

# THE ELMS MEDICAL PRACTICE

## April 2024 NEWS

The practice will be closed for staff training on the **17<sup>th</sup> April from 1pm-6:30pm**. we will re-open at 8am the next day. In case of an urgent query please contact NHS111.

We would like to welcome **Victoria Rowlands**, our new Care Navigator to the Elms Team.

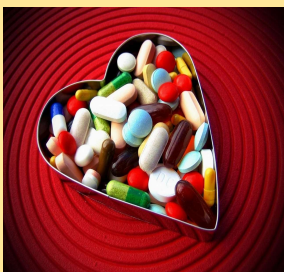


Eid Mubarak to all our Muslim patients and colleagues.



## Medication Reviews

To make sure you're on the best medicine for your needs, we undertake regular medication reviews. After a medication review, we may suggest changes to your medication to keep up with the latest guidance or advice.



- Ensuring Safety
- Effectiveness
- Side Effects
- Change of medication/doses

The **MenACWY vaccine** is recommended for all teenagers. It's usually given to children when they're 13 or 14 years old (school year 9 or 10).

If you missed having the vaccine when you were at school, you can get it up to the age of 25 years.

Meningitis can spread very quickly in places like universities and colleges.

Make sure all your vaccinations are up to date before starting university or college, including the MenACWY vaccine and both doses of the **MMR vaccine**.

If you are unsure and want to discuss it further, please contact the practice to book an appointment with one of the practice nurses.

<https://www.nhs.uk/conditions/vaccinations/men-acwy-vaccine/>

## What the practice did in March

### One Practice /One Month

Appointments booked = 2065

The number of online consultations  
(PATCHS) = 175

Physio appointments = 285

Number of cervical smears the  
practice nurses did = 38

Number of referrals = 177

Number of blood results processed =  
774

Number of prescriptions issued =  
3207

MMR vaccines given = 11

Shingles vaccines given= 22

Number of new registrations = 120

## DNA- Did Not Attend

March 2024

272 appointments = 46 hours

## PATIENT FEEDBACK

I was thoroughly impressed with the service I received from (Nurse) Erin at my appointment on Monday. She was very informative, reassuring and just the right balance of friendly and professional to make me feel at ease about having a smear. I left the appointment feeling happier than I went into it (for no other reason than she was so pleasant to be around) I cannot praise her high enough. A real credit to the Elms Surgery.

May I say a huge thank you to the receptionist for making me feel so at ease and was very understanding when I was booking a GP appointment last week.

She was very kind and went out of her way to ensure I was OK after telling her why I needed to speak to a GP.

Thank you so much, you a great asset to The Elms practice.

Its great to have a friendly face to greet you and make a difficult discussion so much easier to have.



Measles is not just  
a childhood disease –  
it can make adults  
seriously unwell too

Make sure you  
are up to date  
with your MMR  
vaccinations



## Importance of attending review appointments

If you're invited to have a review for your long-term condition, it's important to attend. During your review appointment, we'll check how you're managing, and you'll get the opportunity to discuss any concerns or new treatment options available.

### Benefits of a Long Term Review

- Regular Monitoring
- Early Detection
- Medication Optimisation
- Education and Support
- Preventive Measures

Remember that these reviews are tailored to your specific condition and individual needs. Regular participation in them contributes to better overall health and well-being.



## COVID Spring boosters

**Patients who are 75 years of age or over (including those who are turning 75 as of the 30<sup>th</sup> June 2024) and patients aged 5 years and over who are immunosuppressed will be eligible for the Spring Booster.**

Invites will be sent out over the coming weeks. There are no confirmed clinic dates yet as we are still in the planning stages. If you are unable to wait till our clinics, then you can also visit the local pharmacies that are offering the vaccine.





West and Central Cheshire  
Talking Therapies

# Talk to us today

Evidence based psychological therapies to support  
common mental health concerns

- Low mood
- Anxiety or worry
- Long term conditions
- Employment support
- Relationships
- Stress

SCAN ME



No need to  
visit your GP.  
Refer  
yourself

Phone: 0151 488 8348

[www.talkingtherapies.cwp.nhs.uk](http://www.talkingtherapies.cwp.nhs.uk)

for anxiety and depression

Service provided by Cheshire and Wirral Partnership NHS Foundation Trust (CWP)



We hosted a "Go Yellow"  
day at the practice in  
March and raised £52.50  
for Marie Curie



Friends and Family Results March 23 - March 24

