

Monkseaton Medical Centre & Bridge Medical

Patient Newsletter

January 2023

Welcome to the first newsletter of 2023!

We hope you all had a restful Christmas and New Year despite the many winter bugs we've all faced.

This edition we aim to update you on the following

- Bridge Medical Patient update
- New Year, New You! Some tips from our mental health and well-being coordinators Beth and Susan and how they can help you.
- What is a Physician's associate?
- Are you a carer? Who looks after you?
- Sick Day Rules for Medication: important advice from our pharmacy team

Happy
New
Year



In December our Patient Participation Group (PPG) joined forces with Langley First School who prepared Christmas hampers which were hand delivered by the practice elves to some of our patients at both practices. They were well received and we want to say a **Big Thank You** to Langley First School for their donations.

The PPG meets 3 times per year for an hour. Members are involved in some of the practice campaigns, such as Flu Clinic and our annual Christmas Hamper campaign organised with the local school. If you are interested in joining, please contact our Deputy Practice Manager, Janet Pallace, who will be happy to give you more information.

Flu vaccine Catch Up

We are running catch up clinics for any patient that missed their flu vaccine in 2022. Any eligible patients who have not had the vaccine will be contacted either by SMS or phone call. Please contact reception if you think you have been missed.

Walk 2 miles a day in February for Refuge

The team at Monkseaton Medical Centre and Bridge are walking 52 miles in February to raise money and awareness for Domestic abuse.

We are raising money for two local domestic violence charities Harbour and Acorn. Both are incredibly hard working charities that benefit those within our own community.

We will either do 2 miles a day or more on other days to ensure each person averages 2 miles per day, total 56 miles at the end of the month.

So give us a wave if you see us out walking!



Important Updates

Bridge Medical Patient Update

We value our patients and staff and are working hard to deliver a quality service whilst maintaining certain levels of safety. This is why with increased winter pressures, high demand for appointments and some staff shortages, we have had to review how we operate the practice to maintain standards.

Whilst we experience these pressures over the next few months, we have decided to have all clinical staff working from our larger practice, Monkseaton Medical Centre on a Friday.

However, Bridge Medical reception will remain open for you to speak to a member of our reception team, hand in samples, prescription requests, pick up letters, fit notes etc. This is to ensure that we run a safe service for both practices and continue to deliver a high standard of care. For an 'on the day appointment' on Fridays, you may therefore be asked to travel to Monkseaton Medical Centre to be seen. If your appointment can wait until you see your regular clinician at Bridge Medical, our reception team will be happy to help you book a date and time that suits.

Please bear with us as we try to navigate these challenging times. We thank you for your continued support to both practices.

If you would like to discuss this further, please contact Janet Pallace on 0191 2521616.



We now have Mental Health and Wellbeing Coordinators at both practices.

Susan Gent

Monday, Wednesday, Thursday and Friday 8-6pm.

Beth Houghton

Tuesday, Wednesday and Friday 8-6pm

The role of our Mental Health and Wellbeing Coordinators is to help patients who may be struggling with mental health or social issues. They can help you cope with specific issues such as financial problems, housing issues, employment, loneliness, social engagement, stress, low mood and anxiety.

They will then offer you a short term intervention, usually around three sessions to look at coping strategies and support you in making positive changes. They can then refer patients to any specialist organisations and provide resources for services in the area.

If you feel like you need support or someone to talk to, then please contact the surgery and organise either a telephone or face to face appointment with Susan or Beth.

Seeking a new challenge for 2023?

Ways to have a Happy, Healthier New Year!

Becoming More Active

Wanting to be a bit more Active? Make a start today, it's never too late!

Being active is good for your mind and body. Every minute of activity counts and the more you do, the more you'll benefit. Even a daily walk can give your body a boost, lift your mood and make everyday activities easier.

Exercise can improve your sleep, fitness and mobility, reduce anxiety/depression, boost your energy and help with back or joint pain. Exercise can also reduce your risk of developing heart disease, stroke, type 2 diabetes, dementia, Alzheimer's disease, and some cancers.

There are lots of activities to help you be more physically active and are free or low cost for residents of North Tyneside, visit: activenorthtyneside.org.uk and sportnorthtyneside.org.uk

<https://voda.org.uk/wp-content/uploads/2022/12/January-April-2023-NT-Life-prospectus.pdf>

Reducing Alcohol Consumption

Dry January -31 days alcohol free. Well done if you participated in this! Reducing your alcohol consumption helps improve your sleep and energy, improves your mental health and concentration, saves money, and you can feel an amazing sense of achievement.

If you feel you may need more structured help, North Tyneside Recovery Partnership is a service for anyone in North Tyneside experiencing issues with drugs and alcohol, they can offer support to meet your needs. You can contact NTRP by calling **0191 240 8122** and speak to a Recovery Co-ordinator.

Quitting Smoking

Smoking Cessations services in North Tyneside offers free, friendly, non-judgemental support and advice for anyone aged 12 + to help you stop smoking. You will receive support for 12 weeks from a stop smoking advisor, including free stop smoking medication (if eligible for free prescriptions).

Advisers will carry out a carbon monoxide checks at each appointment to show you how well you are doing. For more information contact 0191 643 7171 or more info online www.my.northtyneside.gov.uk/category/1445/support-stop-smoking



Losing Weight

Weight loss can be difficult, however making small changes to become more active and healthier overtime can have a positive impact on both your weight & wellbeing.

There are now a range of services available to help children and adults to help towards a healthy weight.

Healthy4life, Teen Gym, Body Benefits, NHS Digital Weight Management Programme, Specialist Weight Management Service.

Please note that places are limited and are subject to eligibility.

Contact the surgery for more information regarding these programmes.

Self-Care & Mental Wellbeing

If you are looking to focus more attention to your wellbeing, starting with simple self-care methods can be really beneficial. It can be easy to forget about ourselves whether we have our attention focused on a heavy workload, a large family or just a busy lifestyle in general.

Some easy self-care tips:

Get outside and get some fresh air

Do some exercise like walking or yoga

Have some quiet time to read or do a puzzle

Meditation or mindfulness

Making time to do something you enjoy

We have attached some useful websites/apps that may help you with your mental wellbeing. Remember, it doesn't matter what you do as long as it is something that makes you feel good and helps you feel like you've had some time to yourself. This can help to combat excessive stress and burn out.

Websites:

mind.org.uk

selfcareforum.org

www.headspace.com

Apps:

Aloe Bud

Calm

Digipill

There are many more apps and websites if you search what you are interested in, you will be surprised by how much you can find to help you get started with your self-care journey.

Money Management

We know that in the current climate, some people are struggling with the cost of living crisis. There are currently council and charity organisations in the community aiming to help people through this time. We have compiled a list with information on how you can contact these organisations for further support. Please do not hesitate to speak to one of our health and wellbeing coordinators at the surgery, should you require further assistance or support.



Calling All Carers!

Do you look after someone?

If the answer is yes, [who looks after you?](#)

Carers are people who provide help and support to a family member, friend, or neighbour who cannot manage on their own because of an illness, disability, or old age.

Carers can be any age.

Many carers do not see themselves as Carers for different reasons. You may be looking after your:

- Husband, wife, or partner
- Siblings
- Friend or neighbour
- Child with disabilities
- Parents

Let the surgery know if you are a carer

So we can support you effectively.

Part of this is giving you priority access to appointments and vaccinations (flu/covid)

Your information is confidential

Please complete our registration form

Our dedicated Carer's champion is **Anne Morgan**. Please contact her if you would like more information. Anne works Tuesdays, Thursdays and Fridays for both practices.

North Tyneside Carer's centre

We are an independent charity and the only generic carer support service in North Tyneside supporting both young and adult carers. Our knowledgeable team supports carers with everything from advocacy to mental health through 1-1 sessions and peer support groups. We also provide specialist training and information sessions created by us to help make life easier for you and the person you care for.

For further information **(0191) 643 2298** or
enquiries@ntcarers.co.uk

Carer's Emergency Break Service

North Tyneside Council operates an emergency break service, which helps carers develop an emergency bespoke plan. The service responds to a request for help at any time of day.

There is no charge for this service up to 48 hours, however after this charges for support may apply.

**To register or for further information contact
0330 333 7475 or**

**Email
care.callassistivetechology@northtyneside.gov.uk**

If you would like to discuss anything mentioned in the 'Ways to have a Happy, Healthier New Year' sections, please contact the Health and Wellbeing Coordinators at the surgery, Beth Houghton and Susan Gent.

What is a Physician's Associate?

A physician associate (PA) is a healthcare professional trained in the medical model who works as part of a medical team with doctors to provide medical care. PA's can

- Take medical histories
- Physically examine patients
- Diagnose with possible differentials
- Order or carry out diagnostic tests/procedures
- Recommending treatment and Management Plans
- Referrals - accept and receive
- Suggest Medications

They are supervised by a mentor (GP). With discussion with the GP supervisor they can organise Fit notes, prescriptions and X rays.

Physician Associates typically study a degree in a healthcare or science-based subject, before studying a postgraduate diploma in physician associate studies in medical school for 2 years. This involves both theoretical clinical study of all core and specialist areas of medicine, and over 1400 hours of clinical placements in a variety of settings. After this they are required to pass final exams to graduate, and must pass separate exams to become registered and practice as a physician associate. They also often have experience working in the NHS in a wide range of roles prior to qualifying as physician associates.

Our resident Physician Associate is **Adam Wanstall** who studied Biomedical Sciences at Northumbria University for three years while working in NHS pathology labs as a biomedical support worker. After working in labs for several years he worked in hospital wards as a healthcare assistant to gain clinical patient-facing experience, before starting his physician associate studies diploma in Manchester medical school. He qualified as a Physician Associate in late 2020, and has been working in GP surgeries since November 2021.

For this time he has had clinical supervision, and regular teaching as part of a Health Education England Preceptorship for physician associates working in primary care.

Adam was working at Bridge Medical but is now working at Monkseaton Medical Centre.

Monkseaton Medical Centre

Phone

0191 252 1616

Website (eConsult)

www.monseatonmedical.nhs.uk

Bridge Medical

Phone

0191 253 2578

Website (eConsult)

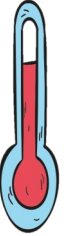
www.bridgemedical.nhs.uk

Medication Day Sick Rules



When you are unwell with an illness that can cause you to become dehydrated, taking certain medications can increase your risk of becoming more poorly. For this reason, we recommend that you **temporarily stop** certain medications.

Dehydration is the loss of fluid from your body. When you are experiencing **vomiting**, **diarrhoea** or have a **fever**, there is the potential for you to become dehydrated.



Medicines that should be **withheld** whilst you are at risk of dehydration include:

Medicine	Uses	Examples	Risks when dehydrated
ACE inhibitors	High blood pressure, heart conditions	Ramipril, lisinopril, enalapril	These medicines can prevent your kidneys from working properly
ARBs	High blood pressure, heart conditions	Losartan, candesartan, valsartan, telmisartan	These medicines can prevent your kidneys from working properly
Diuretics (water tablets)	High blood pressure, excess fluid, heart conditions	Furosemide, bendroflumethiazide, indapamide	Increased risks of dehydration
Biguanides	Diabetes	Metformin	Increased risk of lactic acidosis, a rare side-effect
NSAIDs	Anti-inflammatory, analgesic	Ibuprofen, naproxen, diclofenac	These medicines can prevent your kidneys from working properly
Sulfonylureas	Diabetes	Gliclazide, tolbutamide	These medicines can increase your risk of having a 'hypo'
SGLT2 inhibitors	Diabetes, heart conditions	Dapagliflozin, empagliflozin, canagliflozin	Increased risk of diabetic ketoacidosis, a rare side-effect

These medicines should be **safely restarted** when you're well (after **24-48 hours of eating and drinking normally**). When you do this, take them as normal. **Do not take extra for the doses you have missed**. If you are in any doubt, or have concerns you can contact your community pharmacist or the surgery for advice.

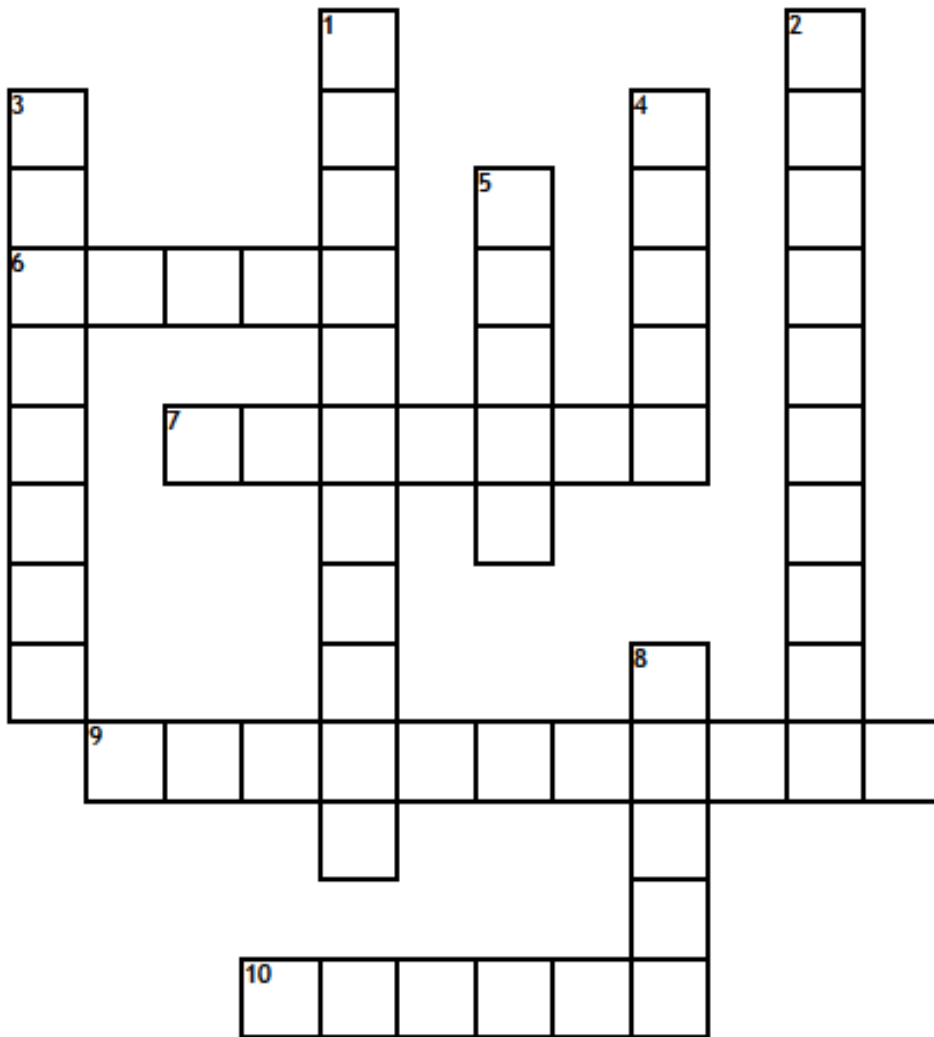
Note, this advice does not apply to minor sickness and diarrhoea (i.e. a single episode). If you are sick, or have diarrhoea once, then you are unlikely to become dehydrated. Two or more episodes of sickness or diarrhoea can lead to dehydration, in these cases you should follow the above advice.



New Year Crossword

Name: _____ Date: _____

Happy New Year



Across

6. People ____ and have fun on New Year's eve
7. There are lots of ____ on New Year's eve
9. People often make ____ at this time
10. Many parties include ____

Down

1. The new year is a time for ____
2. It's a time for ____
3. You celebrate New Year's at the stroke of ____
4. Some people exchange ____ on New Year's day
5. There's usual lots of good ____ on New Year's eve
8. Some people exchange ____ on New Year's day