



# Boultham Park Medical Practice

## Newsletter

### Spring Edition 2022

#### Editorial

Welcome to this Spring 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.

Although the weather has been a bit up and down, we hope you had a great Easter and were able to see some of your family and friends now that restrictions have been lifted. It certainly feels like we have come through the other side of this pandemic. However, I for one, still wear my face mask when I enter into shops, just to be on the safe side. There were still over six and a half thousand new cases reported nationally.

Of course, this is the year of Her Majesty Queen Elizabeth's Platinum Anniversary which means we have a long bank holiday at the beginning of June. No doubt, there will be many celebrations such as street parties and fetes during this time and further into the year. So it is a wonderful opportunity for us to go out and about and enjoy some fresh air.

Finally, I would like to ask if anyone is interested in supporting the Boultham Park Medical Practice by joining the Patient Participation Group to please contact Neil Hewson. There is more information about the PPG on the surgery webpage.

Also, we are always looking for people to join the Patient Reference Group too.

**Do not forget to check out our surgery Facebook and web page for more useful information.**

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#### Boultham Park Run



#### **What is the Lincoln park run?**

It is a 5km run around Boultham Park which is just over three miles. That is three times round the park.

#### **When is it?**

Every Saturday morning starting at 9:00 am.

#### **What does it cost to join?**

Nothing! It is free but you do have to register before your first run and bring a printed copy of your personal barcode. Go to the website for more information and to register.

<https://www.parkrun.org.uk/lincoln/>

#### **How fast do you have to be?**

Everyone goes for their own enjoyment. Many run but there are many people who walk the route. But the best thing is that everyone is very supportive. Young, old, fitness fanatics and those just starting out.

#### **Supported by Volunteers.**

The parkrun is able to exist because of the excellent support of their volunteers. They line the course so you cannot get lost, check you in and through the finish line and give you shouts of support as you go round the course. Every week you will receive an email with your time so you can track how you are improving.

**You have nothing to lose – it is free and will help you towards that healthier lifestyle!**



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#### CCG News

The following information are extracts from the latest Clinical Commissioning Group for Lincolnshire Engagement Bulletin for May 2022.

#### This week's hot topic



#### on the future of nuclear medicine services in Lincolnshire's Hospitals

The consultation runs from Monday 28 February 2022 to Monday 6 June 2022

#### There is still time to have your say on the future of Lincolnshire's Nuclear Medicines service

United Lincolnshire Hospitals NHS Trust is currently running a 14 week public consultation into the future of its nuclear medicine service.

The service has long faced challenges around staffing, aging equipment and sustainability, and therefore it has been deemed unsustainable in its current format.

The consultation has been launched on identified options to reduce the number of hospital sites that the service could be delivered from in future. These options have been developed by hospital clinicians and shaped by patient representatives.

The options are:

- Option 1: Centralisation of the service at Lincoln
- Option 2: Centralisation of the service at two sites – Lincoln and Pilgrim

**The public consultation runs until Monday 6 June 2022.**



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Staff, patients and the public of Lincolnshire are invited to give their views as part of this consultation, ahead of a decision being made about the future of the service later this year. Feedback can be provided in the following ways:

- [Fill in our survey](#) (This is a link to the survey)
- Come along to one of our in-person events. Please click the link below in order to book your place on this event. Places must be booked in advance:
  - **Skegness: Tuesday 31 May – 10am to 11am.**
- Invite us to one of your meetings to discuss the service, by emailing [communications@ulh.nhs.uk](mailto:communications@ulh.nhs.uk)

For more information, please visit - [Nuclear Medicine Consultation - United Lincolnshire Hospitals \(ulh.nhs.uk\)](https://www.ulh.nhs.uk)

## Community Diagnostic Centres in Lincolnshire



### Feedback on Community Diagnostic Centre 2 (CDC)

The NHS in Lincolnshire is currently working on the delivery of Community Diagnostic Centres (CDCs) across Lincolnshire. We are committed to engaging as widely as possible and in particular ensuring that members of the public are aware of future plans for the development of community diagnostic centres (CDC) in Lincolnshire and given the opportunity to help shape these.

We have previously engaged on what is important to the public in delivering diagnostic services and this feedback informed the development of our first CDC in Grantham which has recently opened and started treating patients. **We are now asking for your views on our next phase of CDCs.**

Please tell us your views by [completing this survey](#)



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#### Community Diagnostic Centres Patient Experience Survey

**Have you recently attended a diagnostic appointment in Lincolnshire?**

We are currently exploring how future diagnostic services could be delivered across Lincolnshire and are seeking your views and experiences. In particular we want to gather feedback on your experiences of the service you received and what changes you would like to see in the future. Please complete this survey and share your experiences with us.

[Complete the survey](#)

If you would like either of these surveys in an alternative format, or would like help in completing the forms, please email the Engagement Team at: [lccg.involveus@nhs.net](mailto:lccg.involveus@nhs.net)

#### LPFT Mental Health Older People & Frailty

**Mental Health Older People & Frailty "Cuppa & Conversation" Engagement Event  
Wednesday 13th July, The Venue, Navenby, Lincoln, LN5 0JJ**

We would like you invite you to join us for a Cuppa & Conversation on Wednesday 13th July at The Venue in Navenby.

You will be able to talk with our Older People & Frailty services and other providers about what services we offer, new services and how you can get involved and have a say in our services. We have invited other stakeholders and community groups to join us at this event as stall holders for you to talk to and receive information on what is available for you in your communities. The event will be a 'drop-in' for patients, carers, families, public and people with an interest in mental health older adult services to join us from 10.30am to 1.00pm or from 1.30pm to 4.00pm. If you would be interested in joining us on the 13th July and would like to register your attendance or wish to find out more about the event, please contact us on [lpft.involvement@nhs.net](mailto:lpft.involvement@nhs.net)



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#### Dementia Action Week 16<sup>th</sup>-22<sup>nd</sup> May

Although the action week has passed, we considered the content still valid.

Worried about memory problems? Everybody forgets things from time to time. But if you are noticing problems with your memory, or the memory of someone close to you, it is important to speak to a GP. <https://lincolnshireccg.nhs.uk/your-health-and-services/dementia>

If you are worried about your memory the first thing you should do is speak to your doctor. It is important to find out the reason for the problems as there may be treatment or support available to you that can help.

It may not be anything to worry about, but it is always better to get these things checked out. The earlier you see your GP the earlier you can get a diagnosis and the help and support you need.

<https://lincolnshireccg.nhs.uk/your-health-and-services/dementia>

This Dementia Action Week, we are encouraging everyone to take five minutes and find out more about dementia - the different types of diagnosis, signs & symptoms, and the support available.

Visit <https://www.alzheimers.org.uk/about-dementia/five-things-you-should-know-about-dementia> to get started with five things you should know about dementia.

Although getting older is the biggest risk factor for dementia, evidence shows there are things you can do to help reduce your own risk. These include keeping active, eating healthily and exercising your mind. <https://lincolnshireccg.nhs.uk/your-health-and-services/dementia/dementia-prevention-and-risk-factors>

If you or a family member has been diagnosed with dementia, we can help you get the support you need. The Lincolnshire Partnership Foundation Trust (LPFT) provide the Dementia Support Service.

The service gives you access to a support worker who will provide guidance and advice throughout all stages of your dementia journey.

It also accepts referrals from the public and professionals in health and social care (e.g. GP's)... <https://lincolnshireccg.nhs.uk/your-health-and-services/dementia/dementia-support>.



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#### Partner Activities and Events

##### Age UK Lindsey – Current opportunities

Please visit [Age UK Lindsey | Job Opportunities](#) for more information

##### For Men... 'The Art of Everyday life'

3 week course, open and free for adult males. 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> May, 10am-11.45am, Alford War Memorial Hall. All materials provided. Booking required, please contact [ali.art@tiscali.co.uk](mailto:ali.art@tiscali.co.uk)

##### Healthwatch Lincs – Volunteer and Membership Officer Opportunity

Please visit [HWLincs is looking for its next Volunteer and Membership Officer – could that be you? | Healthwatch Lincolnshire](#) for more information.

##### IT Awareness Drop In

Wednesdays, 10am-12pm at The Trinity Centre, Eastgate, Louth, LN11 8DJ. Contact email: [Greg.gilbert@teamparishoflouth.org.uk](mailto:Greg.gilbert@teamparishoflouth.org.uk) phone: 01507 605803

##### Stop Loan Sharks Community Funding 2022-23

The aim of this funding is to give groups the opportunity to raise awareness of the issue, in their community in a different way. There are some links you might find useful:

Website: [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk)

Free lesson plans [www.birmingham.gov.uk/stoploansharks](http://www.birmingham.gov.uk/stoploansharks)

View our films on: <http://www.youtube.com/user/StopLoanSharks>

For more information contact [Vinnie.Jarman@birmingham.gov.uk](mailto:Vinnie.Jarman@birmingham.gov.uk)

##### NHS Lincolnshire Wheelchair Service Newsletter

Please find the latest NHS Lincolnshire Wheelchair Service Newsletter by clicking here - <https://lincolnshire.wheelchair.services/newsletter-april-2022/>

##### Sports England Together Fund

For information about the funding, eligibility, deadlines and application form visit: <https://www.activelincolnshire.com/get-involved/funding/together-fund>

Or contact Ian Brown, at Active Lincolnshire for a discussion, email: [ian.brown@activelincolnshire.com](mailto:ian.brown@activelincolnshire.com) phone: 07903 266224





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#### COVID 'Pop Up' Clinics

For details visit - [Coronavirus \(Covid-19\) vaccinations in Lincolnshire - Lincolnshire CCG](#)

#### Covid booster and Flu vaccinations available for those who are eligible

##### Booster Vaccines

If you are eligible, you can pre-book your COVID-19 booster appointment. Book or manage a booster dose of the coronavirus (COVID-19) vaccine at <http://ow.ly/LtuE50GLero>

##### Flu Vaccines

Many adults, most children and all pregnant women are eligible for a free flu vaccine. Find out who is eligible and where you can get the flu vaccine at [www.nhs.uk/wintervaccinations](http://www.nhs.uk/wintervaccinations)

#### Get involved with surrounding CCGs

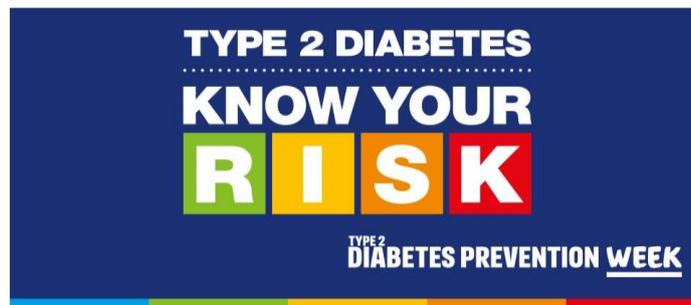
If you live on the border of Lincolnshire, you may access some of your healthcare outside the county

If you want to be involved and have your say regarding health and care services outside of Lincolnshire, follow the below link:

[Get Involved with surrounding CCGs – Lincolnshire CCG](#)



NHS



People in Lincolnshire are being urged to reduce their risk of developing Type 2 diabetes by making some simple changes to their lifestyle ahead of Diabetes Prevention Week, which runs from 23 – 29 May. According to the National Diabetes Audit, there were 48,325 people diagnosed with Type 2 Diabetes in Lincolnshire in 2020. Research has consistently shown that for some people, combined lifestyle interventions – including diet, physical activity and sustained weight loss – can be effective in reducing the risk of Type 2 diabetes by about 50%.

Over 16,500 people in Lincolnshire have been given the opportunity to help prevent developing Type 2 diabetes thanks to the world leading Healthier You: NHS Diabetes Prevention Programme since its introduction in 2016. People enrolled in the programme get advice on healthy eating and exercise that can prevent them developing the condition, avoiding the need for medication and complications such as amputations. In Lincolnshire over 8,500 people have attended the first session of the programme since it was first launched in 2016, with an average weight loss of 3.2kg, six months after attending the first session.

Around one in eight people between 20 and 79 years old have their death attributed to diabetes and it is expected to rise. The life expectancy on average is reduced by up to 10 years for people with the condition.

Being diagnosed with Type 2 diabetes can have a devastating impact on people and their families – it is a leading cause of preventable sight loss in people of working age and is a major contributor to kidney failure, heart attack, stroke and many of the common types of cancer. Black and South Asian people have a higher risk of getting Type 2 diabetes after the age of 25, compared with those from a White background where risk increases after the age of 40.

Anyone at high risk of developing the condition may be eligible to join their local Healthier You: NHS Diabetes Prevention Programme, a joint initiative from NHS England and NHS Improvement, Public Health England and Diabetes UK. People should contact their GP Practice for more information. The Diabetes UK 'Know Your Risk' tool <https://riskscore.diabetes.org.uk> also enables people to register themselves onto a free local Healthier You: NHS Diabetes Prevention Programme session. There are over four hundred groups in existence across Lincolnshire.



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#### Your Health and Services



 <b>Self Care</b> Care for yourself at home	 <b>Pharmacy</b> Local expert advice	 <b>NHS 111</b> Non-emergency help	 <b>GP Advice</b> Out of hours: Call 111	 <b>UTCs</b> Urgent Treatment Centres	 <b>A&amp;E or 999</b> For emergencies only
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#### Help us to help you

Act to be prepared for a medical issue and self-care at home.

Plan ahead and stock up on:

- Day-to-day medicines like paracetamol and ibuprofen.
- Take plasters with you on days out to cover up scratches, cuts and bruises.
- Make sure you have sun cream for hot weather
- On a hot day, drink plenty of water to keep your body hydrated.

Your complete guide to conditions, symptoms and treatments, including what to do and when to get help. [Go to the Health A to Z](#)

#### Seek expert advice from your local pharmacy team

Pharmacists are experts in medicines who can help you with minor health concerns.

##### Find a pharmacy

As qualified healthcare professionals, they can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble and aches and pains. If symptoms suggest it is something more serious, pharmacists have the right training to make sure you get the help you need. For example they will tell you if you need to see a GP, nurse or other healthcare professional.

All pharmacists train for 5 years in the use of medicines. They are also trained in managing minor illnesses and providing health and wellbeing advice. Many pharmacies are open until late and at weekends. You do not need an appointment.

[Click here to find our more.](#)



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#### NHS 111 – call, go online or use the NHS app

If you are ill or hurt and need help fast, but it is not a 999 emergency:

- Call 111, open 24/7. Your call will be answered by a highly trained operator who will be able to diagnose your symptoms quickly and easily in the convenience and safety of your own home.
- Go to [111.NHS.uk](https://111.nhs.uk)
- Use the [NHS app](#)

You can ask for a translator if you need one.

Depending on the situation you will:

- Find out what local service can help you
- Be connected to a nurse, emergency dentist, pharmacist or GP
- Get a face-to-face appointment if you need one
- Be told how to get any medicine you need
- Get self-care advice

#### Make an appointment with your GP practice

When you have persistent symptoms, chronic pain or long-term health conditions, please contact your primary care team. See your own GP Practice website for more details. Before you make an appointment to see your GP, think about what other services might be able to help, for example your local pharmacy team or NHS 111.

[Find your GP practice online.](#)

**GP out of hours services** – Lincolnshire Community Health Services NHS Trust offers urgent medical care outside of normal GP hours, during evenings, weekends and bank holidays. These services are accessed by calling NHS 111.

#### Urgent care services

**Urgent Treatment Centres** deliver urgent assessment, diagnosis and treatment. Those patients who cannot be safely treated may be referred or transferred elsewhere as necessary. Our Urgent Treatment Centres at:

- [Boston](#)
- [Gainsborough](#)
- [Grantham](#)
- [Lincoln](#)
- [Louth](#)
- [Peterborough](#)
- [Skegness](#)

Our Urgent Treatment Centres can offer bookable appointments, if appropriate for the patient's needs, by calling NHS111, available 24/7.



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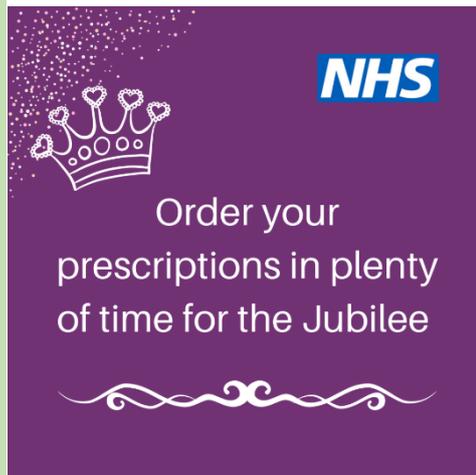
#### Accident and Emergency

**If you have a medical emergency, dial 999.**

Accident and Emergency can help you if you suffer:

- A loss of consciousness
- Acute confused state and fits that are not stopping
- Chest pain
- Breathing difficulties
- Severe bleeding that cannot be stopped
- Severe burns or scalds
- Severe allergic reactions
- Stroke
- Major trauma such as a road traffic accident

#### Prescriptions



As we approach the Queen's Platinum Jubilee Weekend, NHS Lincolnshire CCG is reminding patients to order their repeat prescriptions in plenty of time. The Bank Holiday weekend starts on Thursday 2 June and continues through to Monday 6 June. At busy times of year like this it is important that we spend a few minutes thinking about our health care by ordering and collecting any repeat prescriptions in advance of the bank holiday weekend as many pharmacies will be closed. Patients are reminded that they should only order the items that they need.

It has been over two years since prescriptions have been sent out electronically (ETP4), which means that instead of being issued with a signed prescription, patients will either be given a 'token' prescription or the prescription will be sent directly to a nominated pharmacy. The 'token' prescription is normally only issued when you are face to face with a doctor or nurse practitioner. Repeat prescriptions should be requested using the online services, either via the surgery webpage or alternatively using the NHS app on your smart phone. These will have an electronic authorisation which the pharmacies will scan and then issue medication. It is far more secure and helps track prescriptions and makes the process of prescriptions much more efficient and cost effective for the NHS. There is little need now for prescriptions now to be collected by hand.

Sending prescriptions electronically from the doctor's desk directly to a patient's nominated pharmacy saves unnecessary trips to the surgery by patients to collect them and helps avoid unnecessary queues at reception. The electronic authorising and sending of prescriptions are quicker and easier for the doctors and helps take away unnecessary admin work for them which in turn releases their time for more important work.



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The surgery is asking patients who currently collect their prescriptions from the surgery to nominate a pharmacy of their choice so they can send them directly. Patients can easily change their nominated pharmacy either by letting the surgery know or going to their new pharmacy of choice and asking them to change your nomination. Once this is done, the surgery can then send the prescription to your new nominated pharmacy – this can be almost any pharmacy in England.

#### Ordering of prescriptions.

Please remember that the surgery cannot accept third party ordering of prescriptions. Patients cannot use pharmacies or other organisations to send the surgery requests for their medication. Prescription Requests must be submitted either from you online account, in writing or by using your repeat medication list on the right hand side of your prescription / token. By far the easier, quickest and most secure way of ordering repeat medication is via our online service. Details on how to register for online services are available at reception.

Please also check the prescription slip given to you either in the surgery or by the pharmacy it may well have essential information included that you will need to act upon.

### Sudoku Break

Level: Easy

5							3	4
		6	7		2			9
	4			8			7	
	1	5	2			4		
		7		3	8	9		
	8					2		7
3			1	9				
7	2				3	5	9	
6							4	8



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#### Practice Manager Comment



Hello, and welcome to the Spring Newsletter, my thanks of which must go to Colin our new PPG Chair for producing yet again.

How time flies, since the last newsletter! Winter and most of Spring seems to have come and gone already and as I am sure you will not be surprised to hear; it has been yet another extremely busy period for us. Somehow, we appear to have survived the increased demands on us cause by the usual Winter pressures and we mostly navigated our way through another round of Covid vaccinations and our thanks must go to the whole staff team for all the efforts they put on behalf of you, our patients.

Finally, I would like to thank Isobel for her work as Chair of the PPG these past years, although she still remains as an active member of the PPG. I would also like to thank Colin for taking over the role as Chair and Rosie for taking on the role as Secretary.

#### Staff Update

We have had some staff changes, principally within the reception team which has caused some disruption as new staff settle in and do their training while being ably supported by the existing team. Since our last newsletter I am pleased to be able to say that we now have Anita and Ella in the reception team and have also welcomed back Sophie.

In the GP Team we have three new Doctors. Dr Logie and Granger are new to our team since the last update and Dr Hussain is our new GP Registrar and will be with us until the summer.

#### Clinical Pharmacy Team

You might have spoken to them when you rang the surgery. If you have not, please meet our clinical pharmacy team who works closely with everyone in the practice to deliver excellent patient care. We have an experienced team who consists of Yuen, Senior Pharmacist and Mel, Pharmacy Technician. Mel is responsible for dealing with discharge letters, medication queries and she runs a weekly blood pressure and statin clinic. Yuen is a prescriber and she runs clinics, manages patients with long term conditions especially pain and addictive medications and leads a team of pharmacists and technicians across the PCN to provide care designed around the needs of patients. Together they improve patients' accessibility and care by doing both clinics and behind the scenes work such as audits. **The best things you can do to help get to the right person the first time, is to tell us what it is you want to be seen for, not necessarily who you want to see!**



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#### Chasing Up Referrals

Work goes on a case within the NHS to address the backlogs caused by Covid. This pandemic has caused delays to treatments in hospital etc and we know they are doing their best to play catchup. One of the consequences of these delays is that patients very often call us to chase up their referrals when they do not hear anything. When we send off the referrals from the doctor, the majority of referrals for most specialism (but not everything) is then coordinated by a department called **EACH** (Elective Activity Coordination). This team manage the referrals made by GP Practices for their patients. The EACH team review the referrals and then arrange the appointment in the hospital clinics for our patients. Patients often ask us to chase up their appointments, but it would be helpful if patients could contact them directly on the number provided in their referral letter that we provide. This telephone number is **01522 309500** and is open from 0800hrs – 2000hrs Mon-Fri (excl bank Holidays). If we have to ring them, it ties up our telephone lines which then causes frustration to patients trying to contact us for our services.

We do not have any different telephone numbers to those given out on the referral letters and we kindly ask that if you are waiting for a letter, that you call the relevant department directly rather than through us as this can tie up our phone lines for significant periods of time.

#### Appointment Procedures

No matter how many appointments we have, we will never have enough! We have been asked by our Patient Participation Group to provide an update on 'how to make an appointment' which will be displayed on both our webpage and in a future newsletter. We are currently working on this as the moment.

We still find man people are wanting to see a doctor when most often they can be seen by someone else who is very able to deal with the problem. To be able to direct patients to the most appropriate clinician the reception team are instructed to ask for an outline of the problem so they can help make the most appropriate appointment for you. If highly trained and experienced doctors are dealing with minor ailments such as routine coughs and cold, they won't have the time or capacity to spend with patients who have complex health needs so we need you help to ensure we can get you to the most appropriate person to help you – this might not be who you think you need to see!. For example, it might include directing you to (or booking an appointment for you) the local pharmacy using the Community Pharmacy Consultation scheme.

If you are seen by a local pharmacy and they think you really do need to be seen by a GP, they will let us know.

MSK - If patients have Musculoskeletal problems, e.g. bad back, shoulder arm pain etc, then an appointment with the First Contract Practitioner may well be more appropriate then a GP.

Minor ailments can be seen by some our nurses and advanced nurse practitioner teams.

Medication reviews can usually be completed by our Clinical Pharmacy Team



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#### Tests and Samples

Patients often ask us to arrange them blood tests or other tests which have not been asked for the clinical staff. All tests must be sanctioned by a clinician and I am afraid we cannot do ad hoc tests. Samples are taken and tested for specific reasons which the doctors or advanced clinical practitioners very specifically state. To send samples to the labs for testing without the specific endorsement of the clinicians is both wasteful and expensive.

The easiest way to check you test results is via our online services or the NHS app. If you have not yet done so, we really do recommend you register for these convenient services

#### Primary Care Network – Extended Access

As many of you will know, local GP Practice are now working in local groups known as Primary Care Networks. Previously we were part of the Optimus Group of Practices, and while this still exists, we are now part of the Apex Primary Care Network (PCN, which comprises, Boultham Park Medical Practice, Richmond Medical Centre, Birchwood Medical Practice and Woodland Medical Practice. We all work together closely on a number of areas, most recently the big one of course being the Covid Vaccination campaigns. As Practices we support each other in many areas and one of our next big endeavours will be putting together new plans for the delivery of our extended access service which will commence in October. Local details and requirements are still being put together and once known we will then work together to formulate our delivery plan.

Of course as part of this we will need some patient input and will ask for this through the Patient Participation Group. While we all know a 24/7 access to GP service is what many want, it is unrealistic to expect that so a sensible accommodation will be needed, especially if we are not to drive out the remaining GPs due to workload burn out.

**If you have sensible ideas or suggestions of what GP services /access you would like on weekdays and Saturdays, please leave them at the surgery marked for the attention of the PPG, Patient Participation Group or email them to [liwccg.c83014@nhs.net](mailto:liwccg.c83014@nhs.net) again marked for the attention of the PPG.**



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#### Covid Vaccinations

We are now coming to the last of our Covid Vaccination clinics for the spring booster campaign (thankfully). Over the last 18 months, Covid has dominated our work and the time of our team. We have done 000s of vaccination using a combination of the all different available vaccines all of which have different criteria and rules for usage. The nurse team have spent hundreds of hours on these clinics and the reception team have been tremendous in supporting the front house during the clinics on top of their normal busy role, and all while being short staffed as we have had to work through a number of recruitment drives.

Behind the scenes and the driving force behind all of these clinics has been the upstairs admin team and specifically Alex, who has been keeping on top of the rules and regs and making sure we have all been organised, focussing on priority patients and making sure we have been as efficient as possible. Without Alex, we would not have achieved the success we have had with the campaign and on behalf of the rest of the team here and on behalf of all our patients I say a big thank you to Alex (and the rest of the team upstairs team who work relentlessly behind the scenes for you all.

As we draw to a close with the current campaign, the local pop up clinics continue and we will continue to refer housebound patients who want the vaccines to the Covid Vaccine home visiting team organised by the CCG

#### Sudoku Break

Medium

			2		4	6	7	
	6	8					5	
7	3				1		2	
			4				6	8
9	2				3			4
4				7				
3		9	6	1				
		2		9		1		5
	1					9		



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#### LIVI – Video GP Appointments

The surgery has recently, working in partnership with the local CCG and an organisation called LIVI, started being able to offer additional VIDEO only GP appointments.

- GP appointments from home, work or on the go
- Get medical advice, prescriptions and referrals
- Free to patients registered at Boultham Park Medical Practice

Simply speak to a member of your practice team and they will be able to book you an appointment with a Livi GP.

#### How it works

In addition to the normal appointments available in the surgery, we now have *a limited* number of additional appointments available with the Livi service.

Using this service, the surgery can offer you a video call with a GP either the same day or within the next 3 days. The service runs Monday to Friday from 7am-10pm, and Saturdays and Sundays from 8am - 4pm. Appointments must be made through our normal surgery reception team.

You will be sent a link to your mobile phone and will need to download the Livi App and 'accept' the appointment using the app. You will then be called at your appointment time and you will be sent a reminder a few minutes before – you will need to be available at the appointment time.

A Livi GP will be able to prescribe medication for you to collect locally, and can refer you to hospital specialists, just like our practice GPs would.

The GP will make a record about what they have discussed with you and the plan for your treatment which will be fully recorded within your normal medical record. They will also contact the practice directly if we need to arrange follow up tests.

Due to the Livi service providing only video consultations, these appointments are not appropriate if a physical examination is likely to be required.

If you have any queries before or after your appointment, Livi has a dedicated patient team. You can reach them by email at [support@livi.co.uk](mailto:support@livi.co.uk) or by phone on 0203 870 3029.

To be able to use this Livi service requires the patient to be aged sixteen or over and have the use of a smartphone / mobile device, the internet **and** a mobile number. Unfortunately if you do not have these you cannot make use of the Livi service but please do not worry our usual services are still available.



# Boultham Park Medical Practice

## Newsletter

### Spring Edition 2022

#### Abdominal Aortic Aneurysm Screening

United Lincolnshire Hospitals   
NHS Trust

# 65+ Men

A simple scan can tell you if you have an abdominal aortic aneurysm. This is an enlargement of the main blood vessel in the abdomen and if left untreated it can be fatal.

Men aged 65+ are most at risk. NHS screening invitations will be sent to men aged 65 this year and those over 65 can request a scan.



For more information, contact the Lincolnshire AAA Screening Programme on **01205 445801**, email **[ulh-tr.AAAScreening.nhs.net](mailto:ulh-tr.AAAScreening.nhs.net)**, visit **[www.nhs.uk/aaa](http://www.nhs.uk/aaa)** or **talk to your GP**