

SWAN TRUMPETS

AUTUMN 2017

ISSUE NO. 21



Improving the Management of Long Term Conditions at Swan Medical Group



At Swan Medical Group we are working as a team to provide a cohesive and easily accessible service for patients with Long term conditions. We already have the skills within the team to help you manage your conditions and we are now looking at how these skills can be combined to ensure your appointment times are used to the maximum benefit and where possible combining some regular routine checks to prevent duplication of tests and unnecessary appointments.

Before launching a new system we felt getting the views of some patients who would be affected by any changes would be valuable and a survey monkey was set up and sent via email to patients with diabetes and COPD asking 5 questions to which 88 people responded. We would like to thank those people that responded. Any changes you see in the future should reflect the responses and be an improvement in your care.

You will have the option to take away a document which provides your latest results and additional personal planning information.

- ◇ Patients will have their named Health Care Professional and point of contact.
- ◇ Our plan is to have a dedicated email address for patients with diabetes which will allow us and patients to communicate without always having to make an appointment. This will **not** be for emergencies.
- ◇ The Swan Medical Group website will provide links and education and up-to-date information on long-term conditions.
- ◇ We aim to treat all our patients equally and will be duplicating any changes made at Swan Surgery at Liphook Village Surgery in due course.

We look forward to working with you in the future and are always happy to receive feedback either directly or via the friends and family tablet within the surgeries.

Flu Clinics are coming, please contact us to book your slot

Patients who are eligible are able to walk in at any time and request a flu vaccination. The people eligible for flu vaccination this year are:

- Carers
- All pregnant women
- All children aged 2 or 3
- All patients aged 65 and over
- Any at risk children from 6 months old
- Patients with a BMI of 40 or more aged 18 years and over
- All patients of any age in a clinical risk group (these are underlying health conditions such as Heart, Kidney, Liver, Lung Disease, COPD, Diabetes, Compromised immune systems)



Our annual clinics are:

Petersfield

21/10 (8am to 12pm)

Bookable on www.swansurgery.co.uk

Liphook

30/9 (8am to 11am) Please ring surgery

28/10 (8am to 11am) Please ring surgery

New Rapid Access Nurse Joins Swan Medical Group (Jessica)

I was recently asked to contribute to this newsletter by writing about my nursing career so far. I have been incredibly fortunate to have travelled extensively with my nurse hat on and meet inspirational colleagues and friends. I have chosen to share one experience that was truly memorable, nursing in the Chagos Archipelago.

The Chagos Archipelago can be found in the Indian Ocean 300 miles south of the Maldives. The marine reserve has a total of 58 islands within it and is sadly steeped in controversy as the islanders were forcibly removed in the 1960's by the U.K. Government. In 2010 it became the largest 'no take' Marine Protected Area (MPA) in the British Indian Ocean Territory. This long battle for protection was in part due to a partnership between the UK government, The Blue Marine Foundation and the Bertarelli Foundation which is how I later came to work there in 2013 on board MY VAVA 11 owned by Ernesto Bertarelli.



Our time there was to achieve several objectives. Examine the state of the coral reefs, study the biodiversity of the eco system and find new species that require protection.

The areas I found myself assisting with on my down time were; studying the biodiversity of the ecosystem & coral reef. The practical elements of this were tagging sharks and placing receivers in order to study the top predators and thus in turn provide information on the state of the coral reef. Essentially there is a strong correlation between higher numbers of top predators and an improved quality of the coral reef.

When we arrived in 2013 many of the reefs had been untouched by man or boat for years. This meant crew & guests navigating their way onto deserted islands, on occasion became entangled in the reefs as they spilled out from the sea up to the islands shorelines. Needless to say I became a ninja at treating foreign body removals and coral rash. Thankfully we had no serious marine or animal bites to contend with, only the odd marine tag being inserted into a rogue hand or arm by mistake.

My time spent within the islands was truly memorable. The expanse, colours, species and rawness of the reserve left me in awe. I am a keen diver, sailor & dodgy surfer so it's in my own interest as well as global to care for our planet. Swimming in the middle of the Indian Ocean I felt very much like a little fish in a big pond. But hopefully one that helped just a little to improve the future of the marine reserve.

Are you or a member of your family a military veteran?

If so please do let us know so we can update our records accordingly. A veteran is someone who has served in the armed forces for at least one day.



Be a Soberhero and go 31 days without alcohol this October – say no to the booze and yes to raising money for people living with cancer

<https://www.macmillan.org.uk/>

Amazing Medical Facts

- Our nose is our personal air-conditioning system: it warms cold air, cools hot air and filters impurities
- When you blush your stomach lining also reddens
- 1 square inch of human skin contains 625 sweat glands
- Babies start dreaming even before they are born

