

Wilson Practice News

November/December 2019

Dr Louden makes it to the top of Kilimanjaro...



...and tops her fundraising target to support the development of the Winchester Hospice!



If you would like to contribute, please see Dr Louden's donation page ~ www.justgiving.com/fundraising/Sally-Louden2 or, if you prefer, drop a cheque (payable Winchester Hospice Fundraising Charity) in to reception.

Great news for Winchester Hospice (which will open in 2020 if they secure the last 25% of vital funding): Dr Louden made it to the top of **Mount Kilimanjaro**, the highest peak in Africa, with generous sponsorship (nearly £5,000 at the last count from so many kind people!) and good wishes from the practice and patients spurring her on. In an amazing adventure that saw one team member helicoptered off the dormant volcano and another fall victim to altitude sickness, Sally was one of 15 intrepid women who made the summit - despite fresh snow making conditions treacherous. "It is the hardest thing I have ever done!" she says. The five-and-a-half days up, day-and-a-half down route that was part trek, part scramble and part climb.

Back to work just three days later, Dr Louden was beaming, but understandably a little weary, crediting teamwork amongst the group and the help of their guides for making it possible.

FLU ... if you are eligible don't miss out on a jab- make an appointment - NOW!

Flu is so much more than a 'nasty cold', as anyone who has ever suffered will agree. That's why the NHS offers free flu jabs to anyone **over 65** and people in other **at risk groups**, including **pregnant women**, people with **long-term conditions** and who are immune-suppressed, **carers** of frail and vulnerable people; **children** born between **1 September 2015 and 31 August 2017** and people with a BMI of 40 or more. **Please book now!**

Practice welcomes new partner



Dr Sarah Wagstaffe joined the practice as a 'salaried GP with a view to partnership' in July 2018. She became a partner in The Wilson Practice on 1 October 2019. Sarah was previously a locum GP in Godalming, and taught Physicians' Assistants (a new primary care role you will hear more of next year), at the University of Surrey.

Sarah was attracted by the friendliness of The Wilson Practice and the clear commitment to the health and wellbeing of both patients and the people who work here. The fact that the practice is actively involved in training the next generation of doctors was also a big plus for her. Having been here more than a year now, Sarah really enjoys the variety in the practice population but confesses that she didn't know where Alton was before she applied for the job!

...continued overleaf...



Christmas is coming... ...please plan ahead

The practice will be **CLOSED** on

Christmas Day, Boxing Day and New Year's Day
Wed 25, Thurs 26 December and Wed 1 January
We are open as usual at all other times

If you require a **repeat prescription, routine blood test** or other service from us over the festive period, please get your request in as soon as you can.

An eConsult may be the quickest way for you to secure feedback for a non-urgent query. The system holds information and advice on over 100 different medical conditions and enables patients to submit a query to one of our GPs. See the home page of our website: www.wilsonpractice.co.uk and click the **eConsult** link.

Any eConsult questionnaires submitted on a day when we are closed will be reviewed and actioned by our GPs by the end of the day after we re-open.

If you need to speak to or see a GP when we are closed, please ring NHS 111.

New partner: Dr Sarah Wagstaffe

...continued from page 1/

Not all younger GPs choose to seek partnership in a practice these days, but Sarah sees it as part of her career progression and is looking forward to the extra responsibility and to contributing to shaping the way the practice operates.

In welcoming Sarah to the partnership, managing partner Dr Andy Fellows reflected that the pace of change in primary care is faster now than it has been for a generation and that NHS England appears to be investing in that transformation more realistically than in the past.

Sarah is excited and positive about the changes that will affect patients and everyone working in the service over the next five years or so, but is very aware that 'there is a lot of work to do – by everyone'.

Dr Wagstaffe works in the practice for seven sessions a week: generally all day on Mondays, Tuesdays and Wednesdays, plus Thursday mornings.

Medication review due? Try eConsult

If you have ever been informed that you need a medication review before the practice processes your repeat prescription request and you have thought: '*...but I'm fine*', '*...I know the doctor will only ask me a few questions*' or '*... I'm going to struggle to find the time for an appointment*', then eConsult may be the answer (link on the Home page of our website).

Choose the **Administrative Help*** option from the main menu and then **Other** from the list of options; in the text box that follows, simply state that you have been asked to have a med. review and wonder whether you need to attend the surgery.

**eConsult is evolving. In the coming weeks/months specific medicine review templates for certain conditions will be introduced.*

Dr Eckford's first impressions...



Dr Daniel Eckford joined the practice as a salaried GP in the summer. He works seven sessions a week here (all day on Mondays, Wednesdays and Thursdays, plus Tuesday mornings). Having moved here from Wales (although not a Welshman), we asked him to share a little of his background and his first impressions. He told us:

"My interests include musculoskeletal and respiratory medicine and leading on from the former, sports medicine. My first and true love is football but, outside of general practice, I mainly cover rugby, including medical support for The Ospreys (Neath-Swansea) and Swansea RFCs as well as the national Wales Women team in the past. I love all sports and am willing to watch/participate/doctor in anything!"

The Wilson Practice is significantly larger than Dan's previous one in Swansea with a generally older patient population. Interestingly, his view of the patients he has seen to date is that overall, people are less unwell here and less demanding, partly perhaps because the practice has spent time over the years helping people understand the way to access both general practice services and other local provision and support.

Dan continued: "The practice is very supportive and I have never met such an organised admin/backroom staff group; they do a very good job of taking work from us, so that as GPs we can concentrate more time on people we need to see.

"e-Consulting and electronic prescribing are new to me and are welcome features, not to mention the instant reporting of x-rays." On the flip side, "something that was useful in South Wales was a rapid diagnosis centre that would see patients with suspicious, possibly sinister, symptoms that did not fit an obvious clinical picture within a fortnight." GPs here refer patients to hospital for a similar service, but this intermediate stage is something that, with Dan's insight, the practice will explore with our primary care network.

A31 public event pulls in the crowds

The A31 Group of Practices (*Boundaries Surgery (Four Marks), Bentley Village Surgery, Chawton Park Surgery and The Wilson Practice*) were delighted by the tremendous interest shown by patients in our first public event on 14 October. Over 120 people braved a dark and wet Monday night to hear how we are starting to work together more closely to broaden the range of services available from our practices. Hosted by, and with the introduction from our Clinical Director, Dr Natalie Smith, the audience also heard from:

- local GPs Drs Andrew Fellows, Jackie Over and Phil West about initiatives that are already proving their worth - including the innovative use of clinical pharmacists in general practice;
- senior Hampshire Hospitals' physiotherapist and one of the 'architects' of the local 'Physio First' trial, Emma Potter;
- Mind Wellbeing Worker Amy Holder;
- Sarah Quarterman, chief executive of Basingstoke and Alton Cardiac Rehabilitation and
- Pam Jones, representing the surgeries' patient participation groups.

Feedback from those attending on the night (apart from some justified observations about the room not being big enough) was overwhelmingly positive: congratulating the A31 Group for arranging the meeting and welcoming the changes that were outlined (albeit with some reservations about whether they would be sustainably funded).

For those who were not able to attend, a summary of the main points and a list of contact details for the organisations which supported the event with display material is available from our website or waiting room.

Receiving our newsletter

Our newsletter is designed to update patients on practice issues and local health-related services that may be of interest. It is available in Reception and on our website. It is also e-mailed to patients. If you would prefer not to receive it by e-mail, please send an email with UNSUBSCRIBE in the Subject line to news.wilsonpractice@nhs.net

HELP YOURSELF TO HEALTH

Autumn 2019 – Spring 2020: Self care
November/December – coughs and colds

