



Windrush Medical Practice
Patients Participation Group

WINDRUSH PATIENTS' NEWSLETTER FOR March – April 2024

Welcome to the latest Windrush Patients' Group Newsletter

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New - Urgent Care at Home:

All the Oxfordshire Health and Social services have joined together to enable us to access urgent care at home – preventing unnecessary admissions to hospitals and emergency departments, and to provide care in Community settings. Urgent Community Response (UCR) and Hospital at Home can be provided to people quickly in their homes. Patients can be assessed, treated, and recover at home in familiar surroundings. Conditions that qualify people for these include urgent catheter care, urgent diabetes care, acute confusion, urgent equipment provision, end of life support and more.

The teams can provide hospital level support, care and treatment for up to 14 days in a patient's own home (including care homes). This depends on clinical needs and can include a wide range of care including taking bloods, intravenous medications, urine tests, heart monitoring and infection swabs.

The teams comprise a wide range of health professionals working alongside consultants for medical oversight and linking organisations involved in medical and social care in the Community. There is a video explaining this at <https://staywell-bob.nhs.uk/>

Windrush Practice Staff: the Role of the GP Assistant

This is another in our series enabling us to understand the roles of Practice staff. Our GP Assistants (GPAs) can carry out some clinical work, such as Phlebotomy and ECGs. They also support out GPs with more complex administration duties - such as completing insurance forms for the GP to check. All of the GPAs have a cohort of patients they look after, to ensure that these vulnerable groups of patients receive coordinated care throughout the healthcare service. As part of this, they complete care plans for their cohort of patients, handing over any medical issues needing further discussion to the GP. The GPA team also book patients in for dermoscopy (images of the skin) for medical review.

MMR Vaccination - please read ...

Our Practice is keen to remind us about measles - which is an infection that spreads very easily and can cause serious problems in some people. The MMR vaccine can prevent measles; it also protects you from getting mumps and rubella. Just two doses of the vaccine can give lifelong protection against these diseases.

If you are 25 or under and don't have a complete MMR record, you will receive a text message asking whether you wish to accept or decline. If you accept you will be contacted directly in order to schedule an appointment; alternatively you can contact our practice directly if you wish to book.

If you are not sure whether you or your child has had the vaccine, then please contact the Practice for information using the link from "Ask The Reception a Question".

A good tip to start your day.

From Dr Rangan Chatterjee who gives podcasts and writes health related books.

Every morning he asks himself one question.

What is the most important thing I have to do today?

It is a deceptively simple question; it may be something related to work - "I simply must finish that spreadsheet", or it may be something to do with home life - "I must do the ironing" or "I must ring my friend in Dorset".

Ensuring that you do what you have identified means that, in a world where there is always too much to do, you don't forget what is most important to you. And if you invest in that telephone call with a friend, it will be one of the best things you can do for your health and happiness.

The Key to *Your* Door:

When you lock your main door at night (or during the day for that matter), do you leave your key in the lock?

Mmmm ... just think a minute. What if you are on your own and have a fall or are feeling really ill and cannot get out of bed.

Hopefully you will either have a mobile phone at hand, or an alarm.

You press that for help and help is on its way.

Hooray! An Ambulance, or your friend or neighbour, arrive at the door!

They use the key from the key press or the one you gave your neighbour.

But they can't get the key in the lock because your key is on the inside ... so they actually have to break the door down to get in! This takes time (and money to repair it afterwards).

The answer? Simple! Take your key out of the lock and put it on a nearby shelf or hook. That way it is nearby if you want it from the inside but any emergency helpers or anyone with an authorised key can get in.

Minor Injuries Unit - please use this appropriately.

Please note that our Minor Injuries Unit is not a full Urgent Treatment Centre. It is for injuries sustained within the last seven days only.

If your injury is older than this then you need to make an appointment with a GP. Whilst they do accept walk in patients with injuries, it is often more efficient to contact 111 who can make an appointment for you.

Minor Injuries is not suitable for patients suffering from minor illnesses; if you are unwell then please call 111 or access 111 online to book an appointment with an appropriate service.

If the illness is life threatening, then please make sure you dial 999.

West Oxfordshire Hand Me On community

Parent-to-be? Parent or guardian of a child up to teens?

Then why not use the Lending Library and keep things Local?

Hand Me On West Oxfordshire is a community which enables you to

- re-use items instead of buying new;
- reduce our carbon footprint;
- save money;
- use their group as a lending library and return items received for another family to use.

The group is for families of all backgrounds within West Oxfordshire.

To get in touch go to Facebook and search for Hand me on West

Oxfordshire or go to <https://www.facebook.com/handmeonwestoxon/>

Would you like to keep up-to-date with local NHS news?

Your Patients' Group is keen to keep you up-to-date with news of local health events both here at the Practice and locally. Why not sign up to our Bulletins? Every time we have five interesting things to tell you, we an email bulletin to you. And you can contact us at any time too with your ideas and information.

Just e-mail patientgroup.wmp@nhs.net. Or pop a note into the Patients' Post Box in the Information area.

We look forward to hearing from you 😊