

SHIFA SURGERY

March 2024 Newsletter

WELCOME TO THE LATEST ISSUE OF OUR PRACTICE NEWSLETTER

This contains Practice news, updates and wider primary care messages and announcements, which you can expect to receive on a quarterly basis. Your feedback on this newsletter is welcomed, and we would also be delighted to hear of any ideas and content you would like to see in a future edition.

PHARMACY FIRST SCHEME

The NHS has launched a major transformation to try and make it easier for patients to access the care they need. Patients across England can now get prescription-only treatment for seven common conditions at their local high street pharmacy, without needing to see a GP.

The new Pharmacy First scheme enables your local pharmacy to treat some common conditions with prescription-only medicines, without you visiting your GP. Find out everything you need to know.

What conditions can be treated at my pharmacy?

- Sinusitis (for patients aged 12 years and over only)
- Sore throat (aged 5+)
- Earache (aged 1 year-17)
- Infected insect bite (aged 1 year+)
- Impetigo (aged 18 years+)
- Shingles (aged 18 years+)
- Uncomplicated urinary tract infections (women aged 16 to 64)

If you are feeling unwell with any of these conditions, you can go to your local participating pharmacy and ask for a private consultation with the pharmacist. You may also be referred by a GP practice if they don't have any appointments and believe your pharmacy can help. The 111 service may also refer you.



www.shifasurgery.co.uk



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APPOINTMENTS

The practice would like to highlight the number of appointments that patients have failed to attend in just 1 month without reason.

If you cannot make an appointment, please ring reception to cancel even if it is the same day, these appointments can be given to patients that desperately need them. An increasing number of patients are failing to cancel or attend their appointments, resulting in wasted appointments. In response to this, we have introduced a DNA Policy and Shifa Surgery intends to fully implement its policy pertaining to non-attendance on a strict and consistent basis.

EASTER OPENING HOURS



Please find our Easter Opening hours below. The practice will be closed over the Easter weekend for Good Friday and Easter Monday bank holiday.

Friday 29th March- CLOSED

Monday 1st April - CLOSED

Please note the surgery will reopen at 8am on Tuesday 2nd April.

UPCOMING HEALTH CAMPAIGNS

March is Ovarian Cancer Awareness Month. The main objective of this month is to make women familiar with the signs and symptoms of ovarian cancer. Around 90% of women do not know the symptoms of the cancer.

Ovarian cancer is the 6th most common cancer in women, with around 7,500 diagnoses each year.

Ovarian cancer starts when abnormal cells in and around the ovary and fallopian tubes grow and divide in an uncontrolled way and form a cancerous tumour (malignant). The cancerous cells grow into surrounding tissues and can spread to other parts of the body.

Symptoms of ovarian cancer are common among other, less serious, illnesses such as irritable bowel syndrome. The main four symptoms to be aware of are bloating, stomach pain, difficulty eating and needing to wee more frequently.

Other symptoms such as back pain, changes in bowel habits, extreme tiredness or unexplained weight-loss may also be ovarian cancer symptoms.

The importance of cervical screening- Sophie Harrison GPN

Cervical screening (a smear test) is a test to check the health of the cervix and help to prevent cervical cancer, it is offered to women and people with a cervix aged 25 to 64 years old. Cervical screening is one of the best ways to protect yourself from cervical cancer. Cervical screening checks the health of your cervix and helps find any abnormal changes before they can turn into cancer. It is not a test for cancer, it is a test to help prevent cancer.

Cervical screening checks a sample of cells from your cervix for certain types of human papillomavirus (HPV). These types of HPV can cause abnormal changes to the cells in your cervix and are called "high risk" types of HPV. If high risk types of HPV are found during screening, the sample of cells is also checked for abnormal cell changes. If abnormal cells are found, they can be treated so they do not get a chance to turn into cervical cancer.

It is your choice if you want to go for cervical screening, but cervical screening is one of the best ways to protect you from cervical cancer.

For further information on Cervical screening please use the following website: Cervical screening: leaflet for women considering screening - GOV.UK (www.gov.uk).

For more information, or to book in for your cervical screening test/see if you are eligible for screening, please contact the surgery and book in to speak to one of our practice nurses.

BOWEL CANCER AWARENESS MONTH:

April is bowel cancer awareness month. The main aspect of the awareness month is to make more people aware of the symptoms or signs of bowel cancer.

One of the key 'red flag' bowel cancer symptoms is blood in your stool, but only around half of people (49%) were able to name it. The other four main symptoms, experienced by many who go on to be diagnosed with the disease, have an alarmingly low rate of awareness based on those people could name:

- change of bowel habits (22%)
- pain or lump in tummy (13%)
- weight loss (11%)
- Tiredness/fatigue (3%)

BREAST SCREENING

Women aged from 50 up to their 71st birthday are invited to attend free NHS Breast Screening **EVERY THREE YEARS.**

Eligible women will automatically receive an appointment letter every three years for a breast screening mammogram.

Our eligible patients will be invited for breast screening from 04/04/2024 - 11/04/2024.

Early detection of breast cancer can help save lives.



AWARDS AND ACCOMPLISHMENTS

We are very proud to share our recent accomplishments, which include winning a healthcare award and reaching the finals at two other ceremonies.

The surgery has also been shortlisted for the Organisational Agility Award at the Institute of Leadership Awards 2023, and two further honours General Practice Awards - the GP Trainee of the Year and General Practice Team of the year.

Dr Tanveer Ahmed was also shortlisted for the Lifetime Achievement award and Eve Frost was a finalist in the Outstanding Contribution to General Practice award.

Our Practice Manager Sumayya Mayat was also nominated for and won the Practice Manager of the Year at the PMA awards 2023. The PMA Awards celebrate excellence in management across all areas of the healthcare sector. A massive congratulations to her!



RESEARCH

Shifa Surgery has been taking part in research studies for many years and engage in several studies, including asthma and diabetes. We encourage patients to support the Practice in the studies that are active to help improve health for the future. If you would like to know more or possibly be involved in a research study, please reach out to our research team who would be happy to speak with you.

MINOR EYE SERVICE

The Minor Eye Conditions Scheme (MECS) is available to people with new or very recent minor eye problems. This service enables patients to get the help that they need quickly and close to home. Any patient who is registered with a Blackburn with Darwen GP can access this local service rather than waiting for a GP appointment or referral to a specialist clinic. Patients are able to self-present to an optometry or optician's practice which provides this service.

Symptoms that can be seen under the service include:

- Watery eyes
- In-growing lashes (trichiasis) - feels like you have something in your eye.
- Superficial foreign bodies.
- Inflammation of the eyelids (blepharitis - red, flaky, and itchy lids).
- Dry eyes (gritty/itchy/stinging/burning)
- Red eye (with normal vision and no pain).
- Flashing lights and "floaters."
- Styes and lid lumps (chalazion/hordeolum).

Minor Eye Problems
Red Eyes? Flashes or floaters? Any other problems?
NHS appointments available at local optical practices

SURGERY UPDATES

Shifa Surgery has a significant commitment to teaching. The team at Shifa Surgery is committed to providing the optimum learning experience for all our students and strive to make our students find the placement a worthwhile learning experience.

We often have medical students working in the Practice, sitting in with the doctors or sometimes these students will see you before you see the doctor. We currently take year 3s and year 5s, along with our year 1 and year 2 PA students. We also have GP ST3's - who are experienced doctors who have decided on a career in General Practice. Our current GP ST3 is Dr Gbenga.

Congratulations to Dr Emelda who passed her exams in December 2023.

All patients are free to refuse to see the medical student if they wish. For those who are happy to see the medical student, we are incredibly grateful for your support.



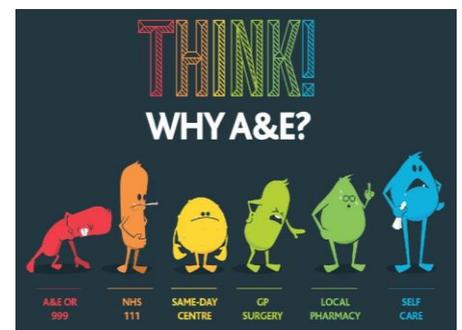
COMPLIMENTS AND FEEDBACK

"I am truly grateful for the invaluable learning experience during my placement at Shifa Surgery, where the staff's welcoming, and approachable demeanor made every day remarkable and immensely rewarding". - **Usman Bari PA student**

HELP US HELP YOU

Please ensure that your contact details are up to date.

To be able to communicate with patients quickly and efficiently we offer an SMS service to communicate various reminders, for example flu clinics, immunisation invitations and health advice. If you would like to be sent SMS reminders, please contact the Surgery to let us know your mobile number.



ONLINE BOOKING SYSTEM/ONLINE TRIAGE

Submitting an online triage form is a quick and straightforward way of letting your GP surgery know what is wrong or raising a query or concern. This can help you get the right care when you need it. The GP surgery's medical team will use the information you have provided to make sure you get the help that is right for you. This could be a face-to-face appointment, a phone call or video consultation, a short text or email message, for example to ask for further information.

Consultations by phone, video call or sending a short text or email message can be more flexible and often means the doctor, nurse or another health professional can help you sooner. See our website for further information on how to use our online triage system.

Do not use an online form if your medical problem is urgent.