



PPG Meeting on 06.03.2019

general practice is changing

All GPs

Larkside Practice

Luton



Chronic diseases

- Multiple consultations
- Many clinicians involved
- Managing expectations
- Optimising medication
- Unexpected flareup/exacerbations
- Frequent Hospital admissions
- Follow up care
- Relatives help

Chronic diseases such as diabetes, asthma etc are treated in general practice. Patients with chronic diseases are managed within general practice by the clinical team including practice nurses, HCA's and pharmacists. You should only need to see a GP if the team have any concerns about your condition



MDT meeting- GP Forward Thinking

- Multiple diagnosis, polypharmacy, frail, housebound, at risk patients
- Discuss each patient with the team of GPs, nurses, HCA, pharmacist, district nurses, social services and community nurses
- Community Rapid Response nurses help with acute patient presentations to avoid hospital admissions
- Annual recall process with letters and text messaging services is in place
- Exemptions from the QOF INDICATORS for non responders is applied

We work with a wider clinical team including community nurses and social care workers to provide the appropriate care for at risk, house bound or very unwell patients. Computer alerts help all the staff team to appropriately triage the patient calls



Prescriptions

- It takes a full 48 hours to complete a repeat prescription request
- Urgent/emergency prescriptions will only be issued for urgent medications (please see notice in the reception).
- Routine medications requested by patients as urgent (i.e. I forgot to order etc) will be issued within 48 hours
- All practice prescribing is monitored by Luton Clinical Commissioning Group (LCCG)
- High level monitoring by LCCG of shared care drugs – practices work to strict NHS/LCCG policy for prescribing and monitoring
- Practices are no longer able to prescribe “over the counter” (OTC) medications for simple ailments. This is a national NHS campaign as these medications can be brought from pharmacies and supermarkets at low cost.

We would really value our patients' support and help in ensuring medications are ordered in plenty of time. We would encourage our patients to be “self care aware” by keeping a selection of essential medications at home to treat common conditions, Thank you.



NHS Screening

- Bowel Screening 60-74y, screening kit every 2 years
- 2 of the 1000 participants are found to have bowel cancer
- FIT (faecal immunochemical test) available from 2019
- Breast Screening 50-70y, every three years
- Picks up 8 of 1000 women with new breast cancer diagnosis
- Cervical Screening 25-64y, 3 yearly up to 49y. After that every 5years
- Changes from April 2020 is HPV testing for cervical screening
- PSA testing for prostate cancer for men over 50 y if they ask and have possible symptoms
- Research into testing into lung cancer, ovarian cancer

‘Be clear on Cancer’

We would encourage all our patients to attend or complete health screening



Immunisations

- HPV vaccination for year 8/9, before 18years age for girls, two doses
- 2019/2010 Year 8/9 boys will be eligible HPV vaccine(coming in 2020)
- Primary school children seasonal influenza vaccine given in schools
- Flu vaccines are given at authorised pharmacies
- Shingles vaccination for at risk groups
- Childhood Immunisations for your children to protect from serious communicable diseases
- Pneumococcal vaccination for over 65s'

We would encourage all our patients to attend for vaccinations when invited.

These vaccinations protect patients against a range of serious and potentially fatal diseases.



Life Style Aspects

- Stop Smoking clinic
- Weight management
- Social services
- Luton Well being services

These services are now available in the surgery. You can self refer to most of these services. Please ask at reception for further details.



Community services



- Extended access (available for patients who work and cannot attend surgery during normal working hours)
- 111 (Call 111 to speak to a fully trained advisor 24 hours a day for advice and help in finding the right local health service quickly)
- Pharmacy help (can help with health advice and treatment for a range of common illnesses and ailments)
- Primary care networking (From April 2019 GP practices will start working together to provide extra services in central locations)
- LARC hubs (Long Acting Reversible Contraception) appointments can be accessed via referral from your practice to local hubs within GP practices.
- Minor surgery clinic– Larkside practice offers minor surgery appointments in set clinics however for more complicated procedures we can refer you to Sundon Park Surgery



Websites & Useful Information

- Larkside practice changed to www.larksidepractice.co.uk
 - Friends and family test - Larkside Practice encourages our patients to provide feedback and recommendation via the Friends & Family Test
 - www.lutonccg.nhs.uk – Local information about services in Luton
 - www.lutonsexualhealth.org.uk/ - at Arndale centre
 - <https://www.ldh.nhs.uk/our-services/blood-tests/blood-tests-at-arndale-house> - at Arndale centre
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