

Upton Village Surgery Newsletter

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[Facebook Page](#)

Produced by



For the latest NHS advice & information on the Coronavirus click here: <https://www.nhs.uk/conditions/coronavirus-covid-19/> **to find the latest government advice click here:** <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Hello and welcome to the latest edition of Upton Village Surgery's newsletter produced by our [Patient Participation Group \(PPG\)](#) and issued on a quarterly basis. Anyone who is registered with the surgery can receive the newsletter by emailing UVSPPG@gmail.com or by picking up a paper copy at the surgery. The next issue is published in January.

Practice Update

Hi All, and welcome to the autumn edition of the newsletter.

Here at the surgery, autumn is a particularly busy period in our calendar as we prepare for our Flu and Covid clinics. The first of which, I am pleased to announce, took place on the 24th September and 1st October, with the over 65's being the first cohort already invited to book an appointment. As we release further dates, messages will be sent directly to patients to book an appointment at one of our upcoming clinics.

We are also pleased to announce the launch of our [Enhanced Access Service](#) which **started on the 1st October** and offers our patients pre-bookable, routine primary care appointments with a range of clinicians including GPs, Nurses and Health Care Assistants at evenings and weekends across our [Chester East Primary Care Network \(PCN\)](#). Upton Village's appointments will be available between 6.30pm and 8.45pm on Thursday evenings.

Over the last few weeks, we have said goodbye to **Lena**, our operations coordinator who has gone over to Chester South as their new PCN operational coordinator, we will very much miss Lena and we wish her every success in her new role. In the meantime, we have welcomed three new members to our growing support team here at Upton Village Surgery. **Dawn, Rebecca, and Natalie** who each come with a wealth of Primary Care experience and will help us continue to deliver our goals for both our patients and our patient services team.

I would like to take this opportunity to thank all the PPG team for their continued work with the practice.

Best Wishes

Matt Davies - Practice Manager

New Practice Website – Now Live!!

Okay, so the eagle eyed amongst you will have noticed that the new website didn't go live on 1 August as we advised in the previous newsletter. There were one or two glitches that need to be ironed out. In addition there was a change of website administrator following Lena's departure. However, we are pleased to say that the new website is now live, see link below.

<http://www.uptonvillagesurgery.co.uk/>

We do hope that you find the time to browse through the new web pages and feedback suggestions and comments to the practice. The PPG will continue to work with the surgery to help develop the content and format to make sure the website offers the best possible experience for all our patients.

Can't Make It?

Whilst most people do attend their appointments, if you find, for whatever reason, that you can't attend your appointment, please let the surgery know as soon as possible so they can offer that time to someone who needs it. To contact the practice please see details at the top of the newsletter.

Get A Move On!!

How fast you walk could be just as important for your health as how many steps you take each day, a new study suggests.

Researchers from the University of Sydney and the University of Southern Denmark found that 10,000 steps each day is the "sweet spot" to help lower the risk of disease and death. They also found that a faster pace, such as a brisk power walk, can have even greater benefits.



The data was collated as part of the largest study tracking step counts in relation to health outcomes.

Researchers monitored 78,500 UK adults between 2013 and 2015 using wearable trackers and compared this with their health outcomes seven years later. You can find details of the study using this link:

<https://jamanetwork.com/journals/jamaneurology/article-abstract/2795819>

NHS Workforce Projections 2022

The [Health Foundation](#) has recently produced a report looking at NHS workforce numbers across NHS HCHS (Hospital & Community Health Service) and general practice. Here are some of the headlines:

- ✚ An overall workforce supply-demand gap of around 103,000 fte (*) across the NHS HCHS and general practice in 2021/22 (around 7% of workforce demand)
- ✚ The gap to increase to around 179,000 fte by 2024/25
- ✚ 2030/31 expected still to be around 156,000 fte (around 9% of projected demand)
- ✚ **Persistent shortfall of fte GPs and general practice nurses**
- ✚ **Possible GP supply-demand gap growing to 18,900 fte by 2030/31 (around 48%) based on projected demand**

Use this link for the full report <https://bit.ly/3RNi5A2>

(*) Full Time Equivalent

#BowelCancerAwareness

Know the signs of bowel cancer; visit this link for more information <https://bit.ly/3GJwpDQ>

Staffing Crisis in the NHS

Does NHS England (NHSE) have a long term staffing plan? Well, apparently not.....

On BBC Radio 4's "The Briefing Room" a number of experts join David Aaronovitch to discuss the current staffing crisis within the NHS, including possible solutions. You can listen to the programme using the link below.

<https://www.bbc.co.uk/programmes/m001bbxm>

Coronavirus – ONS Latest

The Office for National Statistics (ONS) produces an interactive tool to help explore the latest data and trends about the coronavirus pandemic.

Click here <https://bit.ly/3wJqTwT> for the latest updates.

What your waist size says about your health

Keeping within a healthy weight range is a good way to improve our overall health and many doctors recommend we measure **BMI** (body mass index) to help calculate our body fat percentage. However, while a BMI calculator can be a useful tool, it is not always accurate - for example, those who weigh more due to muscle type.

Now **NICE guidelines** have been created to suggest health practitioners and those wanting to assess their overall weight profile add a waist measurement into the mix (for those with a BMI below 35). Rather than focusing on a specific figure, the guidelines advise people to keep their waist circumference at "less than half of their height".

Check out this link <https://bit.ly/3dqMcRC> for more information, including:

- Subcutaneous & Visceral fat
- How to properly measure your waist
- How to reduce bloating

Did you know? (DYK) - New Physiotherapist

As part of the recent changes to introduce our Chester East [Primary Care Network](#) (PCN) the practice can now offer a



Physiotherapy Service. This is provided one day a week at the surgery. Contact reception to book an appointment.

In the News

Use this link <https://www.england.nhs.uk/news/> for the latest news from the NHS including:

- ✚ [Expansion of life saving home testing kits for bowel cancer \(16 August 2022\)](#)
- ✚ [Trial of high tech goggles for community Nurses \(20 August\)](#)
- ✚ [New screening pilot for hepatitis C \(1 August\)](#)

Prostate Cancer - signs to look for

In the UK, **prostate cancer is the most common cancer in men with around 52,000 cases diagnosed every year and is responsible for 12,000 deaths a year.** Depending on how the cancer cells grow, you may or may not develop noticeable signs of prostate cancer.

There's currently no screening programme for prostate cancer in the UK. This is because it has not been proved that the benefits of (PSA) testing would outweigh the risks

So, to give yourself the best chance of diagnosis and survival, it's important to be aware of the key signs.

Signs of prostate cancer can include:

- ✚ Difficulty passing urine from the bladder
- ✚ A weak flow when you urinate
- ✚ Feeling that you bladder isn't empty and you need to go again
- ✚ Leaking after you have finished urinating
- ✚ Needing to urinate more often than usual
- ✚ Having sudden urges to urinate
- ✚ Needing to wake up more at night to urinate

Use this link <https://bit.ly/3RRxorC> for more information, including the risk factors associated with prostate cancer.

For more information about PSA testing use this link.

<https://www.nhs.uk/conditions/prostate-cancer/psa-testing/>

"Listen" to your body, if you don't feel something is right contact the surgery through the online triage system using this link <https://bit.ly/3ymuxiq> or make a GP appointment.

Integrated Care Systems – A Deeper Dive

If we have whetted your appetite about the current organisational changes within the NHS in previous newsletters then this latest article from the [King's Fund](#) might be for you.

"[Integrated Care Systems Explained: Making sense of systems, places and neighbourhoods](#)" takes a deeper dive into the world of the new Integrated Care Systems.

Including:

- ✚ Where did ICSs come from?
- ✚ What does this mean for commissioning?
- ✚ How will we know if ICSs are working?
- ✚ Where next?

Find the latest information at <https://bit.ly/3dIpSpJ>

Is Coconut Oil Good For Your Hair?

Coconut oil can offer a range of benefits for your hair. You've probably heard of it being used on the skin, but did you know many people use it to aid hair growth or detangling too.



Coconut oil is easily absorbed, making it one of the better oils for repairing dry hair. It helps to moisturise your hair, and to prevent dandruff, and is gentle on your scalp. Most coconut oil is made from natural ingredients, meaning it tends to be safe for sensitive scalps and is less likely to cause irritation.

However, more research is needed into the wider, long-term effects of coconut oil on the hair, as there is some evidence of negative side effects

For more information use this link <https://bit.ly/3Dsjaci>

Cheshire& Merseyside Health Care Partnership - Magazine

The Partnership produces a monthly "Connect" magazine and you can find the latest and back dated issues by using this link. Spot the title typo!! <https://issuu.com/cheshireandmerseysidehpc>

DYK? - 16 Million repeat prescription via app

More than 16 million repeat prescriptions were ordered via the [NHS App](#) in the last year, with millions of patients benefitting from health services available through the app.

Use this link <https://bit.ly/3DAV2Er> for more information

This link <https://www.nhs.uk/nhs-app/> will provide details about the NHS app, including how to register.

Your Sexual Health – The Unknown STI

Women from ethnic minority or deprived backgrounds are more likely to get **STI trichomonas vaginalis** (TV) than others. That's according to new research carried out into the largely unknown sexually transmitted infection by sexual health organisation [PreventX](#)

If it's not treated TV can increase the chances of getting HIV and can also cause complications for pregnant women. In women who had vaginal discharge - which is a key symptom of TV - 5.2% testing positive were from Black, Black British, Caribbean, or African backgrounds, compared to 3.4% from white backgrounds.

Use these BBC News and NHS links to find out more:

<https://www.bbc.co.uk/news/newsbeat-61865657>

<https://www.nhs.uk/conditions/trichomoniasis/>

Patient Access to Data

From 1 November 2022, most patients aged 16 and over with online accounts (such as through the NHS App or other patient online apps) will automatically be able to view new entries in their clinical record, including details of medications, test results and records of appointments they have had with any clinician entering information to the clinical system.

This is an NHS England programme supported by NHS Digital. Use the link for more information.

<https://bit.ly/3LtGAQw>

Are artificial sweeteners bad for you?

A recent study to investigate the effect of artificial sweeteners on the human metabolism and gut biome has found that the sweeteners can induce changes in [glycemic response](#) through modifying the biome.



One of the authors of the report said "We need to raise awareness.... sweeteners are not inert to the human body as originally believed".

Check out this link for more details

<https://bit.ly/3DDwuL2>

DYK - NHS Prescriptions Costs

Here are some interesting facts from [NHSBSA](#) (Business Services Authority) about the cost of and volume of all prescriptions dispensed in the community in England in 2021/22:

- ✚ The cost of prescription items dispensed was **£9.69 billion**, a 0.87 increase compared to 2020/21
- ✚ The number of prescriptions was 1.14 billion, a 2.58% increase from 2020/21
- ✚ [Atorvastatin](#) (brand name Lipitor) was the most dispensed drug with **53.4 million items**
- ✚ [Apixaban](#) was the drug with the highest cost of **£401 million**
- ✚ Freestyle Libre 2 Sensor kit was the presentation with the largest absolute increase in cost of £69.8 million from £2.84 million to £72.6 million, compared to 2020/21

We need to talk about - Acne

Acne is a common skin condition that affects most people at some time in their lives. It causes spots, oily skin and sometime skin that is hot or painful to touch.

The good news is there is a range of information and advice within the NHS and partner organisations to help you as well as receiving support from your GP. Check out the following links for more info.

<https://www.nhs.uk/conditions/acne/>

<https://www.acnesupport.org.uk/>

Do you have a change of contact details? - Use this link <https://bit.ly/3SF32Zv> to complete an online form to notify us.

GP Practices - New Quality Statements

The [CQC](#) will replace its current methodology for GP practice inspections with a set of 'quality statements' that practices must 'live up to' in order to pass. There are around 34 statements in all, across the five domains, but it is unclear when the new regime will be implemented. Find out more with this link: <https://bit.ly/3qUo1eR>



#BowelCancerAwareness

Know the signs of bowel cancer; visit this link for more information

<https://bit.ly/3GJwpDQ>

Two-thirds of trainee GPs plan to work part time

Almost two-thirds of trainee GPs plan to work part-time just a year after they qualify because being a family doctor is so stressful, research shows.

The [King's Fund](#) survey found the most popular option was working five to six clinical sessions per week. Use this link <https://bit.ly/3Se8ty4> for the full details