



# The Selsdon Park Medical Practice PATIENT PARTICIPATION GROUP



Autumn 2019 newsletter

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[www.facebook.com/selsdonPPG](https://www.facebook.com/selsdonPPG)



@SelsdonPPG

## Welcome

Our Patient Participation Group (PPG) was established to strengthen the relationship between the Practice and its Patients. The PPG committee consists of up to ten members who meet four or five times a year with Practice staff to discuss the services on offer and to consider if any improvements can be made for the benefit of the patients and the practice.

### PPG Committee Vacancies

The make up of the PPG committee should reflect that of the patient body but at the present time we lack representation from those under 45 years.

In addition, we are looking for a student who is attending 6th form and is a registered patient of the Practice. This is a good opportunity for a student who wishes to follow a career in medicine and wants experience of being a committee member.

If you would like to be included in this committee or if you would like more information about its work please contact us at our email address [selsdonpark.ppg@nhs.net](mailto:selsdonpark.ppg@nhs.net) or through reception at the surgery.

Please do get involved and help us to help the Practice to deliver good services to everyone – young and old alike!



The HPV vaccine

From September year 8 girls and boys will be offered the free HPV vaccine.

Look out for information from your children's school about the vaccine and timings for the jab.

- cervical cancer
- some mouth and throat (head and neck) cancers
- some cancers of the anal and genital areas
- It also helps protect against genital warts.
- In England, girls and boys aged 12 to 13 years will be routinely offered the first HPV vaccination when they're in school year 8. The second dose is normally offered 6 to 12 months after the first (in school year 8 or year 9).
- It is important to have both doses to be protected. If you miss a dose you will need to contact Shirley Clinic as the surgery is unable to provide the vaccination in these circumstances.

### Annual PPG Patient Survey

Members of the PPG handed out Patient Satisfaction Forms during PPG Awareness week 10- 14 June and we are extremely grateful to those patients who completed the survey. We are pleased to report that the results are very much in line with previous survey results and show that over 99% of patients are satisfied with the service they receive from the surgery overall. The attitude of the receptionists, nurses and doctors were again all highly praised. The full results can be seen on the Practice's website. The results are being discussed at our regular meetings and we shall be exploring ways, whenever possible, to improve patients' experiences when visiting the surgery and when using online services.

### Human Papillomavirus (HPV) Vaccination

From September 2019, all 12 and 13-year-olds in school year 8 will be offered on the NHS the human papillomavirus (HPV) vaccine. It helps protect against cancers caused by HPV, including:

### Prescription Charges

- Prescription charges are now £9 per item/appliance. If you receive regular prescriptions, you may wish to consider purchasing a Prepayment Certificate (PPC).
- There are two options: a 3 months PPC costs £29.10 (saving money if you need more than 3 prescribed items in 3 months) and a 12 months PPC costs £104 (saving money if you need more than 11 prescribed items in a year).
- To order a PPC - telephone 0300 330 1341 or online at <https://apps.nhsbsa.nhs.uk/ppc-online/patient.do>.



more news & information





### Connecting Your Care

This is a way of sharing information securely between different health and care record systems in south west London. This means health and care professionals will be able immediately to see important information about you that will help them make the best decisions about your care. This could be lifesaving in emergency situations.

**If you wish to opt out you need to contact Connecting your Care on 020 3668 3100 or by email at [connectingyourcare@swlondon.nhs.uk](mailto:connectingyourcare@swlondon.nhs.uk)**



### Over The Counter (OTC) Medicines

The NHS currently spends around £136 million a year on prescriptions for medicines (such as paracetamol) that can be bought from a pharmacy or supermarket. By reducing expenditure on OTC medicines, the NHS can give priority to treatments for more serious conditions. As a result, our GPs or Nurses are no longer generally able to give you a prescription for OTC medicines for a range of minor health conditions.

### Patient Talks

Our next free patient talk will be given by Mr Sameer Khemani and Mr Prince Punnosse covering the subject of ENT problems on **Wednesday 9th October**

**2019** starting at 8pm and lasting approximately an hour. Other talks are planned for 22 January and 11 March 2020 and the subjects will be confirmed nearer the time. Please look out for the posters displayed in the surgery. Have you signed up to receive details of future talks by email? If not, please let the surgery know your email address (preferably) or your postal address and we will add your name to our distribution list.



### Waiting Room Chairs

Following feed back from patients through the PPG the Surgery has purchased some chairs with arms for use in the waiting room. Please only use these chairs if you have mobility difficulties.

### List of Clinicians

- Dr Alex Trompetas
- Dr Neil Kelvin
- Dr Debbie Berry
- Dr Mary Onianwa
- Dr Lara Walford
- Dr Carrie Ross
- Dr Jon Maries
- Dr John French will be leaving on 30 September to join Chaldon Road Surgery
- Dr Nishal Velani
- Dr Nisha Nair is currently on maternity leave
- Dr Naveed Rao is with us until August 2020

- Mrs Sue Earl Nurse Practitioner
- Mrs Nicki Pursey – Nurse
- Mrs Wendy Stanhope - Nurse
- Mrs Nicola Lacic - Nurse
- Mrs Finn Glynn - Nurse
- Mrs Laura Bates – Phlebotomist – will be leaving us in the summer to take up training to become fully qualified nurse
- Mrs Vicky Bird – HCA

### Primary Care Networks (PCN)

These networks have been formed as part of a wider NHS initiative to help General Practices to be more sustainable for the future. Our Practice, which welcomes this development, has joined with Old Coulsdon Medical Practice, Bramley Avenue Surgery, Mitchley Avenue Surgery and Woodcote Practices to form SPC Health PCN. The Network's aim is to ensure that practices work together to ensure that all patients receive a high level of patient care. We shall report on progress in future newsletters.



### Social Care Connector

The Practice has appointed Stephanie Champion as a Social Care Connector. She is based in the surgery and provides a link between patients and non-medical services which may help with social and emotional issues. Stephanie will be holding weekly clinics at the surgery from 1pm to 3pm each Friday. Please contact the surgery for further details.