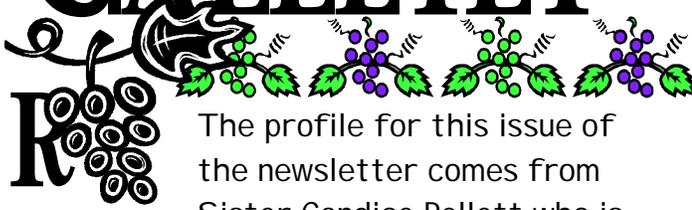


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The profile for this issue of the newsletter comes from Sister Candice Pellett who is the District Nursing Team Leader at the Practice.

I was born in London and moved to Rayleigh in Essex when I was 11. By the age of fourteen I had met my future husband at school (he was in the year above), got engaged at 15, married at 18 and we celebrate 33 years of marriage this year! We both had trials to represent Southend in "It's a Knock Out" - it was in the days when I was ultra fit - I got into the team but my husband didn't! For those who remember the TV programme with Eddie Waring + Stuart Hall it wasn't as friendly as the viewer thought, in fact it was so competitive it was deadly! After months of hard training the day of the show arrived and Southend won which meant we got through to the next stage in France. We then got knocked out by the German team but it was great

fun being whacked off a slippery pole with a foam mallet into a pool of freezing water below dressed up as a giant vegetable!

On leaving school at 16 I went to work in a very large branch of Barclays Bank - I started my career by sticking stamps on envelopes, moved "up" to become a cashier and ended up being promoted to a managerial position in the computer room. I then left the bank when I was expecting my first baby and moved up to Lincolnshire 2 years later.

I am a very proud mum of two grown-up children. Sarah recently graduated after 8 years of study from Cambridge University as a veterinary surgeon and she is now practising in Stamford. Matthew is in his final, fourth year of a Masters degree in Maths, studying at Durham University. We have just paid the last round of Uni fees (12 years worth) and I am seriously considering packing a rucksack and taking a "gap" year!!

The Surgery
40 North Road,
Bourne
Lincs.
PE10 9BT



Enquiries 01778 562200

Appointments 01778 562201

Appointment Cancellations 01778 562202

Repeat Prescriptions 01778 562203

NHS Direct 24 hr Helpline

0845 46 47

WellDoc Out of Hours Emergencies

0845 045 0281

Target Training dates

Please note that the Surgery will be closed from 12.30 pm on the following dates to allow the Partners and staff to attend the Lincolnshire Target training.

Thursday 8th February 2007

Thursday 15th March 2007

Thursday 19th April 2007

Thursday 17th May 2007

If you need to collect medication from our dispensary please ensure you do so before 12.30 on these days.

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I started my nurse training in 1992 as a mature student and qualified in 1995 where I worked for four months on the Oncology ward at Pilgrim Hospital in Boston although I knew I wanted my career in the community. I was then very fortunate to be offered a part-time community staff nurse post at the Hereward Practice and since then it has been a very hectic time. Nine years ago I gained my BSc(Hons) degree in Community Health Nursing and on qualifying I started working as a District Nurse at the Galletly Practice. It has been a constant rollercoaster ride of courses, exams, lectures and assignments to gain further qualifications. I am now coming to the end of a 30 month part-time secondment as a health lecturer with Nottingham University, teaching pre-registration nursing students and I have loved every minute of it however, I have missed working with our patients and my colleagues and have decided to return to full-time District Nursing at the beginning of March. My next challenge is to undertake a university course to gain my Community Practitioner Educator qualification which will allow me to mentor degree-level District Nursing students within our team - more assignments and exams, somehow that gap year seems quite appealing.....

Locum doctors

As many of you will be aware we have been fortunate to have secured the services of some excellent locum doctors whilst we await the arrival of our new partner Dr Cregor. We would like to thank Dr Ahmed, Dr Leyland, Dr Mulkeen and Dr Bevan for stepping into the breach. We are aware that access to a particular GP has been difficult at times whilst we were a partner short at the Surgery but now expect this to improve with the arrival of Dr Cregor.

Quality service at the Surgery

Since the implementation of the new GP contract in 2004 GP's have been required to show that they are providing a quality service to their patients.

In recent years GPs have not only seen and treated people who have become ill, but have also taken on a lot of the care of their patients' long term conditions such as diabetes, asthma, heart disease - much of this work used to be done in hospital outpatient clinics. Since the implementation of the new GP contract in 2004, GPs have been required to show that they are providing a quality service to their patients in the care of these illnesses. Only one Practice in 10 throughout the Country managed to achieve full points and we are delighted to report that our Practice was one of them.

We have targets to achieve for particular groups of chronic and other diseases. In this, and future newsletters, we will be reporting on a particular set of indicators so patients can see how well we are looking after them. Below are the figures for the patients registered at the Surgery who suffer from coronary heart disease (CHD). A more detailed explanation of some of the indicators is given below the table.

	Number of patients	Target	Practice achievement
1. Number of patients on CHD register	386	N/A	N/A
2. *Recent angina diagnosis who have had an exercise test	33	90%	100%
3. CHD and BP* check in the last 15 months	380	90%	99%
4. CHD and BP 150/90 or less	340	70%	90%
5. CHD and cholesterol check in the last 15 months	361	90%	95%
6. CHD and cholesterol of 5mmol/l or less	315	70%	80%
7. CHD taking Aspirin or equivalent	370	90%	97%
8. *CHD on betablockers	242	60%	75%
9. *Heart attack since 1.4. 2003 on an ACEi	31	80%	91%
10. CHD given a flu jab last season	333	90%	94%

Indicator 2: This indicator applies to patients who have had a diagnosis of angina made later than April 2003

Indicator 3: Blood pressure check. If you wish to check your own blood pressure we have a machine in our self-test room which you may use. Instructions for use are on the wall above the machine.

Indicator 8: Beta-blockers are drugs used to treat high blood pressure, angina, some abnormal heart rhythms, and some other conditions. The most commonly used drug is Atenolol. They work by blocking the transmission of certain nerve impulses. They are used to:-

- lower blood pressure.
- prevent angina pains.
- reduce the risk of a further heart attack if you have already had one.
- control certain abnormal heart rhythms (arrhythmias).
- help to treat heart failure.

Indicator 9: Angiotensin Converting Enzyme Inhibitors (ACE inhibitors)

Most people with heart failure are prescribed an ACE inhibitor. There are several types and brands. These medicines prevent a build up of fluid by interfering with the enzyme angiotensin (a body chemical) which is involved in regulating body fluid. ACE inhibitors also have a protective effect on the heart, and may slow down the progression of heart failure.

We would emphasise that our aim is to care for our patients, not to reach these targets. However, the figures do prove that we are providing excellent care for our patients.

Specimens left at reception

Please ensure that all samples left in the box at reception are labelled with a full name and date of birth. An initial and surname is not always enough as there may be several patients in the practice with similar names. We will discard any specimens if there is any doubt about the identity of the patient.

Did you know?

- Since April 2004 you no longer have a family doctor with whom you are registered? You are registered with the Galletly Practice not with an individual GP.
- You can book an appointment on the internet (provided you have registered first at reception for this) to see a doctor or a practice nurse. It is also possible to book to see Sister French on line. We have now added telephone slots to our on line booking. If you book one of these please leave the contact number and the doctor will telephone you as near to the booked time as possible.
- We will shortly be adding Phlebotomy (blood tests) to our on-line booking.

Patient Participation Group

Our patient participation group (PPG) have, as always, been working very hard for the surgery and have now raised sufficient funds to purchase a new machine for patients use in the self test room. We will shortly be installing a BMI and body fat measurement machine. Patients will be able to use the machine to measure their height and weight and their body mass index (BMI) will be calculated. The percentage of body fat will be printed on to the patient's personal ticket together with the recommended values. The machine incorporates an interactive guide to using the apparatus in the form of visual messages and audible voice messages.

We would like to thank our PPG for all of their hard work raising the money to purchase this machine. Those of you who attended our Saturday flu clinics will have been greeted by them selling raffle tickets for our Christmas Draw. We would also like to thank all of our patients who supported the efforts of our PPG in raising funds.