



The Jubilee Practice News

July 2022

Staff Announcements

Time To Say Goodbye...

It is with great sadness we announce that Dr Dave Steadman is to leave Jubilee on Friday 16th September. He will be joining Empingham Surgery as a Partner.

Dave has been a partner for 7 years at Jubilee and was already known and loved by the Practice prior to this during his GP training years. In that time, he has given exceptional patient care, thrown his all into the business side of Jubilee and continued to be a brilliant colleague to us all.

We hope you will join us in congratulating Dave on his new partnership, commiserating his loss from Jubilee and wishing him and his family the most wonderful years ahead. He will most certainly be missed by both patients and colleagues of whom he has helped and supported over the years.

Good luck Dave!



Retirement...

We said a sad farewell in May to our Finance Manager, Sheila Williams after an impressive 31 years service at Jubilee! Sheila was our longest serving member of staff, which won't be a record easily beaten! She was a huge part of Jubilee and has seen the practice go through many changes over the years! Sheila will be missed by all those that worked with her and we wish her a happy, healthy and well deserved retirement!

We also say a temporary farewell to Dr Girish Purohit, who has left to go on 6 month sabbatical leave and is due to return to the practice in January 2023! We wish him all the best during his period of absence and look forward to his return!

Although saying goodbye is hard, we have also welcomed some new faces to Jubilee over the last few months. Meet the newest members of the team...



1 - Natalie Mepsted - Paramedic Practitioner

A Little About Me....

I have been working at The Jubilee Medical Centre since May 2022 as Paramedic Practitioner. Since 2015 I have worked for the Ambulance Service and within this time studied Paramedic Science and a BSC in Pre Hospital Emergency Care to include modules on minor illness and injuries. This knowledge will be utilised to support the clinical team by providing an acute clinic at the surgery. Alongside these clinics I will provide support to local care homes by completing ward rounds and care planning.

In my spare time I enjoy riding my bicycle and running...I am currently training for my first half marathon which is just around the corner!



2 - Jennifer Davies - Operations Administrator

A Little About Me...

Hey I'm Jen and I recently started as Operations Administrator in June 2022. I have worked in general practice for the last 6 years. My role involves adding patient correspondence onto the clinical system, read coding data into patient records, managing waiting lists, providing support with urgent and routine referrals and much more!

I'm a bubbly, positive person and I'm sure you'll hear me before you see me!! I love to socialise and travel.



3 - Ella Williams - Patient Services Advisor

A Little About Me...

My name is Ella and I joined the Patient Services team in June 2022. I am new to general practice and currently still in training as there is A LOT to learn! I completed my A levels in June last year and decided I wanted to pursue a career within the NHS. I am so far loving the job, it's very busy but at the same time rewarding when you feel like you have helped someone. In my spare time I enjoy shopping and going out with friends.

We are also pleased to announce that we have successfully recruited 3 newly qualified GP's, Dr Debanand Dey, Dr Jinal Shah and Dr Sameer Joshi and also a Physician Associate, Nick Forgione who will all be joining the practice from August 2022.

Meet your Primary Care Team

The face of primary care has dramatically changed over the last 10 years and continues to develop alongside the governments 'Long Term Plan' which aims to improve the quality of patient care and health outcomes.

Since the NHS was created in 1948, the population has grown and people are living longer. Many people are living with long term conditions such as diabetes and heart disease or suffer with mental health issues and may need to access their local health services more often.



<https://youtu.be/W19DtEsc8Ys>

To meet these needs, GP practices are working together with community, mental health, social care, pharmacy, hospital and voluntary services in their local areas in groups of practices known as primary care networks (PCNs). To support PCNs, the **Additional Roles Reimbursement Scheme (ARRS)** provides funding for 26,000 additional roles to create bespoke multi-disciplinary teams. The short video explains the concept of PCNs and how this new way of working enables health and other services to work together to provide better access for patients.

The Jubilee Medical Practice is part of the Melton Syston and Vale (MSV) PCN, working closely together with Latham House, The County Practice and Long Clawson Practice.

So what are the ARRS roles and who might I see when I need an appointment?



- **Clinical Pharmacists** - work in primary care as part of a multidisciplinary team in a patient facing role to clinically assess and treat patients using expert knowledge of medicines for specific disease areas. They work with and alongside the general practice team, taking responsibility for patients with chronic diseases and undertaking clinical medication reviews to proactively manage people with complex medication use, especially for the elderly, people in care homes and those with multiple conditions.
- **Physician Associates** - are healthcare professionals with a generalist medical education, who work alongside doctors providing medical care as an integral part of the multidisciplinary team. Physician associates are dependent practitioners who work under the supervision of a fully trained and experienced doctor. They bring new talent and add to the skill mix within teams, providing a stable, generalist section of the workforce which can help ease the workforce pressures that primary care currently faces.





- **Paramedics** - A paramedic in primary care can recognise and manage the deteriorating patient and can manage patients with long term conditions, minor injuries, and minor illness. They can also support patients who require wound care, have fallen, have MSK problems, and have urinary tract or respiratory infections. Paramedics help support the GP's in responding to on the day demand and undertaking home visits. They are also involved in dealing with our care home patients and overall their intervention should reduce the need for admission to hospital.
- **Mental Health Practitioners** - A significant amount of time within primary care is spent on people who have mental health needs. Mental Health Practitioners working in PCNs take on a 'first contact' role often based on referrals from GPs within those practices. The role will involve liaison with practice clinicians, as well as liaison with secondary care, social workers and voluntary sector staff, where appropriate, and making best use of third sector and other community opportunities for promotion of patient wellbeing and maintenance of mental health.





- **Social Prescribers** - Social prescribing is a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services. They seek to address people's needs in a holistic way and also aims to support individuals to take greater control of their own health. Social prescribing schemes can involve a variety of activities which are typically provided by voluntary and community sector organisations. Social prescribing works for a wide range of people, including people with one or more long-term conditions, who need support with their mental health, who are lonely or isolated or who have complex social needs which affect their wellbeing.

Practice News

SAVE THE DATE!



JOINT COVID AND FLU CLINICS AUTUMN/WINTER 2022

Saturday 17th September & Saturday 1st October - over 65's

Saturday 15th October under 65's

Plus some weekday and evening clinics to be made available

Please look out for your invitation **from the Practice** that you will receive nearer the time!

MASK WEARING...

Due to the significant increase in Covid-19 cases, we have been advised by NHS England to revert back to universal mask wearing within the practice. We strongly advise our patients to continue to wear a mask when you are in the building, as keeping our patients and staff safe is our key priority. If you do not have one with you when entering the building, please ask at reception.



*Are you interested in joining our **Patient Participation Group?***



A Patient Participation Group (PPG) is a group of people who are patients of the surgery and want to help it work as well as it can for patients, doctors and staff. The NHS requires every practice to have a PPG.

Why should I join?

You have been to the surgery as a patient, parent, carer or friend.

Your experiences matter and you can bring different ideas to the surgery to help us treat patients better or to improve what we do in some way. You will also gain a better understanding of the NHS, and gather feedback from other patients. Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is very valuable.

Our PPG meet at the practice every 2 months, usually around 12pm. If you are interested in joining, please speak to our Patient Services Manager, Michelle Keogh for more information.

MEDICATION MATTERS

DID YOU KNOW...

Many medicines that used to be only available on a prescription are now available to buy over the counter from a pharmacy

You can now buy:

Hayfever tablets (Fexofenadine) -

Most hayfever treatments are available to buy over the counter, therefore if you do have hayfever symptoms, such as sneezing and coughing; a runny or blocked nose; itchy, red or watery eyes; or an itchy throat, mouth, nose and ears please consult your local pharmacist. We are very limited in what the local NHS will allow us to prescribe for hayfever, so if you do arrange an appointment we will be unable to prescribe any treatments that you can buy.

Contraception Pill (progesterone only - Desogestrel, Cerazette, Zelleta or Cerelle)

Certain women can now buy this from local pharmacies if they find it more convenient. Please visit www.hana.co.uk¹ for more information



Before these changes in 2018, the NHS spent around £569 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket, such as paracetamol.

By reducing the amount it spends on OTC medicines, the NHS can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.

¹<http://www.hana.co.uk/>



You can also buy over the counter medicines for a variety of minor conditions such as:

- Conjunctivitis
- Mild cystitis
- coughs, colds and nasal congestion
- diarrhoea (adults)
- mouth ulcers
- mild irritant dermatitis
- indigestion and heartburn
- ringworm or athletes foot
- haemorrhoids
- minor pain, discomfort and fever (such as aches and sprains, headache, period pain and back pain)

Please note the practice will be closed from **13:00pm** on the following dates for Practice Learning Time:

Thursday 22nd September 2022

Wednesday 26th October 2022

Thursday 24th November 2022

If you require medical assistance during this time that cannot wait until the following day, patients can contact the Covering Care Team on 0300 323 0671 who will be able to deal with your call. In a case of an emergency always ring 999.



The practice aims to offer 60 urgent appointments every day. These are now only available to book between the following time windows:

Morning: 08:00 - 10:00

Afternoon: 14:30 - 16:30

Outside of these times you will not be able to book an urgent appointment so please do not call the surgery. If you feel your problem cannot safely wait for the next booking window then you have the option of going to one of the local urgent care centres (information available here), or A&E if you feel the problem is an emergency.

Please visit our website www.jubileemedicalpractice.com² for more information

We would like to introduce different members of our team in each newsletter for our patients to get to know a little more about the different roles within General Practice and who you may not always come across when you visit the practice....

Debbie Brant - Education Manager

Debbie has worked at the practice for an impressive 16 years and is responsible for the efficient management of the clinical rotas. This is no easy feat, as there are over 200 variations of rotas to accommodate the many clinicians we have working at the practice! This includes Drs, Nurses, HCA's, Paramedics, Clinical Pharmacists and Students. She will ensure rotas are on the system in a timely manner, an appropriate level of cover is arranged to cover any annual leave and is responsible for the booking of locum GPs. She also manages the registrars and students we have at the practice, ensuring that they have the best educational experience during their time with us. We work closely with University of Leicester, DeMontfort University, Nottingham University, Kings College London and University College London. We have students from years 1 - 5 which includes medical students, pharmacy students, nurse students and physician associates.

²<https://www.jubileemedicalpractice.com>

In Debbie's spare time she has hands full looking after a menagerie of animals and in the spring time she enjoys lambing her 40+ ewes!

