

# Surgery Newsletter

Produced by the Prospect House PPG



## Welcome to the Summer edition of the Prospect House newsletter.

Our Prospect House Patient Participation Group have produced this newsletter on behalf of the practice. The topics included have come from them.

Your thoughts on what has been included and what you might like to read in the Autumn issue are most welcome as are any ideas or suggestions you may have on what services are on offer at Prospect House.

We look forward to hearing from you at:-  
[prospect.houseppg@nhs.net](mailto:prospect.houseppg@nhs.net)

During PPG Awareness Week in June, committee members were in the surgery talking with patients; many of whom signed up to the PPG by providing an email address. For more information about the PPG, please get in touch at the same address:

[prospect.houseppg@nhs.net](mailto:prospect.houseppg@nhs.net)

## NAPP Community

Below is a link to a short You tube video made by the National Association of Patient Participation Groups of which we are a member. It illustrates many things in which PPG's are involved and takes only a few minutes to watch!

### How PPGs are transforming General Practice

We've put a short video together to celebrate some of the excellent work our PPGs have been doing as part of Patient Participation Week:-  
<https://youtu.be/Z6F2DQbQTeo?slist=5dE-ubGhQlg6mGNb>

## Prospect House Surgery Closure Dates for "PTL" ("Protective Time for Learning"):

### 2024:-

July - Wednesday 10th

September - Thursday 19th

October - Thursday 17th

November - Wednesday 13th

### 2025:-

January - Tuesday 14th

February - Thursday 13th

March - Wednesday 12th

## Who to contact when the surgery is closed?

Please phone 111 or go to "111 on line":-

[www.111.nhs.uk](http://www.111.nhs.uk)

They are available 24/7.

There are two **walk-in Urgent Treatment Centres (UTC)** in our area; one based at **High Wycombe Hospital** and the other at **Stoke Mandeville Hospital**. They are open 8am – 8pm, 7 days a week and aim to **see and treat within four hours**.

The **walk-in Urgent Treatment Centre (UTC) at High Wycombe Hospital** is on the Ground Floor, Entrance 2 – Orange Zone – close to Car Park B. Open 8am to 8pm, 7 days a week. Telephone 0300 033 9846

See this link:-

<https://www.buckshhealthcare.nhs.uk/wards/urgent-treatment-centre-utc/>

**Stoke Mandeville UTC** is also a walk-in unit right next to the **A&E department**.

if you want to speak to them in advance, you need to call Stoke Mandeville A&E dept (**01296 316 042**) and ask to be put through to the **Urgent Treatment Centre**

# Surgery Staff Rotas



Dr Ahmad Moukli: Clinical Lead  
Surgeries: Monday, Tuesday & Friday.



Dr Rachel Firth: Salaried GP  
Surgeries: Monday, Wednesday & Thursday.



Dr Archana Padala: Salaried GP  
Surgeries: Thursday morning.

Heinna  
Admin / Receptionist



Karen Lovegrove  
Practice Manager



Dawn  
Admin / Receptionist



Lisa  
Admin / Receptionist



Sabiyah Akhlaq: Healthcare Assistant  
Surgeries: Mon-Fri 8.30am – 4.00pm

A warm welcome to Amie who joined us in May



Amie  
Admin / Receptionist

## Booking Appointments

**Telephone** by ringing 01494 862 325  
The surgery phone line opens between 8.30am - 1.00pm and 2.00pm - 6.00pm

**General Enquiries and non-urgent appointments** – Please call after 9.30am and 2.30 pm

**Urgent on the day appointments** These are released daily at 8.30 am and 2.00pm

**Pre-bookable appointments** – the wait time for these is currently approx. 10 days.

**Using On-line to book appointments:-**

To be able to do this you will need to register with [Patient Access](#).

You will find a step-by-step guide on the surgery website here: [www.prospecthousegp.co.uk](http://www.prospecthousegp.co.uk) – select online services from the menu

## Repeat Prescription Requests

The quickest way to request your repeat prescriptions is through your NHS / Patient Access app, which then will go directly into the doctor's queue for approval. Please allow 2 full working days for your prescription to be processed. If you have not put through your prescription request in time, speak to 111 or your pharmacy to see if they can provide a course of emergency medication.

Register here for [Patient Access](#).

## Holiday / Travel checklist

If you think you may require vaccinations for your travels, please complete a travel risk assessment on our website. Our nurse will review your completed form and will be in contact with you to confirm if vaccines are required or not. Please allow 8 weeks before your travel date.

<https://prospecthousegp.co.uk/travel-risk-assessment-form/>

**Vaccinations need to be done one month before travel in order to be fully effective.**

## Supporting the surgery

Due to a change in funding, email will be our preferred choice when sending out any communication. If you are receiving this newsletter via SMS text, please email the surgery with your email address and include your date of birth, registered name and address for verification. Thank you.

You can help us reduce costs by responding to requests to contact the surgery eg. for annual routine reviews, medication, eligibility for vaccines etc.

## PSA Testing Update

"PSA (Prostate-Specific Antigen) testing is a blood test used to screen for prostate cancer. It measures the level of PSA in the blood, which can be higher in men with prostate cancer. Elevated PSA levels can be caused by other conditions, like an enlarged prostate or inflammation.

### Key points about the value of PSA testing:

**Early Detection:** PSA testing can help detect prostate cancer early, even before symptoms appear. Early detection can lead to more effective treatment options.

**Monitoring:** For men diagnosed with prostate cancer, regular PSA tests can help monitor the progress of the disease and the effectiveness of treatments.

**Risk Factors:** Men with a family history of prostate cancer or those at higher risk can benefit from regular PSA screenings.

It is important to note that PSA testing isn't perfect. It can lead to false positives (indicating cancer when there isn't any) and false negatives (missing cancer when it's there). Sometimes, it can lead to over diagnosis and treatment of cancers that may not have caused harm had they been left undetected and untreated.

The decision to undergo PSA testing **should be made in consultation with your GP**, considering individual risk factors and potential benefits and drawbacks."

– Dr Ahmad Moukli

## You might like to know...

It can be a good idea to wear gloves when gardening to prevent infections, including sepsis, entering the skin through minor cuts and scratches.



The PPG runs a book and audio book exchange in the surgery including children's books, but please only bring in those you think will be read and enjoyed.

Large quantities of unwanted books can be disposed of at second-hand book shops, or at the local Refuse 'Dump'.



## Why check your blood pressure?

"Blood pressure is a measure of the pressure caused by blood flowing through your arteries. Higher pressure can damage blood vessels causing narrowing and the formation of plaque, increasing the risk of developing heart disease or having a stroke. These can be life changing conditions.

High blood pressure rarely causes symptoms. You may feel well and be fit, but that doesn't mean your blood pressure is normal.

It is easy to measure your blood pressure, we have a self-monitor in the surgery reception area; or you can use a home BP monitor. Home BP monitors are available to borrow from the library using your library card.

Treatment can be through lifestyle changes, such as: losing weight, increasing exercise, stopping smoking. Medication is a sensible precaution for those at risk.

If you are over 40, an annual check is recommended.

If you haven't had a check recently, go on, get it done, **it might save your life!**"

- Dr Rachel Firth



# Notices and Items to Remember:

## What's on - Talking Café

Our Social Prescribers provide a 'Drop-in' session (no referral required) at:-  
The Pantry 51 High Street, Prestwood, HP16 9EJ  
on the 3rd Wednesday of every month 10.0am-12.0 pm.  
Also at The Lifestyle Centre Amersham HP6 5AH  
every Thursday 10.0-12.0pm.



You can also self-refer to this service by emailing: [mid-chiltern.socialprescribers@nhs.net](mailto:mid-chiltern.socialprescribers@nhs.net)  
or fill in the self-referral form on the Social Prescribers web site: <https://www.midchilternpcn.nhs.uk/social-prescribing-self-referral/>  
or ask the surgery to make a referral

## Measles - MMR

There has been an increase nationally in the number of cases of Measles which are easily spread to other people. As part of a catch-up campaign children aged between 6-11 years who are not fully vaccinated are being contacted. If that includes you, please book an appointment with the surgery by telephone to receive the MMR vaccination.

Please do not come to the surgery if you **or your child** have a fever and a rash with

- a cold
- a cough
- red, sore eyes (conjunctivitis)

## Compassionate Café

- a drop in session at Great Missenden library taking place on the last Wednesday of each month between 10.00 and 11.30am for anyone who has suffered loss. The Cafe is run by Buckinghamshire Library Service and Rennie Grove Peace Hospice Care, whose trained volunteers will be on hand each month to provide help as needed.

## Breast Friends Aylesbury



Is a support group for women affected by Breast Cancer, run by volunteers who have been through treatment.

Meet 2<sup>nd</sup> Tuesday of every month 19:00 – 21:00

Call 07743 350 833

[www.breastfriends-aylesbury.org.uk](http://www.breastfriends-aylesbury.org.uk)

## Patient Registration

Our focus is to provide an accessible service to patients within our catchment area.

Currently, we are unable to register new patients outside our area.

## Patient Access

Have you signed up for patient access? If not, please contact the surgery or drop in so we can help you.

The **Pharmacy First Service** launched on Wednesday 31 January 2024

The service enables people to visit pharmacies as a first port of call, before contacting a GP.

Pharmacies can now offer advice and supply NHS medicines (including antibiotics) where clinically appropriate, for minor conditions, eg:-

1. Sinusitis – for children and adults aged 12 years and over
2. Sore throat – for children and adults aged 5 years and over
3. Earache (Acute otitis media) – for children aged 1 to 17 years
4. Infected insect bite – for children and adults aged 1 year and over
5. Impetigo – for children and adults aged 1 year and over
6. Shingles – for adults aged 18 years and over; and
7. Uncomplicated urinary tract infections in women aged 16 to 64 years.

You can find the new service at a pharmacy near you using the NHS website at this link:- <https://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/>