Together-App.pdf>

Primary Care Network – Care Co-ordinators

As part of the wider Primary Care Team, we currently have three care co-ordinators who manage the reviews of patients with a long-term condition.

- Rachel is the co-ordinator for respiratory disease and hypertension.
- Victoria is the co-ordinator for mental health, dementia and learning disabilities
- Kat is the co-ordinator for diabetes.

Here is Kat's explanation of her co-ordinator's role:

- Looking after the cohort of patients, over 2,000 across both practices, who have diabetes (type I & II), pre-diabetic, newly diagnosed, in remission or may have had gestational diabetes through pregnancy.
- Contacting all patients and ensuring they have their reviews Patients will have annual reviews which consist of foot check, blood tests, height/weight/BP, interim reviews if not controlled or medication changes and then follow up calls to agree care plan for the next 12 months.
- Liaise with GP's/Long Term Condition Nurses and pharmacy teams if there are queries from patients, diary, medication, coding queries and with the Frailty Team within surgeries and also at the hospital.

Here is Victoria's explanation of her co-ordinator's role:

The role is very different to the other Care Co-ordinators spending more time with patients on the phone and with the GP's and not so much with the nurses.

- With Learning Difficulty patients I contact them to book them in with their familiar GP for double appointments that are suitable for them to have their reviews completed at an appointment time and surgery they prefer. I also give information of what to expect in a review or answer questions that are asked.
- Patients with a mental health illness are contacted to invite them in for a review and I arrange to have their bloods, BP and BMI done. Once the blood results are received, the patient is then contacted to arrange a follow up double appointment with their usual GP to complete their review.
- With Dementia patients the patient or their family is contacted to invite them for a review, part of the Dementia review can be completed on the phone. I provide a listening ear to the families; and can direct them for further support or information. A suitable double appointment is arranged either at a surgery or home visit for the GPs to complete the review. Each family is offered a 'This is me' booklet

NHS fast tracks life-extending prostate cancer drug to patients

Prostate Cancer is the most common cancer in men with 47,000 diagnosed with it every year in England. Almost 9,000 men go on to suffer from the aggressive form of metastatic prostate cancer will be eligible for a new life-extending treatment.

The NHS in England will become the first in Europe to roll out Darolutamide also known by its brand name, Nubeqa®, to patients whose prostate cancer has spread to other parts of the body. Studies show the chances of living longer are increased by one third.

Festive Season

The practice will display the Christmas and New Year pharmacy rota (once received) on our website and main front doors of each practice.

From All Our GP Partners, Doctors, and Team, we wish all our Patients and their Families a Very Happy Christmas and New Year.