



Boothstown Medical Centre & Patient Participation Group

Tel: 01942 483 828 www.boothstownmedicalcentre.co.ukinvolving **'Patient Matters'** everyone**You need to know!**

that the way in which you order your prescriptions online is changing from 1 January 2017.

Unfortunately, from January 2017 you will no longer be able to order your repeat prescription using our surgery website. You can, however, order your prescription via Patient Access. You will need photo ID and proof of residence ie utility bill. Please ask at reception for a registration form.

Are you aware that you can make & cancel your appointments online?

You will be able to book and cancel appointments online using Patient Access too.

Looking up your basic medical records online:

Also, you will be able to access your medical record through Patient Access.

NUDGE CORNER

We monitor the number of **DNAs** - patients who **Do Not Attend**. Text messaging has helped to keep the DNAs well under 100 most months.

**The Electronic Prescribing Service**

The Electronic Prescription Service (EPS) is an NHS Service. It gives you the chance to change how your GP sends your prescription to the place you choose to get your medicines or appliances from.

For more information [visit www.hscic.gov.uk/epspatients](http://www.hscic.gov.uk/epspatients) or your pharmacy or GP practice.





their Carers through liaison with Think Ahead Community Stroke Group. If you have experienced stroke, are a Carer of a person who has had a stroke at any time or would just like to learn more about stroke, please contact Sue Rimmer, Stroke Support Development Worker, sr@think-ahead.org.uk. Tel: 01942 824888 or Surgery Reception.

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How well is your Liver?



Lots of people took the plunge to find out at our 'Routes to a Healthy Liver' event held in September 2016.

Fibroskans were available for those people who 'qualified' following completion of a questionnaire.

- We were grateful to Lisa Ball, from Wigan Council and the Nurses from the Royal Albert Edward Infirmary, Wigan who were instrumental in providing fibroskans and who are following this up with training for the Nurses at the Practice.



- Healthy Routes provided interactive materials such as beer goggles and lumps of fat as well as being on hand to give lifestyle advice.

- NHS Health Checks were available and readily taken up.

- Many other organisations came along: with attendees becoming and learning about Dementia Buddies and their Guardian Angel devices, DESMOND (Diabetes's Education & Self Management for ongoing & Newly Diagnosed patients), UK Sepsis Trust, Hope View Sensory Farm, 5 Boroughs Partnership (Mental Health), Citizen's Advice, Contact the Elderly, Age UK, Atherton Start Well Centre, Incredible Edible, Young People's Drug & Alcohol Service, Inspiring Healthy Lifestyles, Wigan & Leigh Carers' Centre and others providing literature such as the British Lung Foundation.



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In October our long standing working relationship with Public Health, Wigan brought Joanne back to train 11 members of the local community in CPR (Cardiopulmonary Resuscitation) and Defibrillator use.



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Stop Press

We had a very interactive Cancer Awareness Session in St John's Church Lounge in November.



Joanne Taylor from Live Well, Public Health, Wigan brought along models of testicles and breasts so that we could feel for lumps! The group felt at ease asking lots of questions and enjoyed the interaction. The verdict: Well worth coming along to despite the dreadful weather. Thank you Joanne and Lisa (Greater Manchester Bowel Screening Programme) for your informative input.

Greater Manchester Bowel Screening Programme Manager,
Lisa Jowitt has sent us this high fibre, 6/7 veg recipe,
following on from our recent Cancer Awareness Session.



Turkey Cottage Pie

Ingredients

4 average sweet potatoes (peeled & chopped)	4 parsnips (peeled & chopped)
Small pack of turkey mince	6 turkey Fillets (optional) cut into nuggets
Pack of mushrooms, sliced	2 large onions, sliced
4 Carrots, peeled	Peas (frozen)
1 stock cube (Kallo)	Water
Mixed herbs & spring onion (optional)	Freshly ground black pepper

Method

1. Soften the onions for a few minutes in a frying pan with a little olive oil, then add mushrooms. After a few minutes, transfer to large saucepan.
2. Fry turkey mince until browned, then transfer to pan with onions & mushrooms. Do the same with turkey nuggets.
3. Add chopped carrots & peas to the saucepan. Dissolve stock cube in boiling water & add to pan (doesn't need to be swimming, just enough so it can boil). Simmer for around 20 minutes until carrots are cooked.
4. Meanwhile boil the sweet potato & parsnips. After boiling for around 15 minutes see if you can pierce a knife through them with ease. If you can they're done (parsnips take a little longer). Then mash both together (no need to add butter or milk). Add chopped spring onion if using.
5. Use a large cooking spoon with holes in to transfer the mixture to a ceramic or Pyrex dish, draining off excess liquid. Then add the mash carefully & spread out.
6. Sprinkle with black pepper, put in oven for 15mins on 190oC then put under grill for about 5mins until top is crispy - keep a close eye on this.

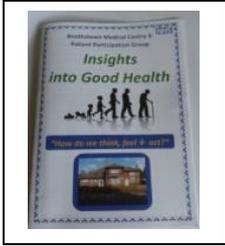
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Going on holiday? Sister Christine Rostron, Nurse Practitioner advises:

You go to the travel agent and book a fabulous holiday but no one tells you that you might need vaccines. Two weeks before you go - you realize! - and then cannot get appointments for them.

Please check if you are going away if you need vaccines for country visiting. These will include some countries you may not have thought about eg Turkey, Morocco. If unsure you can check on the NHS website: fitfortravel.nhs.uk or fill in a form and hand it in for the nurses to check. Please allow a good 6-8 weeks before travel. Longer if going backpacking or doing lots of countries.



Free Booklet

Boothstown Medical Centre & PPG have produced this booklet, *'Insights into Good Health', How we think, feel & act'*, that is available from Reception at the surgery. Our booklet highlights the **LINKS** between mental health, long term conditions, caring & healthy lifestyles.

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5 Boroughs Partnership 
NHS Foundation Trust

Dispelling the myths around Personality Disorder

Paula Slevin, 5 Boroughs Partnership NHS Foundation Trust's Lead for Wigan Multi-Agency Personality Disorder Strategy came to our health and social event in September 2016. We thought that you may like to know more about Personality Disorder.

If you mention **personality disorder**, you often hear comments like 'that's not a real mental health problem' or 'it's untreatable' or 'they must have been abused'.

This is not true.

Personality disorders are conditions which affect the way a person thinks, perceives, feels and relates to others and may be evident in recurring difficulties in their relationships with others. If someone has a personality disorder, they may find their beliefs and attitudes are somewhat different from others and it may affect how they cope with life and how they manage relationships with others. Someone with a personality disorder may find their emotions confusing, exhausting and hard to control, which can be distressing for them and others around them.

As it can be so distressing, someone with personality difficulties may develop other mental health problems like depression or anxiety. They may also seek other ways of coping, such as drinking heavily, using drugs or self-harming.

Personality disorder is more common than you might think. It's estimated one in 20 people in England has a personality disorder.

Personality disorder is a genuine difficulty, it's a recognised medical condition but, in order to be diagnosed, the person's difficulties must be causing significant impairment – it must be pervasive, problematic and persistent. This is known as the three Ps.

There is no simple reason why someone might develop personality disorder, but it can often be associated with difficult experiences growing up, their genetic makeup as well as social and environmental disadvantages to create a life course which leads to personality disorder.

It's important to know that, even though personality difficulties can be longstanding, there is a great deal that can be done.

Continued overleaf

What to do if someone is experiencing personality difficulties?

It's helpful to be compassionate and to show interest in what the person is experiencing and what is affecting their feelings and behaviour as it is a very real problem.

How severe the person's problems are will indicate what type of help they need. In the Wigan Borough, we provide treatment for all levels of personality disorder, including an excellent psychological talking therapy service.

For more severe difficulties, particularly if there are high levels of risk, it is important you try to encourage the person to see their GP so they can be thoroughly assessed. The GP can make a referral to the Wigan and Leigh Assessment Team. If you or someone you know is at a point of crisis, you can contact the team directly on 01942 482239.

Carers of those with personality difficulties can and should also seek help for themselves. 5 Boroughs Partnership NHS Foundation Trust offers a carers' training education and support programme which can help carers develop ways to support their loved ones more effectively.

The recovery teams at Wigan and Leigh offer a range of nationally recognised interventions. We also believe in the importance of helping service users to live their lives well and work with individuals to develop ways of coping which enable them to live life as positively as they can.

If you have any queries related to personality please do not hesitate to contact Paula on her email address paula.slevin@5bp.nhs.uk.

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Free Wellbeing Course - helping to build your emotional toolbox

5 Boroughs Partnership 
NHS Foundation Trust

Wigan Primary Care Psychology Service (IAPT)

(2 hours a week for 7 weeks) for people experiencing low mood and anxiety.

Where? The Community Space, Tesco, Leigh, WN7 4BA. (Also at Tesco, Wigan)

How do I join? Call our team on 01942 264 630.

To make a self-referral to our IAPT service, fill out our simple online form by visiting:

www.5boroughpartnership.nhs.uk/iapt-wigan

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Julie Carman - Sepsis Survivor & UK Sepsis Trust Volunteer presented at our health event in September 2016. She has kindly sent us this information about Sepsis:

○ Sepsis was previously known as blood poisoning or septicaemia. ○ Did you know that every year 44,000 people die from sepsis and more than 100,000 people suffer from sepsis? ○ Sepsis is a life threatening condition when the body's reaction to an infection injures its own organs and tissues. ○ Sepsis can look like a flu-like illness.

Continued overleaf

The symptoms to look out for are:

Slurred speech Extreme shivering or muscle pain Passing no urine in 24 hours
Severe breathlessness " I feel like I might die" Skin mottled or discoloured

What causes sepsis? Sepsis can occur following an infection anywhere including:

Chest infections and pneumonia A urine infection in the bladder
An infected cut or bite A wound or cellulitis
In the abdomen eg a burst ulcer or hole in the bowel

Who might get sepsis?

- The very young or elderly ○ People on long term steroid or chemotherapy treatment
- Patients with an organ transplant on medication ○ Patients with severe liver disease
- Diabetic patients ○ People with illnesses affecting the immune system e.g. leukaemia
- Patients with an infection or complication after an operation ○ The Malnourished

BUT it is important to remember that anyone can get sepsis after a viral illness or following a minor injury and often people are in good health with no long term illnesses.

Sepsis requires early recognition and prompt treatment.

So if you think you or someone you care for may have sepsis this is what you can do?

✓ Be aware that sepsis is serious, even life threatening, but caught early the outlook is good for most patients ✓ Do contact the doctor and say "I think this might be sepsis". ✓ Learn the sepsis symptoms. (cut out this article and keep it handy). ✓ Spot it, treat it, beat it.

More information is available from the UK Sepsis Trust

Telephone: 08456066255 Website: www.sepsistrust.org

Inspiring
healthy
lifestyles



Weekly Mosley Common Social Walks - Started in

September 2015 by the PPG, these begin & end outside St John's Church, Mosley Common, Thursdays 10.30-11.30am, refreshments available afterwards. Suitable for beginners & those new to exercise. Walking for Health Accredited. Everyone welcome.

A postural Strength and Balance class is held at Tyldesley Methodist Church, opposite St George's Church each Monday at 12:45p.m. Cost £2.50. All abilities welcome. A letter from your GP is necessary to confirm that you are fit enough to participate in the group. Teacher is called Kim.

Tai Chi at the Beehive Community Centre (Lindale Hall) - 1 hour session £5. Wear loose clothing & flat shoes. Wednesdays 10.30am. Contact Kath on 07534 086 447 for more information.

Mosley Common in Bloom are hoping to secure funding for a path around the field to improve accessibility for everyone. Kindly complete & return a consulting form found in Reception as soon as possible, please.



Mosley Common in Bloom lights switch on Sat, 3 December '16 from 3.30pm