

THE HIGHFIELD PATIENT

THE OFFICIAL NEWSLETTER FOR HIGHFIELD SURGERY

COMPILED BY REBECCA SAUNDERS

Dedicated to raising funds

BY **Barbara Marsden**

OUR son, Paul (*pictured*), was a fit and healthy 36 year old, enjoying life in Bermuda after joining the Bermuda Police in April 2004. He left Thames Valley Police where he had worked for seven years. He also played rugby for Wycombe Rugby Club.

My husband Brian and I went out to Bermuda in May 2005 to visit Paul and this beautiful Island.

There had been no previous warning signs of any heart condition when Paul died in January 2006.

We couldn't understand why this had happened and contacted the British Heart Foundation who gave us information on SADS UK. We wanted to try and find out what causes a sudden death and this is

why we decided to help raise funds for the charity.

We were able to set up a fund in Paul's name to raise money for much needed heart monitors in surgeries and defibrillators in schools.

Our first venture was to provide Highfield Surgery with a heart monitor and we are pleased it has been such a success.

Family and friends continually hold events to raise money, they are a very loyal team.



Highfield Surgery would like to thank Barbara and Brian for raising the money to provide and maintaining a 3-lead ECG machine for use on our patients.

About SADS

■ SADS UK provides heart monitors and Automated External Defibrillators and supports research into the causes of cardiac arrhythmias. It raises awareness about heart conditions that can cause a Sudden Arrhythmic Death (SAD).

■ The charity works with Government Departments to introduce new guide lines to safeguard those who may be at risk from a fatal cardiac arrhythmia. The charity raises awareness about conditions that may cause SADS and symptoms that need further investigation. It highlights the fact that conditions can be hereditary.

■ If anyone would like further information about SADS please call Anne Jolly, SADS UK Tel: 01277 811215

www.sadsuk.org

Medical Training News

■ Dr Nisar Yaseen is the accredited trainer for the practice.

■ Dr Martin Davis joined the team in August 2010 as part of his GP Training Programme. He graduated from Barts and the London School of Medicine in 2007 and has had several years hospital experience before coming to Highfield.

■ This winter we will also have Katherine Adlington, a final year medical student from King College London, who will be undertaking her 6 week GP placement with us.

Introducing Dr Martin Davis....



“Hello! I graduated from Barts and The London School of Medicine in 2007 and have been working in hospitals since then. Before training as a medic I undertook degrees in Physiology and Molecular Medicine, so I am very interested in research. I joined the practice as a GP Registrar, and will be with you until February when I will move to psychiatry for 6 months before returning back to Highfield for a further year. I look forward to assisting you whilst at Highfield Surgery.”

Dates for your diary

Flu Clinic

This will be held on Thursday 18th November from 2 pm. Please telephone the surgery for an appointment

You should consider having the a seasonal flu vaccine if you are aged over 65, have lowered immunity due to disease or treatment, or suffer from chronic diseases, such as heart or respiratory diseases, diabetes or a neurological condition or are pregnant.

Christmas and New Year Opening Hours

■ For Christmas the surgery will close at 3pm on Friday 24th December and will re-open at 8.30am on Tuesday 29th December.

■ For New Year the surgery will close at 6.30pm on Friday 31st December and will re-open on Tuesday 4th January 2011 at 8.30am.

Sudoku

provided by Sara Stratford

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

Blood Tests

From 1st January 2011, all blood tests requested by your GP will be taken here at the surgery. However, if a hospital department refers you for a blood test then you should go the hospital lab for your test. If you have regular warfarin blood tests then you should continue to book an appointment at the surgery on a Tuesday a morning with Kim.

To obtain your blood test result, please telephone the surgery after 3pm, 4 working days after initial test.

What's all the racket about?

As you may have realised there have been some major changes happening next door to the surgery. All the commotion and building work is to provide a Sure Start Children's Centre for the community. The centre in Hazlemere will be run by the Barnardo's organisation. The Sure Start centre will provide services such as information and advice for parents and carers, support for child minders, drop-in sessions, activities for children and carers and links to Jobcentre Plus services. The centre will also be a place where children

under five years and their families can receive support from professionals such as midwives and health visitors. The library should be open throughout most of the building work, but more details are available from the library staff. Please note that there is a new entrance to the library which is at the far end of the building facing the Amersham Road.

Find out more at:
<http://www.dcsf.gov.uk/everychildmatters/earlyyears/surestart/surestartchildrenscentres/childrenscentres/>



Time for a few goodbyes...

Sadly, due to the reorganisation of community services locally our district nurses are no longer located at the surgery. Their base is now located at the Oakridge Centre in High Wycombe. Highfield would like to say thank you and goodbye to Cate Norridge and Jo Ottaway who were our District Nurses; and Brigid Campbell-Durkin who was our Health Visitor.



Bucks Primary Care Collaborative

Highfield Surgery is 1 of 34 practices belonging to the Bucks Primary Care Collaborative (BPCC).

In late 2008 Highfield were asked to support the other practices in the Collaborative to develop a programme for patients suffering from a condition known as COPD.

The program is primary care specialist nurse led, with an emphasis on education and holistic care.

Team working with local hospital consultants, smoking cessation teams, pulmonary rehabilitation exercise classes, and pharmaceutical companies has reduced the cost of the program and provided essential expertise.

Prescription Essentials

Internet Repeat Prescriptions

THIS method of ordering prescriptions is becoming increasingly popular via our surgery website. Those who use this method may have noticed that prescriptions can be directed to named pharmacies, to enable you to collect your medication from them without coming to the surgery for the prescription.

Please be aware that it is essential to discuss this service with your pharmacy of choice prior to starting this collection service.

Each pharmacy has a different arrangement and written consent is required to allow pharmacy staff to obtain your prescriptions from the surgery.

Economic Drug Prescribing is now essential

HERE at Highfield Surgery we continually review all medications as costs of medications change over time.

This process will become more active and monitored in the near future, but the effectiveness of treatment will remain of key importance at all times.

You may be contacted to discuss changes in your medication in assistance with this task.

Private Prescriptions

THE practice is moving in line with all other practices in the area with regards to private prescription charges.

Therefore, a charge of £10 per private prescription is now enforced.

Sudoku

answers

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

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