

Wargrave Patient Participation Group

Newsletter

*The Patient Participation Group exists
to strengthen communications between patients and the surgery,
delivering positive health outcomes for the local community*

Welcome to this, the fourth newsletter from the Wargrave PPG.

Focus on Hannah Copus

Hannah is a Senior Pharmacist who supports doctors and patients in five practices. She has worked in Primary Care since 2005 and has been with the Wargrave surgery since June 2019.

As a healthcare professional, Hannah's focus is the safe and effective use of medications. Pharmacists are qualified to dispense prescription pills as well as give advice on over-the-counter remedies. And through her appointments, Hannah is able to review a patient's medication when perhaps it is proving unsuitable – it might be causing side effects or simply not being very effective. She is able to recommend changes and specialises in areas such as asthma, COPD (chronic obstructive disorder) and HRT. She can help with inhaler issues and advise on techniques for use, look at blood pressure and help with switching medications in areas such as anti-coagulants where newer treatments are now available.

Hannah lives in Marlow and is mother to two boys of 8 and 9 who play hockey and rugby. With her responsibilities across five busy GP practices -and her boys - she doesn't have much free time but running with her dog is a favourite pass time. In her words "It keeps me sane"!

Flu Season 2020

We are hopeful that a flu clinic for 50-64 yr age group will take place on 12th December. At time of writing, supplies are yet to be confirmed. The surgery will text or call to invite this age group in.

Covid Vaccinations

Drs Puddy and Kennedy write

The majority of people are still vulnerable to coronavirus and it is only current restrictions that are preventing more people from dying. A vaccine would teach our bodies to fight the infection.

Recently there has been encouraging news about coronavirus vaccines with successful trials reported - and it seems that these vaccines may become

available from as early as December this year. The Government and NHS are securing supplies of the leading vaccines – and these must pass the same stringent safety checks as all previous vaccines.

The NHS is developing plans for a national vaccination campaign – and of course Berkshire is part of this. It will be the largest and most complex vaccination program ever delivered in the UK. Details are still under development and will depend on which companies are granted licenses, logistics of transportation and storage and, of course, national guidance on priority patient groups.

For maximum protection we understand that people will need two injections of the vaccine 21 days apart. Side effects seem to be in line with other vaccines: some people may feel a bit achy and unwell for up to 24 hours after the first injection but the second seems better tolerated with very few side effects. So even if one feels a bit ropery with the first, it is best to have the second for optimum protection.

Details of when it will be available, where we will be able to administer it – and the priority groups are still to be decided. Priority groups will be based on patients' clinical risks and needs with those at highest risk being first to receive the vaccine. ***Please keep an eye on the surgery website where we will post further information as it becomes available.***

This vaccination program is excellent news. As it gets under way and coverage increases there will be fewer people left in the community susceptible to contract the 'wild' Covid and become ill and transmit the illness. Being vaccinated will protect you and help protect your loved ones – and the wider community.

The doctors and staff at Wargrave Surgery welcome this news and will be in the queue to have the vaccine ourselves.

Health Seminars: How gut health affects your whole body

This seminar will be conducted by Zoom on 11th Jan at 7pm will be open to the first 20 people who register by email to healthseminar@pursuitnha.com When you register you will be sent a link to the Zoom meeting. The format of the seminar will be a 15 minute presentation by Associate Doctor, Jen Singh and 15 minutes by Personal Training Expert, Lisa Sayers. Following the presentations, the participants will have up to 30 minutes for questions.

The PPG – who we are and what we do

As you can see from the headlines in this newsletter, we aim to strengthen communication between our surgery and its patients and we do this with newsletters, surveys and community liaison.

We are all patients at Wargrave Surgery and we meet 4-5 times a year – remotely at present. Our meetings always include a doctor or possibly two. You can see who we are below – and some of us have very specific responsibilities:

Andy Ferguson: Chairman

Jo Glasby: Patient Reference Group recruitment

Sue Griffiths: Pharmacy liaison

Tony Lloyd: Survey development and management

Jane Love: Communications (newsletters)

Lisa Sayers

Barbara Sears

Judith Stephenson-Hodges: Health Seminars

Kate Wilson: Schools liaison

A vacancy! Currently we are missing a secretary – someone who can attend our meetings and take and issue minutes. And of course, your input and opinions as part of our group would be very welcome. If you are interested in this role with the PPG please email andyferguson1@btinternet.com