



PATIENT PARTICIPATION GROUP NEWS

for

READESMOOR MEDICAL PRACTICE

No 12

Welcome to this issue of our Practice Newsletter. The newsletter is to provide patients with news and information. If you have any suggestions regarding content that you would like to see in your newsletter please make a note and place it in the Suggestion Box in Reception.



The PPG would like to thank the Reception Staff for all their help in distributing this Newsletter

OPENING HOURS



Telephone Line

01260 276161

Monday to Friday

8:00am to 6:30pm



Reception Desk

Monday 8:00am - 6:30pm

Tuesday 7:00am - 6:30pm

Wednesday 7:00am - 6:30pm*

Thursday 7:00am - 6:30pm*

Friday 8:00am - 6:30pm

***Late appointments are available most Wednesdays & Thursdays please speak to reception regarding booking these.**

SHINGLES VACCINATION

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to people in their 70s. The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year. The shingles vaccine is expected to reduce your risk of getting shingles. If you do go on to have the disease, your symptoms may be milder and the illness shorter. **Shingles** can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

IN AN EMERGENCY

In the event of a serious problem, such as chest pains or a collapse, call 999

If you require non-urgent advice, please call NHS 111

The Benefits of Patient Online Access

The benefits of online interaction between patients and their general practices continues to grow as over a quarter of the patient population are now registered to use GP online services. Several benefits to patients are listed below.

Improved communication between patients and practices: Online booking services can improve communication between patients and their practices. Contact your GP by booking a telephone appointment online.

Reduced travel for patients: Ordering your repeat prescriptions online and having them sent direct to your chosen pharmacy will lead to reduced travel time for patients and less frustration.

Expanded health knowledge for patients: Accessing your online records means patients can review up-to-date and relevant information, such as blood test results before or after their consultation at any time of the day.

Health Advice: Online detailed health advice can empower patients and carers, leading to increased knowledge and health literacy. In turn, this can lead to improved patient satisfaction and wellbeing.

Increased ability of patients to make more informed decisions: Patients' satisfaction and wellbeing is increased by their ability to make more informed decisions about their health and care, facilitated by access to their own personal health records. Link the account of your wife/husband, partner or someone you care for, to yours.

Reduced administrative workload for practice staff: By using online services you can help to relieve some of the administrative workload of practice staff by reducing patient phone calls and visits. Time released by such efficiencies will be available to support improvements to other aspects of care services including a better experience for patients, particularly those who still prefer or need to visit or use the phone.

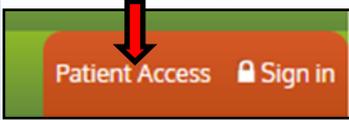
Other Benefits: See upcoming appointments and new medication requests, Feeling unwell? Get Medical advice. Change address if necessary.

Once you start to explore your own online Patient Access account you will wonder why you did not set it up sooner.

How Do Readesmoor Patients Register for Online Services?

Go to the Readesmoor website: www.readesmoor.co.uk then click on the box, **Patient Access**.

This will bring up a new Patient Access Account



Fill in the form then continue:

Create your Patient Access account

Already have an account? [Sign in to Patient Access](#)

Enter your personal details

First name

Last name

Your home postcode

Date of birth

Gender (optional)

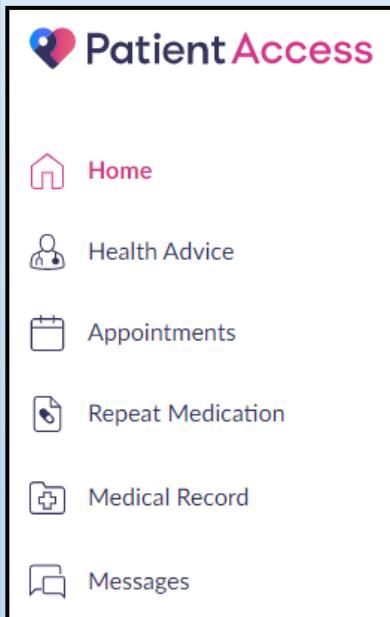
Why do we ask for this information

[Continue](#)

OR

Go to **Readesmoor Medical Practice** and tell reception that you would like to join the Patient Access. You will need to take with you a photo ID, Driving licence or passport, plus proof of your address such as a Utility Bill for example.

Then once you have received your login instructions from the surgery, go to the website and sign in.



Once you have signed in to your Patient Access account you can start to explore what you can do.

Book, check or cancel appointments with a GP, nurse or other healthcare professional.

You can view parts of your health record, including information about medicines, vaccinations and test results.

Look at communications between your GP surgery and other services, such as hospitals.

Ensure your details are up-to-date and change your address if necessary.

WHAT IS AN NHS HEALTH CHECK?

The NHS Health Check is a health check-up for adults in England aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

WHAT HAPPENS AT AN NHS HEALTH CHECK

An NHS Health Check takes about 20 to 30 minutes. The health professional, a nurse or healthcare assistant, will ask you some questions about your lifestyle and family history, measure your height and weight, and take your blood pressure and do a blood test. The blood test will be done either before the check with a blood sample from your arm, or at the check. Your Blood test results can show your chances of getting heart disease, stroke, kidney disease and diabetes.

If you're over 65, you will also be told the signs and symptoms of dementia to look out for. You will then receive personalised advice to improve your risk. This could include talking about:

How to improve your diet - The amount of physical activity you do

Taking medicines to lower your blood pressure or cholesterol

How to lose weight or stop smoking

AM I ELIGIBLE FOR AN NHS HEALTH CHECK?

The check is for people who are aged 40 to 74 **who do not have** any of the following pre-existing conditions: Heart Disease - Chronic Kidney Disease - Diabetes - High Blood Pressure - Atrial Fibrillation - Transient Ischaemic Attack - Inherited High Cholesterol - Heart Failure - Peripheral Arterial Disease - Stroke - Currently Being Prescribed Statins to Lower Cholesterol and if previous checks have found that you have a 20% or higher risk of getting cardiovascular disease over the next 10 years.

HOW DO I GET AN NHS HEALTH CHECK?

If you're in the 40 to 74 age group without a pre-existing condition, you should receive a letter from your GP surgery or local council inviting you for a free NHS Health Check every 5 years. You can also call your GP surgery to book a Health Check.



Produced by the PPG and issued by
Readesmoor Medical Practice

