



The Bosmere News - February Edition

DO YOU KNOW WE HAVE A WEBSITE?



The Bosmere Medical Practice website allows patients to make the same enquiries online, just as they would on the phone or at the practice reception.

What can you do?

- ❖ Cancel appointments
- ❖ Submit queries about your current medication and request repeat prescriptions
- ❖ Update your details
- ❖ Request blood results
- ❖ Request continuation sick/fit notes
- ❖ Track referrals or find useful links to self-refer yourself to other NHS services
- ❖ Ask one of our nurses a question e.g. complete a travel questionnaire to see what jabs you need when going abroad

You will also be able to submit your blood pressure readings, smoking status, height, weight and BMI which we will add to your medical record. There will be a 'common illness room' where you will find useful information on minor illnesses and ailments and how to self-manage them at home and whether you should seek advice from a pharmacist or a GP.

The website is designed to reduce pressure on the practice phone lines. We have noticed that our lines are particularly busy at 8:00am and 13:30pm when appointments are released. Patients are more than welcome to continue calling the practice with general enquires but we would advise you to use the website in the first instance.

DNA's

Did you know when you fail to attend a doctor's appointment it costs the NHS a minimum of **£60** and approximately £30 for a nurse appointment. In the week commencing 14/01/2019 we had a total of **58** missed appointments for both doctors and nurses.

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?

CANCEL IT!

PO9 Food Bank 'The BIG Wrap'



Practice staff took part in the PO9 Food Bank 'The Big Wrap' in December 2018.

The practice collected donations of food, clothing and presents throughout December. Some staff also volunteered their time on 23rd December 2018 to help prepare the presents and food hampers.

They then went out and helped distribute some of the hampers in the local area.

There was a real sense of community spirit on the day with people of all ages giving up their own time to give back to the community.



Cervical screening saves lives.



Women 25 and over need to be checked for changes down below.



Some changes can become cancer. This cancer is called cervical cancer.



Cervical cancer can be prevented if the changes are found early enough.



Take a friend, family member or carer with you to the test for support.

Attend when invited.



FLU JABS STILL AVAILABLE



LAST CHANCE!!

We are now asking all eligible patients that have not been vaccinated to book an appointment for their flu jab. Please check the criteria below to see if you are included. This is not an exhaustive list so if you are unsure, please contact the practice to see if you are eligible.

- ❖ All patients aged 65 and over
- ❖ Heart problems
- ❖ Chest complaint or breathing difficulties including bronchitis, emphysema or severe asthma
- ❖ Kidney disease
- ❖ Patients who are a main carer for an older or disabled person
- ❖ Frontline health or social care workers
- ❖ All pregnant women
- ❖ Anyone living in a residential or nursing home
- ❖ Diabetics
- ❖ Liver disease
- ❖ Had a stroke or TIA
- ❖ A problem with your spleen e.g. sickle cell disease or you have had your spleen removed
- ❖ If you are on steroid medication or undergoing cancer treatment

If you are eligible and do not want to be vaccinated please contact the practice.

We would like to encourage all of our patients to have their flu jab at the practice rather than attending a pharmacy. By having your flu jab done at your doctors practice, we will be able to instantly update your records, as well as ensure all of your routine health checks are up to date for the year.

To make an appointment **please contact the practice on 02392 476 941 or pop into reception** at your next convenience.

If you are housebound, please still call the practice and we will put you on a waiting list to be visited for your flu jab.

PRACTICE CLOSURES – Staff Training

- **Tuesday 5th March 2019 (13:00pm Onwards)**
- **Tuesday 30th April 2019 (13:00pm Onwards)**

Dr S Schaeper – MRCGP

Special Interests: Safeguarding, Women's Health and Family Planning.

I trained in Germany and qualified in 1995 as a Physician. I retrained in the UK in 2006 as a General Practitioner, with special interests in menopause and Women's Health. I am the practice lead for Safeguarding Children and Adults. I use to work at Havant Health Centre in Suite D but this practice merged with Bosmere Medical Practice in April 2013. My husband is also a GP in a practice on the South Coast. We have three children and we enjoy spending our weekends swimming in the sea when the weather allows.



1. If you could be any animal what would you be and why? **Dog, reliable (my husband disagrees with this, he thinks I never do what I am told).**
2. What was your childhood dream career? **To be Prime Minister.**
3. What came first the chicken or the egg? **This is what I fight with my husband about, as I am always right, the egg came first.**
4. Who would be your ideal dinner guest's pick 3 dead or alive? **Ella Fitzgerald, Kazuo Ishiguro, Denzel Washington.**
5. If you could have any superpower what would it be? **To make my teenagers listen to me.**

Winter Pressures

Cold weather could be seriously bad for your health. That's why it is important to look after you, especially during the winter season. If you start to feel unwell, even if it's a cough or a cold, don't wait until its gets more serious. Seek advice from your local pharmacy, the walk in service at St Mary's Treatment Centre, or patients can call 111 at any time for help and advice. If you have tried all the above options and still need to seek further medical advice please don't hesitate to contact the practice.