



Pulborough Patient Link your patient participation group

Website - www.pmgdoctors.co.uk for information on PPL, Pulborough Medical Group, appointments, prescriptions, services and useful links to other websites



As this is our last Newsletter of the year the PPL would like to wish all their members in advance the compliments of the season and best wishes for a happy and healthy 2009

PPL EVENTS - The forthcoming PPL events are planned for 2008 & 2009:

SOCIAL EVENING – 27TH NOVEMBER 2008
FROM 7pm TO 9 pm (doors open at 6.30pm)

CONFERENCE ROOM , 2ND FLOOR
PULBOROUGH PRIMARY CARE CENTRE

GP PRESENTATION

LAUNCH OF CHRISTMAS RAFFLE
First Prize: £100.00 plus many more prizes

BUFFET & DRINKS – BY INVITATION ONLY FOR PPL MEMBERS
New members most welcome – please complete form at end of Newsletter

Following the success of previous events, the PPL are planning an evening on 'Skin Problems' in Spring 2009. We shall be organizing a Consultant Dermatologist to come and talk and answer questions and further details will be circulated in due course.

FEEDBACK FROM EVENTS IN 2008

Church Service at St Mary's Church, Pulborough – 29 June 2008

A service of thanksgiving for primary care in Pulborough was held at St Mary's Church and was attended by both patients and staff. The service was led by Father Welch, with hymns, psalms and prayer and talks by Dr Tim Fooks and Denis Corden.

Virtual Wards – 4 June 2008

Virtual Wards is the new concept which will provide an integrated approach to home based nursing and care for patients around the clock, 24 hours a day, 365 days a year. With integrated Community Teams, supported by practice doctors and headed by a Community Matron, backed by Community Nurses, Intensive care at home team and health care assistants, to provide the best possible care to enable patients to stay at home, manage their conditions and remain healthier. At this event, chaired by Dr Tim Fooks, presentations were given by Carole Gareze, Managing Director of Provider Services; Gillian Wieck, Head of Community Services, Provider Services Directorate and Lucy Botting, Associate Director of Provider Modernisation & Professional Development, all of whom work for West Sussex PCT.

Getting Older & Wiser Exhibition – 18 April 2008

There were over 30 stalls exhibiting from groups such as CAB, Carers Liaison, Mary How Trust, Pensions, Liaise, activities such as walking, computer and gardening groups, Fire & Rescue, Trading Standards, Saxon Weald and many more. Several hundred people attended and both exhibitors and visitors were delighted with the numbers attending and the range of services represented to help support those in the local community.

SPOTLIGHT ON CHANGES AND SERVICES AT PULBOROUGH MEDICAL GROUP



Dr David Pullan has taken some sabbatical leave and will be away from August 2008 until February 2009. During his absence, Dr Guy Mitchell has been employed as a long-term locum to cover Dr Pullan's normal clinics and associated work.

During recent months, the following services have been introduced at Pulborough Medical Group. These services are all NHS and can be accessed via your GP by referral: - Vasectomy Service; Sexual Health Clinic; ENT Clinic.

Pulborough Medical Group becomes a Training Practice

We all learn more through teaching and, for some years, Pulborough Medical Group has believed that both doctors and patients alike would benefit from us becoming a post-graduate teaching practice. Training practices tend to retain high levels of patient satisfaction while creating organizations in which the resident GPs have been shown to improve their own knowledge and skills. This has certainly been our conclusion as PMG has acquired years of experience in supporting the learning of pharmacists and nurses and in the teaching of under-graduate medical students - although we remain aware of the paramount importance that must be placed on maintaining patient safety while allowing students to learn. However, as students need to learn how to learn, trainers have to be taught how to teach, and several of the doctors have now completed formal training so that the practice can progress onto post-graduate education.

This latest educational development will therefore bring qualified doctors to PMG for practical training in general practice medicine. Some of these doctors will be in the second of their two 'Foundation Years' after qualifying as a doctor (FY doctors), or they will have elected to enter, and been selected for, 3 years of specific specialist training in general practice (ST doctors). The FY and ST doctors will have both clinical and educational attachments at PMG. However the more experienced ST doctors will spend a block of 4 months during each of their first two years of training (ST1 and ST2) at two contrasting surgeries and during this time will take clinics under the supervision of their trainer. In the final, ST3, year these doctors spend a year at the same practice and develop in-depth experience of general practice medicine.

Our first post-graduate trainee GP will be an ST1 doctor called Sue Ann Knight. Dr Knight will join us in December 2008 for 4 months, with Dr Tim Fooks as her clinical supervisor

All of us at PMG are delighted to be able to use our excellent facility in Pulborough for the purpose of educating doctors. We are confident that, as we learn more about good general practice through teaching, our service to our patients will improve still further.

Dr Tim Fooks

Extended Access

From Monday 2 June 2008, the Surgery extended their core opening hours (8am – 6.30pm), to offer early morning and late evening slots to patients who are unable to attend the surgery for routine appointments during these existing opening hours. The days and times of the extended access surgeries are as follows:-

MONDAY	7.00 – 8.00AM	ONE EXTRA GP SURGERY
MONDAY	6.30 – 8.00PM	ONE EXTRA GP SURGERY
TUESDAY	7.00 – 8.00 AM	TWO EXTRA GP SURGERIES
FRIDAY	7.00 – 8.00AM	TWO EXTRA GP SURGERIES

A DAY IN THE LIFE OF A PODIATRIST AT PULBOROUGH MEDICAL GROUP

Alex de Sausmarez

My name is Alex De Sausmarez and I have been working for one day per week, in Pulborough, for over 2 years now! Before this I worked for five years, as a Podiatrist, in Australia. I am employed by West Sussex Primary Care Trust and work for a Podiatry team that covers the western portion of West Sussex.

The majority of the work I do (3 days per week) is in the Musculoskeletal / Biomechanics field and for this I am based at Bognor Hospital (2 days) and Haywards Heath (1 day). This work involves assessing the lower limb and treating foot and leg pain (and sometimes back pain!) normally with orthotic devices that are put into patients' shoes. I occasionally see patients, at Pulborough, with regard to these types of problems, but many of the referrals have to be seen at Bognor Hospital due to time constraints at Pulborough.

The NHS Podiatry service is now fairly restricted, in the whole of West Sussex, in terms of the type of patients that are eligible to be treated regularly. For example, simple nail cutting is restricted to people suffering from diabetes or people seen as "AT RISK" for another medical reason. This can be frustrating for people but we are lucky, in Pulborough, to have a "Nail Cutting" service staffed by volunteers. This is at the Village Hall. I also undertake diabetic assessments and monitoring here at Pulborough. Other work here can range from treating painful in-growing toenails, treating ulcers or removing painful corns or callus (hard skin).

Podiatry colleagues, in the area, specialise in other areas of foot care. For example, we have a team of four Podiatrists working at the Diabetes Centre, at St. Richard's Hospital, caring for people with particular foot problems that relate to diabetes.

We perform nail surgery (removing toe nails under local anaesthesia), at Bognor Hospital, and I perform these procedures every two months, or so.

As Podiatrists, we are required to keep our knowledge up to date and relevant. Theory and evidence base, with regard to biomechanical conditions and treatments, constantly changes and I am currently studying for an MSc in Clinical Biomechanics at the University of Brighton.

We are beginning a new series on parts of the Anatomy—the first part being 'The Foot'

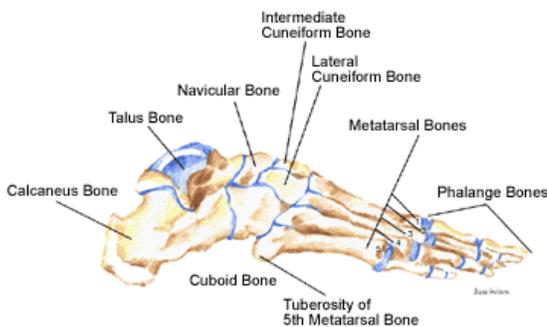
THE HUMAN FOOT

The human foot combines mechanical complexity and structural strength. The ankle serves as foundation, shock absorber, and propulsion engine. The foot can sustain enormous pressure (several tons over the course of a one-mile run) and provides flexibility and resiliency.

The foot and ankle contain:

- 26 bones (One-quarter of the bones in the human body are in the feet.);
- 33 joints;
- more than 100 muscles, tendons (fibrous tissues that connect muscles to bones), and ligaments (fibrous tissues that connect bones to other bones); and
- a network of blood vessels, nerves, skin, and soft tissue.

Side View of Foot Bones



These components work together to provide the body with support, balance, and mobility. A structural flaw or malfunction in any one part can result in the development of problems elsewhere in the body. Abnormalities in other parts of the body can lead to problems in the feet.

Some key structural features

There are 20 muscles in the foot that give the foot its shape by holding the bones in position and expand and

contract to impart movement.

There are elastic tissues (tendons) in the foot that connect the muscles to the bones and joints. The largest and strongest tendon of the foot is the Achilles tendon, which extends from the calf muscle to the heel. Its strength and joint function facilitate running, jumping, walking up stairs, and raising the body onto the toes. Ligaments hold the tendons in place and stabilize the joints. The longest of these, the plantar fascia, forms the arch on the sole of the foot from the heel to the toes.

The Journey of a Repeat Prescription Request in PMG

Day 1 – Requests for repeat medication are made to the surgery by phone, e-mail, post and in person. We receive several hundred requests each working day. The scripts are processed by PMG staff in the Script Room in the Dispensary. Each request for more medication is checked against the patient's record and then passed to a GP.

Day 2 - The GP reviews all the patient's medication very carefully and may recommend the patient is contacted to arrange for a check (such as a blood test or blood pressure measurement) to be performed.

Day 3 - Once the GP has approved the medication request, the script is produced and passed to the pharmacy (either Corden's or the patient's choice). Here it is checked again by the pharmacists and their team, the medicine is issued and a final check is performed before collection.

BOOK EXCHANGE

As part of our fund raising, we have decided to set up a Book Exchange in the ground floor reception area of Pulborough Primary Care Centre. We would appreciate donations of good quality

books, which could be 'borrowed' for a fee of 50 pence the books will be displayed in the reception with an honesty box for donations and once read, can be returned to the book table.

PPL COMMITTEE

Chairman	Vacancy – Hilary Willoughby acting Chair
Vice-Chairman	Hilary Willoughby
Hon Secretary	Mavis Cooper
Hon Treasurer	Warwick Dean Taylor
Membership Secretary	Jane Aylott
Social Secretary	Valerie Beswick
PMG Liaison Officer	Liz Coulthard
Newsletter editor	Vacancy – Liz Coulthard acting news letter editor
Committee Members:	Ray Thomas, Patricia Newcombe and Colin Newton
Associate member:	P&DCCA Representative - awaiting new associate member
Joint Working Groups with Doctors and Manager	
Practice Based Commissioning	Colin Newton and Hilary Willoughby

PPL MEMBERSHIP APPLICATION FORM

IF YOU WOULD LIKE TO JOIN US PLEASE COMPLETE THIS MEMBERSHIP APPLICATION FORM:

NAME

ADDRESS

.....

POST CODE

TEL NUMBER EMAIL

I WOULD BE INTERESTED IN BECOMING A COMMITTEE MEMBER – YES/NO

I WOULD BE INTERESTED IN BECOMING A CORE HELPER – YES/NO

MEMBERSHIP FEE PER HOUSEHOLD IS £3.00. CHEQUES SHOULD BE MADE PAYABLE TO PULBOROUGH PATIENT LINK, OR CASH CAN BE PAID TO RECEPTION AT THE SURGERY. PLEASE COMPLETE FORM AND EITHER LEAVE AT SURGERY OR POST TO MRS J AYLOTT, PPL MEMBERSHIP SECRETARY, SWIFT COTTAGE, BARN HOUSE LANE, PULBOROUGH RH20 2BS.

BEING A COMMITTEE MEMBER (WHAT IT MEANS) The PPL Committee help coordinate and develop a working partnership with the patients and the medical staff.; they promote the PPL group and try to attract new members; they work closely with the doctors and Pulborough Medical Group to develop new services; they work jointly with PMG to set up health events; they are involved with the results of the annual patient survey and help to formulate priorities for the future. Meetings are held at PMG around 4-5 times per year, from approximately 6-8pm. The Honorary Secretary prepares the Agenda and Minutes; the Honorary Treasurer prepares a financial report and the Membership Secretary updates the committee on the membership lists. The Committee work together to produce the Newsletters and produce articles for the PPL website and various other means to improve good communication between the surgery and patients. The

Committee are currently looking to recruit new committee members who would be enthusiastic and proactive to help them with the range of work to boost membership; deal with fundraising and promoting health education events.

CORE HELPER – (WHAT IT MEANS) If you are interested in helping PPL with their events either by selling raffle tickets at the surgery or serving teas at events, if you would like to join a friendly group and learn more about your health services, then please complete the application form above and return as directed, indicating that you would be interested in joining a 'Core Helpers'

To find out more about what we do, don't forget to look on the PMG website (www.pmgdoctors.co.uk) and follow the link to PPL

THANK YOU TO WFM BUILDERS LTD FOR SPONSORING THE AUTUMN EDITION OF THE PPL NEWSLETTER

EXTENSIONS ~ RENOVATIONS ~ ALTERATIONS

GENERAL PLUMBING & HEATING

WFM BUILDERS LTD

A Local business covering all aspects of general building work

FULLY INSURED & GUARANTEED
Est. 1970

Extension Specialists	Floor Tiling
Barn Conversions	Ceramic Wall Tiling
Underpinning	Plastering
Bricklaying & Walls	Flint Work
Carpentry & Joinery	UPVC Windows & Doors

ALL ENQUIRIES WELCOME

MOBILE: 07860 468542 HOME & FAX: 01798 875799

ROOF TILING ~ SLATING ~ LEADWORK

EXPERT KITCHEN & BATHROOM FITTING

IF YOU WOULD LIKE TO SPONSOR A FUTURE NEWSLETTER BY ADVERTISING, PLEASE CONTACT THE PPL HON.SECRETARY, MAVIS COOPER TEL. 01798 872299