



DMC news

The newsletter of
Desford Medical
Centre

Autumn 2024

DMC Practice News

Autumn immunization campaign. From 1 September 2024, patients who turn 75 and those aged 75 to 79 will be eligible for a free vaccine to protect them from respiratory syncytial virus (RSV).

RSV is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including a cough, sore throat, sneezing, a runny or blocked nose.

It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. There is no specific treatment, and most infections will get better by themselves. Every year thousands of older adults need hospital care for RSV, and some of them will die. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system.

We are now planning the Autumn Covid-19 Booster Campaign, which will begin alongside the Flu Campaign in October. We will be contacting all eligible patients to book in.

Staffing. Unfortunately, one of our GPs – Dr Caratela, is still on indefinite leave. Whilst she is away, her sessions (Mon -Wed) are being covered by a long-term locum, Dr Azam.

Repeat medication ordering. We would like to say a huge thank you to patients who have now adapted to the changes for repeat medication ordering. As a reminder, we are now asking patients to order their repeat medications in the following ways:

- By posting your medication request in the Surgery prescription box (in reception) or Surgery Letterbox
- Via the NHSApp (You can download this on your smartphone). If you require any help to set this up, please drop into the Surgery, and a member of staff can guide you to do this.
- By ordering online, via SystemOnline (you will need to request a PIN number and password from Surgery reception)
- If you currently order through your Pharmacy (housebound and severely frail patients) you can continue to do this

If you are unable to order your prescriptions through any of the above ways and experience any difficulties - please contact the Surgery and discuss this with us, so that we can help.

Mental Health Practitioner. We welcome Clare Cheneler who is a Mental Health Practitioner to the Practice. She will be holding a clinic every Tuesday afternoon at the Surgery. She can carry out face to face or telephone consultations for patients that need mental health support. The doctors can refer to Clare where they feel it is appropriate.

New Surgery website A new and revised website for Desford Medical Centre has been launched. You can log into it at <https://desfordmedicalcentre.co.uk> . There you will find help and advice on appointments, prescriptions, sick notes, test results, how to register with the practice and, if you are registered, how to check that the details the practice has for you are correct. The new website will provide up-to date Surgery information, as well as other current NHS campaigns/ self-care advice.

December coffee morning and raffle

Yes, our popular fund-raising Christmas coffee morning and raffle at the Desford Surgery is back so put Saturday, 7th, December at 10.30 in your diary. All the money raised goes towards equipment and extras for the Surgery, so everybody benefits. Donations of prizes for the raffle will be gratefully received by the reception staff at the Desford Surgery and tickets will be available before the event - details of when will be sent out nearer the time. We look forward to seeing you there.

The Clinical Pharmacist Team

We are pleased that several new faces have appeared at the Surgery and they greatly enhance the services that the Surgery can provide, however many of you may not have met them or be aware just how they can help you. Over the next few issues, we shall be introducing the new members of the team and what they do. We are starting with the Clinical Pharmacists Team.



Deepa Rayarel (Senior Clinical Pharmacist) Helaina Patel (Clinical Pharmacist) Poonam Louis (Clinical Pharmacist)

Clinical Pharmacists work as part of the Desford Medical Team to improve value and outcomes from medicines and consult with and treat patients directly. Having Clinical Pharmacists within the practice means that the doctors can focus their skills where they are needed most, for example on diagnosing and treating patients with complex conditions. This helps the doctors to manage the demands on their time. The Clinical Pharmacists' responsibilities within the practice typically include:

Medication Management. Clinical pharmacists review patients' medication regimens, including prescriptions, over-the-counter treatments, and supplements. They ensure that medications are appropriate for the patient's condition, check for potential drug interactions, and monitor for side effects. This helps in optimising therapeutic outcomes and minimising adverse effects.

Patient Counselling. Pharmacists can provide education to patients about their medications, for example, how to take them correctly, potential side effects, and what to do if a dose is missed.

Medication Reconciliation. During transitions of care, Pharmacists conduct medication reconciliations to ensure that your repeat medication list is accurate and complete. This process helps prevent medication errors and discrepancies, particularly during hospital admissions or discharges.

Chronic Disease Management. Pharmacists often manage chronic conditions such as diabetes and high blood pressure. They may help with dose adjustments, monitoring patient progress, and providing lifestyle and medication adherence counselling. An example of this is regular anti-coagulation medication reviews.

Preventive Care. They participate in preventive health measures by offering immunisations, conducting health screenings, and providing advice on lifestyle changes that can prevent illness. For example, our pharmacists can complete cholesterol reviews which include lifestyle advice to reduce cholesterol levels and reduce cardiovascular risk.

Collaborative Care. Clinical pharmacists coordinate with GPs, nurses, and other healthcare professionals such as community pharmacists to provide integrated care. An example of this could be managing medication shortages by suggesting alternative options where appropriate. This collaboration enhances the overall quality of patient care and ensures a holistic approach to treatment.

Your Clinical Pharmacist Team working across the practice is: Deepa (Senior Clinical Pharmacist), working Mondays Poonam (Clinical Pharmacist), working Wednesdays and alternate Fridays Helaina (Clinical Pharmacist), working Mondays and Thursdays

If you have any medication-related query, you can ask to book in with Poonam or Helaina on the above-mentioned days.

Local Area Coordinator News from John Coghlan

Newbold Verdon. The Forget Me Not is a group in Newbold Verdon for those living with dementia/memory impairment and their carers. It is a safe, neutral place where you can come and enjoy a cup of tea / coffee, have a chat, play games, do activities, get advice and information, and make new friends all within a supportive environment,

The group meets on the 1st Thursday of every month at Newbold Verdon Library LE9 9NP (10.30am – 12.00pm). All we ask is for a small donation of £3.50 per person (carer free), which includes refreshments and activities. If you would like any further information, please come along to one of our sessions, or you can contact John Coghlan – Tel: 07943 026977 / Email: John.Coghlan@leics.gov.uk

Desford. Desford Coffee & Chat meet every Tuesday from 10:00-12:00 at Desford Church Hall, 46 Main Street Desford, LE9 9JP. Join us for a lunch every second Tuesday of the month from 12:15. All meals are home cooked and includes a two-course lunch with tea/coffee for £8.00. To book, or for more information call Jess on 07891948435