

The PPG is about
PARTICIPATION
your participation



Why not come along and join us
next event and have your say

PPG EVENT: "CHRONIC PAIN MANAGEMENT"

6 April 2017 at VMC

All three speakers were from the world-class Pain Management and Neuromodulation Centre at Guy's and St Thomas' Hospital.

Karen Sanderson, a Senior Chronic Pain Nurse Specialist, opened the meeting by giving an overview of the ground-breaking research that the Centre undertakes and how their multi-disciplinary team (MDT) is able to speed up assessment of the patient's symptoms before proceeding with a variety of treatments. Improved links between GP practices and hospitals, online treatment and hands-on training all contribute to quicker, better diagnosis and treatment of patients with chronic pain.

The special interest of **Dr Adnan Al-Kaisy**, their Clinical Lead and Consultant, is the management of spinal and neuropathic pain, in particular the use of high frequency spinal cord stimulation, a revolutionary treatment involving a surgical implant that stimulates the nerve pathways at the spinal cord and alters the pain messages sent to the brain. The treatment appears to be remarkably effective when dealing with chronic lower back pain, much more so than the long-term use of opioids or surgery.

Dr Giorgio Lambru, a Consultant Neurologist with a special interest in chronic headache and migraine talked about the importance of diagnosing the underlying biological cause of a headache before starting any treatment. He also discussed the complex diagnosis and treatments for Migraine, Cluster Headaches and Facial Pain.

Here are some of the questions addressed to Dr Al-Kaisy concerning his surgical implant treatment for lower back pain.

Q. How long does the implant last?

A. The battery should last about 10 years, but replacing it is a simple task.

Q. Does it affect a pacemaker? **A.** Not at all,

Q. Has the treatment been fully approved?

A. Yes, it is approved by NICE, but because the numbers are still low it is expensive, which is why it is sadly a long way down the list of approved treatments.

A number of patients requested referrals after the meeting. You can read a full report of this event if you click the PPG link on the new VMC website. If you do not have access to the internet, please leave a note at reception addressed to the PPG with your name and address and we will send you a copy.

Contact Victoria MC and Lees Place MC by e-mail: CLCCG.VMC@nhs.net
Contact the Patient Participation Group by e-mail (on PPG matters only.
Not to be used for clinical or practice matters) vmcppg@live.co.uk



Patient Participation Group

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news

Dear VMC and LPMC Patients,

With the NHS – and GP practices in particular – under Government pressure to do more and more with less and less, the PPG has offered to help by creating and circulating to the PPG mailing list a series of down-to-earth Self Help bulletins. Some will focus on life-style choices that will help to avoid suffering ill-health in later life. Others will focus on how to deal with minor ailments that do not warrant a visit to the surgery. The first one, 'We are what we eat', has been circulated to the PPG mailing list and it will be accessible on the PPG section of the VMC website.

A lot of effort is going into this project. We welcome your feedback, and any suggestions you may have for future Self Help topics that you would find useful. If you would like to make helpful suggestions, or if you would like your name to be added to the PPG mailing list and receive regular updates, please e-mail: vmcppg@live.co.uk and let us know what you think.

Meanwhile NHS England has launched a Consultation Process via local Clinical Commissioning Groups aiming to encourage patients to buy some medications for minor ailments over the counter rather than on NHS prescriptions (see inside spread).

Below is an invitation to the December 2017 PPG event on sleep disorders and insomnia. SAVE THE DATE.

Mary Orr
Chairman, VMC PPG

PS Now's a good time to make a note of the Christmas and New Year surgery closures.

INVITATION

– PPG EVENT –

6.00 pm, Thursday 7 December

SLEEP DISORDERS
and
INSOMNIA

Dr HUGH SELSICK

Consultant in Sleep Medicine at the Sleep Disorders Centre, Guy's and St Thomas' ***

and a speaker from the Talking Therapies Service, Westminster (tbc)

Followed by a Question and Answer Session

Group Room VMC,
29 Upper Tachbrook Street

STAFF CHANGES

Victoria Medical Centre has successfully recruited new doctors, nurses and front-line staff in order to increase capacity and appointments. VMC can now offer more GP sessions than ever before.

Doctors

We have been fortunate to recruit Dr Lucy Hollingworth, who some patients may remember worked for us as a registrar at one stage. Lucy has now returned to the practice working two days a week. In addition, Dr Vikas Mehta has joined us as a long-term locum doctor working two to three days per week.

Nurses

We welcome Deborah Momodu who recently joined us as a practice nurse and nurse practitioner.

Admin

Anne Alerebo left in July and we wish her well in the future. We welcome Asiya Desir and Courtney Leech both of whom joined us in September as receptionists.

CLINICS and SERVICES

NEW – GOOD NEWS FOR CHILDREN

Hepatitis B vaccine is now available as part of the national childhood immunisation programme.

Hepatitis B is an infection of the liver caused by a virus that is spread through blood and body fluids. It often does not cause any obvious symptoms in adults and typically passes in a few months without needing treatment. But in children it can often persist for years and may eventually cause serious liver damage.

All babies born after 1 August 2017 will now be offered a Hepatitis B vaccine as part of the routine national immunisation programme. Historically, the Hepatitis B vaccine was only offered to children when clinically indicated.

CLINICS and SERVICES cont.

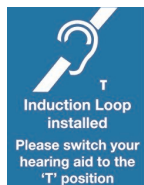
FLU IMMUNISATION CLINICS

All patients aged 65 and over and all patients whose medical condition puts them at particular risk from flu have received an invitation to have this year's flu vaccination. Walk-in clinics are taking place at VMC on Saturday mornings (9.00 – 11.30) and Tuesday evenings (6.00 – 7.00) throughout October. If you are unable to come at these times please phone VMC on 202 7834 2298 or LPMC on 020 7036 6060 to make an appointment.

EXERCISE CLASSES

Our seniors will be delighted to learn that funding for 2 free weekly sessions of exercise classes for the over-60s has been protected from September until the year end. The classes will take place in the Group Room at VMC at these times: **Monday 10.45–11.30, Friday 3.30–4.30.** They are open to all our patients including those at Lees Place.

NEW – INDUCTION HEARING LOOP



VMC is pleased to announce the installation of an Induction Loop System (sometimes called a hearing loop). An induction loop is a special type of sound system for people who use hearing aids. It sends out a magnetic, wireless signal that is picked up by the hearing aid when it is set to 'T' (telecoil) setting.

The Induction Loop has been in use at VMC since early July and we would welcome any feedback about your experience with the new system. Please ask to speak to Teeo Tediose or Katherine Smith for more assistance with accessing the hearing loop facility.

SELF HELP

VMC commends the PPG for its initiative in creating a series of online Self Help bulletins. The practice would also like to recommend the following reliable UK websites for advice on the treatment of minor symptoms:

[The Self Care Forum
Patient.co.uk](http://TheSelfCareForumPatient.co.uk)
NHS Choices

NHS CONSULTATION PROCESS

NHS England has published detailed plans to cut out prescriptions for ineffective, overpriced and low-value treatments. The aim is to trim hundreds of millions from the nation's rapidly growing drugs bill, which will create headroom to reinvest all savings in newer and more effective NHS medicines and treatments.

The consultation covers 3,200 prescription items, many of which are readily available and sold over the counter in pharmacies, supermarkets, petrol stations, corner shops and other retailers, often at a significantly lower price than the cost to the NHS. The consultation proposes initial action to limit prescribing products for minor self-limiting conditions that currently cost taxpayers £50–£100 million a year, including cough mixture and cold treatments, eye drops, laxatives and sun cream lotions.

NHS England is also supportive of restricting the availability of gluten-free foods on prescription, which costs £26 million a year, a topic that is currently subject to a Department of Health consultation. We would value your reaction to the Government's proposals, either by letter or by the following link:

[https://www.engage.england.nhs.uk/
consultation/items-routinely-prescribed/](https://www.engage.england.nhs.uk/consultation/items-routinely-prescribed/)

INVITATION TO ALL PATIENTS

We would be very grateful if you would complete a patient survey about Victoria Medical Centre (VMC) or Lees Place Medical Centre (LPMC) (depending on where you are registered) and its services. A questionnaire is available from a receptionist at both VMC and LPMC and it can also be accessed online at

<https://www.surveymonkey.co.uk/r/NWLXD8X>

It is very important that patients are involved in decisions about the range and quality of services provided by their practice. For several years both VMC and LPMC have been encouraging patients to give their views on how the surgeries are performing and what improvements could be made, by asking patients to fill in a local practice questionnaire.

The survey is completely anonymous and your doctor will NOT be able to identify you from your answers.

The staff at VMC/LPMC aim to provide the highest standard of care to everyone, and your responses to this survey will help us to know what we are doing well, and where there are opportunities for us to improve. In 2014, the big message from the survey was that patients had to wait too long for medical advice. A year later VMC had introduced a new system whereby patients can speak to a clinician within one to two hours on average, a service that is well received. The practice does listen.

**PLEASE FILL OUT THE
SURVEY FORM AND HELP
US CONTINUALLY IMPROVE.**



**CHRISTMAS and NEW YEAR
SURGERIES CLOSED**

25/26 December and 1 January 2018