



Welcome to the second Newsletter produced by Highview Patient Participation Group (PPG) in partnership with Highview Medical Centre.



Hello everyone, Welcome to the 2nd edition of Highview Patient Participation Group (PPG) Newsletter. This has been put together by three of our volunteer members (Gillian Henley, Sue Littlefair and David Coombes) with support from Highview Practice. I hope you find the information in this Newsletter useful. If there is anything else you would like to see in the next edition, please let us know.

As the covid restrictions are being lifted and the days are getting longer - we are getting excited and looking forward to good weather and meeting people socially. We are planning the Potters Bar Three PPG Health and Wellbeing event for Friday 2nd September at the Wyllotts Centre. Please look out for further information in the next edition.

We would love to hear from you on any ideas/suggestions of what you would like to see included in future Newsletters.

Surgery Update

The Covid Vaccination Centre at Allum Lane, Borehamwood will be closing at the end of March. It has worked extremely well but is no longer required. The Government has arranged for other local centres to remain open until further notice.

Dr. Binta Patel, who came to Highview as a trainee and became one of the salaried GPs has recently moved house and it is no longer convenient for her to work in Potters Bar. She will, therefore, be leaving the practice in mid-March. The search for a replacement Doctor is on-going.

Work is being undertaken to redesign the Website. The style of website that is being used by other GP surgeries is called 'Footfall' and it is considered to exceed the NHS expectations regarding accessibility.

Arthritis Action

This year marks Arthritis Action's 80th anniversary of supporting people with arthritis.

You can join them on Zoom to meet others, share hints and tips, and learn about self-management techniques.

Register by email info@arthritisation.org.uk,

or visit www.arthritisation.org.uk,

or call their main office 020 3781 7120

(Mon-Fri 09.00 - 17.30)

Potters Bar a Dementia Friendly Town

The three Potters Bar PPGs are working together to make Potters Bar a Dementia Friendly Town.

It means people living with dementia are respected, understood and supported.

If you would like to get involved or would like to know more, please email Mekhola at mekhola_brokenleg@hotmail.com

Clinical Pharmacists & Medication Reviews:

Clinical Pharmacists in GP surgeries resolve day-to-day medicine issues and consult with patients directly. This includes:

- Providing help to manage long-term conditions
- Advising those taking multiple medicines
- Delivering clinical advice about treatments
- Assisting with communication in relation to medications
- Prescription queries
- Conducting medication reviews

Medication reviews are a key part of this role. A medication review helps patients identify opportunities to get the best out of the medicines they are taking. The aim is to help you understand what the medicines do and why you are taking them. You may sometimes be switched to different medicines or stop medicines that are no longer right for you.

Many patients like to be active participants in their own healthcare, and to be involved in making decisions about their medicines. During a medication review, you can discuss any concerns that you may have about what you are taking, to improve compliance and avoid the failure of a treatment.

Pharmacists like to adopt a shared decision-making approach in a consultation, to ensure that patients and their family members, or carers where appropriate, can make well-informed choices that are consistent with the person's values and preferences.

If you are notified that your medication review is due, it is your responsibility to arrange an appointment for this with the surgery.

Home First Aid Kit:

It is important to have a well-stocked first aid kit in your home so you can deal with minor accidents and injuries. Your first aid kit should be kept in a cool, dry place out of the reach of children but easily accessible in an emergency. Medicines should be checked regularly to make sure they are within their use-by dates. It may also be useful to keep a basic first aid manual or instruction booklet with your first aid kit.

A basic first aid kit should contain

Plasters in a variety of different sizes and shapes
Small, medium and large sterile gauze dressings
Triangular bandages
At least 2 sterile eye dressings
Crêpe rolled bandages
Safety pins
Disposable sterile gloves
Tweezers
Scissors
Alcohol-free cleansing wipes
Sticky tape
Thermometer (preferably digital)
Skin rash cream

Cream or spray to relieve insect bites and stings
Antiseptic cream
Painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
Antihistamine cream or tablets
Distilled water for cleaning wounds
Eye wash and eye bath

Additional useful devices

Blood Pressure Monitor
Oximeter

Blood pressure readings can help indicate a number of health conditions. Also, many medications require a medicine review and blood pressure readings are usually requested. So, if you monitor your blood pressure at home you can email or post a note in the prescription box outside the surgery (don't forget to include your name, date of birth and address) and your readings will be added to your notes.

An oximeter measures the oxygen saturation in your blood. You just pop it on the end of your finger to get a reading. This can be invaluable to help you and clinicians monitor your oxygen levels if you get COVID and likewise if you have asthma or COPD.

Get In Touch

We would love to hear your thoughts and suggestions for future newsletters. We would like to include topics that you, as patients of Highview, want to hear about.

Please email your feedback and suggestions to highview.ppg@nhs.net

This email address is monitored regularly but not every day. Your suggestions will be anonymised to maintain your confidentiality.

*By emailing this address you are aware that you are contacting the PPG who are patients at the surgery that volunteer to support the surgery. Please do not use this email for medical or personal questions as we are not qualified or authorised to deal with such enquiries. Any such questions must go through the usual channels and will not be acknowledged or passed on to the Practice.