



Boultham Park Medical Practice

Newsletter

Autumn Edition 2021

Editorial



Welcome to this Autumn 2021 edition of the Boultham Park Medical Practice newsletter which we encourage you to read as it contains useful information, some of which you may not be aware of. You are welcome to take a copy home with you. However, an electronic copy is also available on the Boultham Park Medical Centre webpage for you to download. We also hope you had a pleasant Summer and were able to have some sort of holiday break.

It is important to recognise that there is still a very real threat from Coronavirus. Therefore it is important that you know how to stay safe and help prevent the spread. Therefore, we have included an extract from the online guidance provided by the government updated on the 14th September 2021. Please read this and keep checking for further updates.



It is still possible to catch and spread COVID-19, even if you are fully vaccinated. Therefore, anyone with COVID-19 symptoms or a positive test result should stay at home and self-isolate immediately. If you have symptoms of COVID-19, you should arrange to take a PCR test as soon as possible. This still applies even if you have received one or more doses of a COVID-19 vaccine. COVID-19 will be a feature of our lives for the foreseeable future, so we need to learn to live with it and manage the risk to ourselves and others. All of us can play our part by understanding the situations where risks of COVID-19 infection and transmission are likely to be higher, and taking action to reduce these risks.

Following the government guidance will help you to understand situations where there is a greater risk of catching or spreading COVID-19 and the steps that you can take to stay safe and protect others. Every action you can take to help reduce the spread will help reduce pressure on the NHS during the winter months. To find out more visit:

<https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do>



Also – look out for our PPG Facebook page which contains useful information about COVID and the vaccination program too.

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Contents:

Page 2	Visiting Patients in Hospital
Page 3	Staff Update
Page 3	COVID/Flu Vaccinations
Page 4	Patient Abusive Behaviour
Page 5	Practice Car Park
Page 5	Lincolnshire CCG - Public Consultation
Page 6	Citizen Panel
Page 7	Breast Cancer
Page 8	Stomach Bugs
Page 9	Living with Cancer (Information Poster)
Page 10	Palliative and End of Life Care (Information Poster)



Boultham Park Medical Practice

Newsletter

Autumn Edition 2021

Visiting Patients in Hospital

Reflecting the ever-changing nature of the COVID pandemic, United Lincolnshire Hospitals NHS Trust (ULHT) is taking a new risk based approach to patient visiting to maximise visiting opportunities whilst keeping staff and patients safe.

From Thursday 9th September, a risk-based approach to allowing visitors onto ward areas will be taken in all ULHT hospitals- including Lincoln County Hospital, Boston Pilgrim Hospital and the Grantham and District Hospital.

All hospital inpatient areas are currently given a classification of low, medium and high risk, reflecting patient conditions and infection prevention and control measures. For each level, different visiting arrangements will be in place from this week. This will be determined at individual patient level, depending upon their risk rating and the risk level of the areas they are residing in.



LOW RISK AREA

Visitors must wear;
surgical mask,
gloves and single
use apron



CONTROLLED VISITING

visits managed on an appointment basis and for no more than 24 hours in advance.

- Visits are for **ONE** hour only but may be shared between **TWO** visitors
 - No children under the age of 12 are permitted**
- 2 bedded bay: 1 visitor at a time
4 bedded bay: 2 visitors at a time, not in adjacent beds
6 bedded bay: 3 visitors at a time, not in adjacent beds
8 bedded bay: 4 visitors at a time, not in adjacent beds
12 bedded bay: 6 visitors at a time, not in adjacent beds



MEDIUM RISK AREA

Visitors must wear;
surgical mask,
gloves and single
use apron



CONTROLLED VISITING

visits managed on an appointment basis and for no more than 24 hours in advance.

- Visits are for **ONE** hour only but may be shared between **TWO** visitors
- No children under the age of 12 are permitted**

1 visitor per bay allowed

HIGH RISK AREA

Visitors must wear;
surgical mask,
gloves and single
use apron



VISITING SUSPENDED

other than agreed exceptional circumstances and following a "visiting risk assessment"

Examples include patients who:

- are receiving **end of life care**
- suffer from **dementia or significant cognitive impairment**
- have a **Learning Disability or Autism**

Exceptions are in place for maternity and children's areas, please see our website for information

There may be local rules in place in individual areas, depending upon the environment, and patients and visitors are asked to speak to the ward directly for information.



Staff Update



Doctor

Dr Patel left the Practice in August and has been replaced by a female doctor – **Dr Anaegbu** who has already started at the Practice. The following are also female GP Registrars currently working at the Practice:

- Dr Kingsnorth
- Dr Ogundipe
- Dr Hampton

Nurse Practitioner

Amanda Burton started week commencing 6th September 2021. She has a lot of experience of working in Practices. Katie Vick is in training to become a Nurse Practitioner.

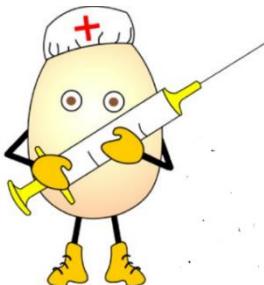
Nurse

Katie Stephenson has already started at the Practice

Clinical Pharmacists and Pharmacy Technicians

There are now 5 Clinical Pharmacists and 4 Pharmacy Technicians working across the Apex group of Practices.

COVID/Flu Vaccinations



It is that time of year again when the Seasonal Flu Vaccination campaign comes to the fore.

You may have be aware that there have been delays in the delivery of the Seasonal Flu Vaccines. We received our first delivery on Wed 29 Sep and ran our first weekend flu clinic on Sat 02 Oct. We did not receive our full allocation of vaccines in our first delivery and while we will be running further clinics on Tue 06 Oct and Sat 16 Oct, the scale of

these depends upon the receipt of further vaccines. We are prioritising the elderly (over 65s) and the clinically at risk (under 65s) first; there are different vaccines for these groups so we do run separate clinics for each to avoid mistakes.

Covid Boosters

We are now also starting our Covid Booster clinics. All of the boosters we will be giving will be the Pfizer vaccines, regardless of whether patients had other vaccine types earlier in the year. Due to the nature of the Pfizer vaccine we are not able to run these clinics at the surgery as we don't have the room to monitor large numbers of patients for the 15 minutes necessary after giving the jab. Therefore, all of our Covid booster clinics will be held at **Rustons Sports and Social Club** on Newark Road. Due to the requirement of the Ruston's site, the layout available to patients and the route through the building have changed from our previous clinics, so please take note of the volunteer marshals and signage. The post-vaccination waiting area is now in a marquee, so a bit



Autumn Edition 2021

cooler than the previous indoor area, so you might wish to take a thicker coat for while you are sat waiting.

We have made the decision not to co-administer the flu and Covid vaccines as we feel there is less room for mistakes (if someone wants one but the not the other vaccine) and so we will continue to run separate flu and covid clinics.

Booking into Flu and Covid Clinics - Mobile Phones

We are able to get invites out much faster to those patients who have a mobile phone number registered with us. We can now send a booking link to these large scale clinics where you can book directly into available appointments slots without having to call the surgery. If you have a mobile tel no or have changed it, and have not let us know the details, please do so as soon as you can. That way we can help you to make your appointments much more easily.

All patients aged 50 and above are still eligible for a free seasonal flu vaccination.

Patients aged 18-49 in clinical at risk groups can also still book seasonal flu vaccinations. Please call the surgery to book your appointment.

Patient Abusive Behaviour



There has been a marked increase of patient abuse towards the Practice staff which has even resulted in the Police being notified.

This is not acceptable in any shape or form and the Practice will take action with any patient that is abusive towards any member of staff, whether this is face to face or on the telephone.

The Practice are delivering a service under a lot of pressure and do not need abusive behaviour to add to this pressure. The Practice will try to accommodate everyone's request where possible but are unable to yield to all demands. This is common throughout the NHS, which is under stress at every level. **Courtesy is a two-way thing and there is no excuse for abuse, even if an error has occurred.**

All incidents of abuse will be dealt with by the Practice Manager and will not be tolerated. If a patient feels that they have been treated unfairly should be reported in the correct manner and, if necessary to the Practice Manager



Boultham Park Medical Practice

Newsletter

Autumn Edition 2021

Practice Car Park



The surgery is increasingly busy and car parking is at times at a premium. We do ask that people do NOT use the surgery car park when using the local shops or visiting the park. The surgery car park is a private car park solely for the use of people using the surgery with a few parking slots for those using the community hub. **It is not a public car park.** Additionally, with the new bungalows now built and occupied behind the surgery, the side road is increasingly in use. Please do not park on the side road – it is double yellow lines.

Finally, please do not pull your vehicles onto the pavements. This causes access problems for pedestrians and has caused the kerbs to become damaged which causes further access issues, especially for those patients with mobility problems.



NHS Lincolnshire Clinical Commissioning Group (CCG) has recently begun a formal consultation exercise on the future of four local hospital services. This 12 week public consultation is our biggest public consultation to date and will enable people from across the county to have their say on how these services might be delivered in the future. The services being consulted on are:

- Orthopaedics (elective and non-elective) countywide
- Stroke services countywide
- Urgent and emergency care at Grantham hospital
- Acute medicine at Grantham hospital

As part of this consultation, we will be sharing extensive information on the above services, how they operate now, the challenges faced and our proposals for how they could be improved for the population of Lincolnshire. We want to engage and involve you in this conversation –helping us to shape what the future of these services look like together.



Boultham Park Medical Practice

Newsletter

Autumn Edition 2021

Full details of all the ways to get involved can be found on the Lincolnshire NHS website here: <https://www.lincolnshire.nhs.uk>



We want people across Lincolnshire to **get involved and to have their say**. If you live in, or use these services in Lincolnshire, we would really welcome your views on their future because the final decision about these four NHS services may affect you.

You can respond to the consultation by:

- Completing the questionnaire at <https://www.lincolnshire.nhs.uk/get-involved/our-campaigns/changes-to-nhs-services/complete-consultation-questionnaire> and send it back to us at Opinion Research Services, FREEPOST SS1018, PO Box 530, Swansea, SA1 1ZL (no stamp required)
- Completing the same questionnaire online



The questionnaire is available in other languages and formats. To request alternative formats or if you require the services of an interpreter, please contact us on **01522 421860** Monday – Friday 9am – 5pm.

Citizen Panel



A Citizens' Panel is a sample of residents who have volunteered to take part in regular research and questionnaires. In Lincolnshire, the Citizen Panel is an exciting development for the NHS that will help us gather feedback from a sample of our population and give local residents the opportunity to share their opinions and views on health and care services within the county. The information we receive will help to ensure that services are designed and delivered to take into account what matters most to our residents.

To register, or for further information, please click on the following link:

<https://lincolnshireccg.nhs.uk/citizenpanel>



Breast Cancer

NHS Lincolnshire CCG is supporting Breast Cancer Awareness Month, October, in a bid to raise awareness about the importance of screening and early detection of breast cancer.

More than 55,000 women are diagnosed with breast cancer each year in the UK, making it the most commonly diagnosed cancer in women – one in eight UK women will develop breast cancer at some point in their lifetime, with the risk increasing with age. In addition, every year around 7,400 women are diagnosed with an earlier, non-invasive form of breast cancer, usually confined to a specific area of the breast (usually milk ducts) but which may later develop the ability to spread.

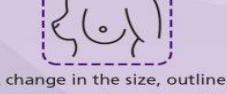
The sad fact is that nearly 1,000 UK women still die of breast cancer every month. However, the good news is that most women will survive breast cancer if it is detected and treated early. Breast screening provides early detection in women who appear well and do not have any symptoms of the disease. More women than ever are surviving breast cancer thanks to better awareness, better screening and better treatments – an estimated five out of six women diagnosed with breast cancer in England and Wales survive for at least five years.

Dr David Baker, GP and locality lead for South West Lincolnshire said:

“In many cases, breast cancer is detected by women noticing unusual changes in their breast and taking the initiative to contact their GP practice. These changes can include unusual lumps, breast pain, changes in texture of the skin or unusual discharge.

“We recommend that all women should check themselves regularly and be aware of how their breasts look and feel normally so that anything unusual is more easily spotted and can be checked out by a doctor as soon as possible.”

What are the signs and symptoms of breast cancer?



A change in the size, outline or shape of your breast



A discharge of fluid from either of your nipples



Changes in your skin such as puckering, dimpling, colour or a rash



Any change in nipple position (pulled in or pointing differently)



A new lump, thickening or bumpy area in one breast or armpit



Swelling in your armpit, collarbone or breasts



An eczema like rash, crusting, scaly, itching or redness on or around the nipple



Breast pain is **not** usually a symptom of breast cancer

⚠ See a GP if you notice any changes

Currently, women aged 50-70 who are registered with a GP are automatically invited for breast screening every three years. In England, the NHS has extended this age range so that women aged 47 to 73 are to be invited for screening. Women under the age of 47 will not be offered routine screening unless they have been identified as being higher risk, for example because of their family history.



Stomach Bugs



Struck down by a stomach bug? Take care and don't overshare!

When it comes to sickness and diarrhoea, no-one likes it when you overshare – particularly if that means spreading a virus around!

That's why people in Lincolnshire are being urged to look after others as well as themselves if they are unfortunate enough to be laid low with a nasty stomach bug.

Sickness bugs are particularly widespread and are very easily spread through contaminated surfaces and close contact

with other people. There is no cure, but they usually clear up by themselves within a few days, and the best way to recover is through self-care at home – getting plenty of rest, drinking lots of fluids and washing hands regularly with soap and water.

With something like a stomach bug, looking after yourself at home can often be the best option. If you need guidance on what you can do to help yourself get better, you should contact your local pharmacist – they can provide quick advice without you having to wait for an appointment or sit in a waiting room.

If you are worried your stomach complaint is something more than a simple bug, a pharmacist will be able to let you know if they think a visit to the doctors is needed. If your local pharmacy is closed, visit NHS 111 online or call NHS 111 for free and a trained advisor can talk you through the best course of action.

Symptoms include suddenly feeling sick, projectile vomiting and watery diarrhoea. Some people can have a slight fever, headache, painful stomach cramps and aching limbs too.

The symptoms start around 12 to 72 hours after picking up the infection and can last up to 60 hours. You should stay at home for at least 48 hours after the last symptoms have cleared.

Anyone suffering can help to stop the spread of the bug through good hand hygiene and using soap and water rather than alcohol hand gels, which do not kill the virus.

For more information on staying well this winter visit: www.nhs.uk/staywell



LIVING WITH CANCER CO-PRODUCTION GROUP

Local people working together
to improve cancer care.

Care to join us?

In Lincolnshire alone, there are currently 23,500 people living with and beyond cancer and this is expected to rise to 45,400 by 2030.

We have built a friendly group of people with lived experience of cancer or caring for someone who has. We work with health and social care organisations to positively shape cancer services and influence change.
Come and join us to help make a difference for others.

How to get involved?

To express an interest in taking part, please contact:

Vicky Thomson, Chief Executive – Every-One
Email: vicky.thomson@every-one.org.uk Mobile: 079 556 123 89

For more information, visit:
www.every-one.org.uk/what-we-do/cancer-co-production



MACMILLAN
CANCER SUPPORT

e every
one
making wellbeing personal

NHS



PEOPLE WORKING TOGETHER TO IMPROVE PALLIATIVE & END OF LIFE CARE

**CO-PRODUCING SERVICES TO MAKE THINGS
BETTER FOR OTHERS IN LINCOLNSHIRE**



We want people and / or family Carers from Lincolnshire who are experiencing palliative care and those who have a limited life expectancy to join us to make a difference.

How to get involved?

To express an interest in taking part, please contact:

Vicky Thomson, Chief Executive – Every-One
Email: vicky.thomson@every-one.org.uk
Mobile: 079 556 123 89

For more information, visit:
www.every-one.org.uk/what-we-do/co-production-and-personalisation/people/