



The next open meeting on TUESDAY 24th November **IS NOW CANCELLED** –We had arranged for Mr Darren Rutterford to talk on his work as a Cycling paramedic.

All patients are members of the Patient Group and are welcome at the meetings-7.30pm at the surgery. Time for questions and answers during tea/coffee at the end of the meeting.

The PPG will be holding their annual Tombola stall at the church in Loddon Open House on Friday 11th December
Any donations or prizes will be most welcome, please leave them at the surgery reception, clearly marked for the tombola.

Next year the PPG will only be holding four Open Meetings. These will be held on the last TUESDAY in : February, May (AGM), September & November.

This will be reviewed at the end of that year and patients asked for their views. If requested we will go back to the six meetings when we are ensconced in the new building.

Many thanks for your support during the past year.

Remember you can check our website: www.loddondoctorsurgery.co.uk
You can email us at: loddon.doctors@nhs.net
Email for the dispensary: loddon.dispensary@nhs.net

PULSE

The Newsletter of

November 2009



Telephone 01508 520222 Options -

- 1 = Medical Emergencies
- 2 = Same Day Appointments
- 3 = Routine Appts + Office + Enquiries
- 4 = Dispensary

Out of Hours 01603 488488

NHS Direct 0845 46 47



Comings and Goings

Nurse Elizabeth has left the practice and we are in the process of replacing her. Our two trainee GP's will be leaving us soon. Dr. Jones is taking up a position as GP on the south coast. Dr Cramer is finishing her training here in 2010.

Non Attenders

We are still having a high number of patients not attending their appointments. **During the week of the 9th-13th November the total of missed appointments was 44.**

Most weeks have a similar amount of missed appointments.

It is important that patients ring the surgery to cancel appointments which are not needed. If we are informed that patients can't attend or no longer need their appointment we can offer them to those patients needing urgent appointments

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New Surgery

The plans are moving forward slowly. We will keep you informed of plans in the new year.

Opening Times for Christmas and New Year

The Surgery will close at 4pm on Xmas Eve, Thursday the 24th December.

We will be open as normal from Tuesday the 29th December.

On New Years eve we will close as normal at 6.30pm then re open as usual on Monday the 4th January 2010.

During our closure you can use the Timberhill walk in centre or call the out of hours service

Medical Students

We'd like to say Thank you to all of the patients who have given their time to meet with the students. It really is very important that the students get the chance to practice their patient skills while they are with us.

Microsuction for ears

Our nursing team have been setting up clinics for this.

You still need to treat ear wax problems with oil for 3 weeks and then if you are still having problems you need to call the appointments team to book in with the nurse on a specially designated clinic for microsuction.

Vaccinations Flu and Pneumococcal

We are still vaccinating at risk patients with the normal flu vaccine. If you think you are eligible and would like to be vaccinated, please call the surgery.

We have walk in clinics for this on Tuesday the 24th and Thursday the 26th November , between 5.20 and 6pm. If you wish to come along to one of these clinics please call the surgery to check you are eligible and add your name to the clinic list.

These will be the last clinics for this year

We can also advise you if you need the pneumococcal vaccine and are still offering those to over 65 year olds. If you think you might need one please call the surgery.

Swine Flu

We have started vaccinating patients with Chronic Diseases.

If you are eligible for vaccination you will receive a phone call from the practice inviting you to attend.

Aspirin Advice

Low dose aspirin use in "healthy" people

You may have read in the papers recently about new evidence against the use of aspirin in people who have no heart or circulation problems. Until now, based on the best evidence available, we have always advocated taking low dose aspirin for certain groups of patients (eg those with raised cholesterol or blood pressure) to reduce the risk of a future heart attack or stroke. This new evidence suggests that the benefits are much smaller than first thought, and in some cases may be outweighed by the very small risks of bleeding that aspirin can cause. We would therefore advise anyone taking low dose aspirin who has NO significant medical problems to discuss whether you should continue taking this with your doctor at your next appointment. You should not stop taking any of your prescribed medicines without discussing it first. Those patients who have had problems with their circulation in the past (heart, brain or leg arteries) or those who are diabetic should continue aspirin as the benefits vastly outweigh the small risks.

You can get more information on this at the Patient UK website:

<http://news.patient.co.uk/newspaper.asp?ss=15&id=8837>