

Southfields Group Practice

Newsletter

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Flu vaccinations

It's that time of year again when everybody who is eligible will be receiving an invitation from us to come in for the special seasonal flu vaccination clinics. This includes everyone aged 65 or older as well as people with long term health conditions such as diabetes, respiratory, heart or kidney disease. Pregnant women and everyone who cares for someone who would suffer if that carer became ill with flu are also included. Please try to attend as stated on our letter to you to enable the clinics to run smoothly.



'Keep Moving for the over 60s'

Celia, one of our patients, has written the following about an exercise class for everyone aged 60+:

'This is an excellent course held at the East Hill Baptist Church on Tuesdays at 10 and 11.15am and Fridays at 10am. Participants need to be moderately fit,

Earwax is an oily naturally occurring substance produced to protect and lubricate the ear canal. Everyone has a differing amount due to lifestyle, diet, age, skin condition, anxiety levels and anatomy of the ear canal.

To keep your ears clean, wash the visible part of the ear and behind the ear with slightly soapy fingers. Then wipe the soap away with rinsed fingers and dry with a thin towel. Do not poke the corner of the towel or flannel into the entrance to the ear canal. Please don't put anything smaller than your elbow down your ear! And never try to remove wax using a cotton bud.

A number of patients want their ears syringed (or flushed) as part of their management for ear

wax. This should not be the first line of treatment. We always request that ear drops are used first for a minimum of 5 consecutive days before a nurse can examine the ears to assess if they are ready for flushing. We recommend olive oil as the most suitable ear drops, and, if the instructions below are followed, it really helps expel the wax:

- Λε δωων ον φορη αδε with the ear requiring drops facing upwards.
- Πυλ.τε ουτερ εαρ βαχκ-wards and upwards (just backwards in children).
- Δρω ορ δωρη αβ olive oil, at room temperature, into the ear canal and then massage the skin just in front of the entrance to the ear canal – this helps the oil to run down the ear canal more easily.
- Στωπ λωυδ δωων φορ - 10 minutes and then get up

And wipe away any excess oil with a tissue.

• ΔΟ NOT υπχουιν ωολλιν the ear following the drops as this absorbs the oil – unless you moisten the cotton wool with water first.

• Ρε εατ τε προεδυαε ωπη the opposite ear if required.

Sometimes people have a recurring problem with wax build up particularly as they get older, due to excess, drier or harder wax. For people with this problem, one drop of oil inserted into each ear once a week maintains the gentle lubrication of both the skin and the wax, which encourages natural wax movement out of the ear canal.

Our nurses may not be able to syringe your ear(s) unless the above advice has been followed.

(With help from Deafness Research UK fact sheet.)

and **want** to become fitter. They must be willing to work, get up and down from the floor and build up strength using a range of weights. The classes last an hour and cost £5 a time. Alannah at Wandsworth Council's Sports Development Office can provide more information on

020 8871 6373.' Why not look at the website fit4life@wandsworth.gov.uk as there are lots of programmes for people aged 45 upwards.



Did you know that you can book appointments online? If you come in and ask at reception for your unique pin number you can access our website to make appointments with a GP or nurse. Please remember that blood tests are not bookable as we operate a walk in clinic Monday to Friday mornings. Repeat prescriptions can also be ordered online.

New sletter

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Text Messaging:

If you can let us have your latest mobile telephone number to put on to your record, we have an automated text reminder system that will send you a prompt about any appointment that you have with a GP or nurse at the surgery. Do remember that you can opt out of the text reminder scheme.

Invitations for reviews:

Please respond to letters you receive from us asking you to come in for (for eg) a health screening, diabetic review, or seasonal flu injection. We write the letters because we care about you and want to offer the best possible service. If appointment times are not convenient, let us know so that we can offer you an alternative time. Cancer screening invitations are equally important, so please act on them!

Walking Group:

This group meets at 11am on Wednesdays in the Revelstoke Road car park in Wimbledon Park. Anyone is welcome to join the group. For further information, contact Catherine at the surgery.

The GP Patient survey 2010

480 questionnaires were sent to adult patients registered with this practice and 184 were returned completed. The response rate for this practice is 38%. The low response rate is a national problem for this survey. We were reassured to see that, in the main, we were slightly above the national average with 85% stating that they were able to see a GP on the same day or next 2 days the surgery was open 74% said they able to get an appointment with a doctor more than 2 days in advance. The full results can be found at www.gp-patient.co.uk

Surveys are always useful tools ena-

bling us to review how we are interacting with our patients compared with other surgeries and what areas we need to improve on. We welcome all comments and feedback, so please don't forget to tell us how you think we are doing!

Caring for Carers:

Often people are carers without even realising it. If you provide unpaid support to a relative, partner, child or friend with an illness, disability, frailty, mental health condition or substance abuse problem then you are a carer. It can be very rewarding, but also isolating and exhausting. Here at the surgery we

are endeavouring to find out who, amongst our practice population, are carers so that we can support them more fully. The Princess Royal Trust for Carers is a nationwide charity supporting carers. Further information about support for carers can be obtained at the surgery or on the website www.carers.org Both Merton and Wandsworth Councils offer assistance for carers.

If you have any comments, articles or ideas that you wish to share please let Catherine, our newsletter editor, know for the next publication.