



**NEWSLETTER  
ISSUE 28  
JAN-MAR 2020**

**In This Issue:**

- Dry January
- Inhalers
- NP and Paramedic
- Flu season update
- Group Consultations
- Staff changes

**Practice opening times:**

The practice is open

**Mon-Fri** 7.30-am-6.30pm

**Weekend**– closed

**Patient Forum (PPG)**

Are you passionate about health services? Would you like to be the voice of your local community? If yes, then why not joining our PPG? Please contact the surgery and asked to speak with the Assistant Practice Manager for more information. Alternatively enquire at the reception.



**Welcome** to the Winter 2020 issue of the Practice Newsletter. We continue our aim to keep you informed of the services at Hucknall Road and also keep you up-to-date with the latest news and developments. You can subscribe to our newsletter at [www.hucknallrdmc.co.uk](http://www.hucknallrdmc.co.uk) and you will automatically receive a copy via email each time the latest issue is released.

**Dry January**

Dry January is the annual commitment to not drink alcohol for the whole month of January. There are numerous benefits to giving up the booze such as, improved sleep and skin and weight loss. It can also save you money. To aid you with this there is a great website and app which helps you track benefits <https://www.alcoholconcern.org.uk/dry-january>



**Reduce and Recycle Inhalers**

Scientific evidence has shown that the use of 1 metered dose inhaler is as bad for the environment as a 170 mile car journey. The effect of the hydrofluorocarbons (HFCs) in inhalers is 3800 times more powerful than carbon dioxide on climate change. Furthermore, only 0.5% of inhalers are recycled correctly meaning they end up on landfill which contributes to plastic waste and the HFCs is eventually released into the environment.

There are two ways to tackle this, firstly, most patients can make the switch to dry powdered inhaler (DPI) problem free. DPI are only 1/5th as bad for the environment. Ask to speak to the GP or the nurse if you are interested in swapping your inhaler.

Secondly, we are going to be offering patients a way to recycle their old inhalers in reception.

Please help us do our bit to help the environment.

## Training Event

The Practice will be closed from 12.00pm on **Tuesday 21st January, 11th February and 10th March** for staff training. Please note that on training days prescriptions will not be available from 12.00noon until 7.30am the following day. We apologise for any inconvenience this may cause.

## Service updates:

- **Repeat prescriptions**— your prescriptions will be ready to collect after 48hrs from initial request.
- **Home visits**— if you /or a person you care for require a home visit, please ring the practice before 11.00am

## Website

For more information on medical news, local campaigns and where to get an advice, please visit our website [www.hucknallrdmc.co.uk](http://www.hucknallrdmc.co.uk)

## Your Feedback

Your feedback is very important to us. Please feel free to write to us with your comments, suggestions or questions. Our address is shown above, alternatively you can leave you comments at the reception.

## Nurse practitioner and Paramedic Practitioner

### Linda—Nurse practitioner Profile

Linda qualified as a registered nurse at the University of Nottingham in 1996 and went to work on the medical ward in Newark. From 1997—2017 she work as a Practice nurse specialising in Asthma, Diabetes, Hypertension and family planning. In 2014 Linda completed minor illness degree modules and then in 2015 she completed her independent prescribing course. In 2017, Linda became a nurse practitioner. Linda joined Hucknall Road Medical Centre in October 2019.

### Joe—Paramedic Practitioner

After working as a police officer in Essex for five years Joe decided on a career change and trained to be a paramedic at Anglia Ruskin University and worked for East of England Ambulance Service as a frontline paramedic between 2014 and 2018. He then moved to Nottinghamshire and worked in police custody as a senior healthcare professional while studying paramedic practice at Cumbria University. He joined Hucknall Road Medical Practice in October 2019.

## Successful Flu Season

Our flu season isn't over yet so if you are still eligible, please contact reception to book in for your flu vaccination. However we have had another another successful flu season. Over 2500 patients have been vaccinated against the flu virus. During our dedicated Saturday flu clinics we vaccinated 1169 patients which is more than we have ever done. Thank you to the PPG members who gave up their time to help us during the dedicated Saturday clinics.

## Group Consultations

We are going to start offering group consultations as part of our chronic review management. We are going to start with diabetes management. Studies have shown that group consultation can improve diabetes knowledge and quality of life and patient satisfaction in their appts.

## Staff changes

We had a new receptionist starting with us called Sophie. She has been with us for a few months and is settling in extremely well. We have also had a new GP starting called Dr Atwal.

We said goodbye to our F2 doctor Dr Yusof and GP registrar Dr Hughes who were with us for a 4 month placement but we welcome F2 Dr Sidhu and GP Registrar Dr Johal for the next 4 months.