

Welcome to the twentieth edition of the Patient Newsletter. Each issue we include an article by a member of the Patient Reference Group. This month's article was kindly written by Mr. Michael Simms.

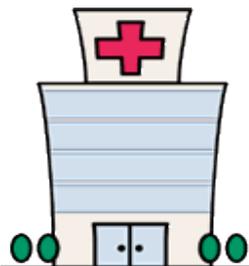
A Mundesley Medical Centre Patient's Story



Four weeks before Christmas 2014 one of Mundesley Medical Centre's patients went to Dr. Ashworth, after noticing some slight spotting and a clear discharge on her underwear. Dr. Ashworth examined her and couldn't find anything obviously wrong, so she immediately sent the patient for an ultrasound scan at Cromer hospital. This showed a thicker than usual womb lining, and the next day a biopsy was taken. One week later the patient had an appointment with Mr Tim Duncan – gynaecological specialist at Cromer Hospital. The patient was informed that she had endometrial cancer. Hopefully it was detected early, and a full hysterectomy should deal with it. The patient had another biopsy this time of her cervix, then an MRI scan – all at Cromer Hospital.

Christmas Eve the patient was in Norfolk and Norwich University Hospital having a pre op ready for the operation on New Years Eve. At this consultation it was discovered that the patients blood pressure was too high for the operation and needed to be brought down. The patient was rushed back to Mundesley and went straight to the Medical Centre arriving at 5.45pm. After explaining to the receptionist, Dr Ashworth came straight out to see the patient (the only patient in there this late on Christmas Eve) and gave her a prescription for the blood pressure.

There were two ladies from the Coastal Pharmacy in the surgery at the time, who overheard the part of the conversation which needed a prescription, and suggested the patient follow them to the chemist, where they stayed open to fill the prescription!



The patient didn't want to tell her children about her cancer before her operation, especially as it was over Christmas. So it was a very strange and strained Christmas.

6.00am New Years Eve found us at Norfolk and Norwich Hospital waiting for her hysterectomy. The hospital was going on black code, and most people were being sent home. Suddenly the patient was rushed down the corridor and into anaesthetics, where the patient was the last operation of that day. The patient had keyhole surgery with four small incisions. Later that day Mr Duncan rang to say all had gone well.

The patient came home on New Years Day and four days later the specialist nurse rang us to say that the cancer was Grade 1 Stage 1 and no further treatment was required. The patient has to be monitored for the next five years, first 4 monthly, then 6 monthly, then yearly. The patient is in the all clear so far.

Thank goodness for the NHS and the people who work in it, and the very prompt action of Dr Ashworth, on two occasions.

By M. F. Simms

Did you know? We use at least 12 litres of bleach each month to keep Mundesley Medical Centre squeaky clean.





Immunisations

There are now many different immunisations available to prevent different conditions at different times of life. A full list of immunisation can be found at: <http://www.nhs.uk/Conditions/vaccinations/Pages/vaccination-schedule-age-checklist.aspx>

We are currently focusing on meningitis ACWY, flu, shingles and pneumococcal vaccinations. Teenagers and "fresher" students going to university for the first time are advised to have a **Meningitis ACWY** vaccination to prevent meningitis and septicaemia, which can be deadly. **Flu vaccination** is available every year on the NHS to help protect adults and children at risk of flu and its complications.

We are currently booking adult flu vaccinations from 14th September onwards so if you are in an at risk group or over 65 please book your appointment now. If you have your vaccination at the surgery we can update your record immediately and we will also check your pulse for atrial fibrillation which untreated can lead to a stroke.

If you are under 66 and in at risk group we will have contacted you. All over 65s are eligible for a flu jab so personal invitations have not been sent. However anyone over 65 who has registered for e-mail or SMS communication will also have received a communication to book. Children will be contacted later in the year once we have been made aware of when the childhood immunisations will be available for us to order.

A vaccine to prevent **shingles**, a common, painful skin disease is available on the NHS to certain people in their 70s. You are eligible for the shingles vaccine if you are aged 70 or 78 years old. In addition, anyone who was eligible for immunisation in the previous three years of the programme but missed out on their shingles vaccination remains eligible until their 80th birthday. This includes people in their 70s who were born after 1 September 1942 and people aged 79 years.

A pneumococcal infection can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS. Adults aged 65 or over, children and adults with certain long-term health conditions, such as a serious heart or kidney condition.



Cambridge Medical Students

We are very keen to encourage the next generation of doctors to choose a career as a GP and therefore we work with Cambridge University to train undergraduate medical students. At the end of August until spring 2018 we have final year medical students joining us. Each group (1 or 2 students) will be at the practice for a 6 week placement. They will be working alongside the clinical team and will be seeing patients independently under the supervision of a GP. If you are offered an appointment to see a medical student we encourage you to accept as students need to see and treat as many people as possible to complete this stage of their learning. The appointment takes a little longer than normal as a GP will check their diagnosis and treatment plan whilst you are still with the student.



Poultec Awards 2017

Mundesley Medical Centre has a winning team after our own receptionist Emma Blyth (Pictured on the left) scooped the customer service and retail award at the Poultec Training Achievers' awards. After being shortlisted from a pool of more than 3,000 course students, our general assistant Charlotte Hall was also nominated for the apprentice progression award. The annual Poultec

Training Awards ceremony is hosted at its headquarters at South Green Park in Mattishall.



A Poultec spokesman said: "Emma is a dedicated, hardworking and diligent learner who tackles every task given with gusto. In her role Emma has demonstrated excellent customer service. Emma takes the utmost pride in the level of service she delivers to her patients, regularly going above and beyond to help people." Emma joined the practice two years ago and Charlotte has completed her studies while working here.