1. Staff Update
We have recently welcomed Danielle back onto the reception team and congratulations are in order for Eglé on the birth of her baby girl and Sarah Ward on the birth of her baby boy!

Dr. Woolley has recently become a partner at the practice and Dr Ghazal has now sadly left. We are currently interviewing for a replacement GP.

The GP list is as follows:
- Associates
  - Dr. F M Stuart (f)
  - Dr. K Sidhu (f)

- Partners
  - Dr. S C Wetherell (m)
  - Dr. J D Marriott (m)
  - Dr. A M Bateman (f)
  - Dr. N A Johnstone (m)
  - Dr. M Soole (m)
  - Dr. H E Connell (f)
  - Dr. B Z John (m)
  - Dr. W J Hutchinson (m)
  - Dr. S J Moon (m)
  - Dr. R Woolley (f)

You are welcome to see any of the GPs, even if they are not your usual doctor. Please see either our website or practice leaflet for details about the doctors specialist areas.

2. Holiday Travel Vaccines
If you require any vaccinations relating to foreign travel you need to make an appointment with the practice nurse at Healthub to discuss your travel arrangements. This will include which countries and areas within countries that you are visiting to determine what vaccinations are required.

It is important to make your initial appointment as soon as possible (ideally 6 weeks before) because you may need a course of vaccines before you travel to be fully immunised.

3. Moonlight Walk
Our Research Nurses Nicky Harding, Julie Robey, Sarah Bland and Catherine Townsend did the Moonlight Walk on Saturday 13th June to raise money for our local St John’s Hospice. They managed to raise a whopping £500! Well Done Ladies!
Research At The Surgery

4. Research At The Surgery
Research at the medical practice is becoming more apparent, it answers vital questions with the aim to improve patient care. You might be approached if you are eligible to take part in a study but it is your decision whether you wish to take part or not, this will not affect your medical care in any way.

Studies that are on-going at the moment:

GARFIELD (Global Anticoagulant Registry in the Field)
We are continuing to recruit onto this study which is looking at patients who have a new diagnosis of Atrial Fibrillation. 51 patients recruited.

CANDID (CANCer Diagnosis Decision rules)
This study aims to help doctors diagnose cancer quickly so that potential high risk patients are detected sooner and unnecessary examinations are minimised for those patients that are low risk. This research is about finding what symptoms and examinations are best for predicting lung and bowel cancer. 55 patients recruited.

FAST (Four-fold Asthma Study)
Many people with asthma take regular inhaled steroids. However, some patients continue to have periods of poor asthma control, which is called an exacerbation. This study wants to test the comparison between ‘normal’ asthma care used with the use of four times normal dose of inhaled steroids during an exacerbation. 10 patients recruited.

BARACK-D (Benefits of Aldosterone Receptor Antagonism in Chronic Kidney Disease) Trial.
This trial is looking at better treatment for preventing heart disease and kidney damage in people with Chronic Kidney disease - a term commonly used by doctors to describe a long-term impairment in kidney function, frequently accounted for by the natural ageing process. 12 patients recruited.

MoMMs (Management of Multiple Medication) trial
This trial is looking at patients aged 75 or older who routinely take multiple medication, these patients can experience unwanted side effects and the aim of the trial is to improve quality of life. The trial compares doctors who use the study guidelines while reviewing a patient’s medications with doctors who follow normal practice. 9 patients recruited.

INSTINCTS, (INjection versus SplinT in Carpal Tunnel Syndrome)
This study is comparing a single steroid injection and a wrist splint at night for 6 weeks in patients with Carpal Tunnel Syndrome to see which is most effective. We are yet to recruit any patients to this study.

NSRS (Non-specific Respiratory Symptoms) (FeNO)
This study examines exhaled breath looking at ‘Fractional exhaled nitric oxide’ (FeNO). FeNO measurement can be used to help diagnose asthma and adjust medication in patients with airway complaints eg wheeze. The study looks at the comparison between using an medication inhaler with a placebo. 3 patients recruited.

Time B/P
This study is looking at whether it is better for patients to take blood pressure tablets in the morning or in the evening. The study is organised by the British Hypertension Society but we think it is an important question to answer and therefore we are posting information to relevant patients.

TASMINH4
This study is looking at high blood pressure management. The questions asked are ‘Does the use of self-monitoring based on home blood pressure readings result in better blood pressure control than usual care?’ and ‘Is tele-monitoring of patients’ blood readings superior to paper based recording of blood pressure?’ We are due to start this study.

Studies recently completed:
Child-Parent Screening study – looking at Familial Hypercholesterolaemia in 12-13mth old children (Target 150, we recruited 171 babies)
A Paediatric vaccination time and motion study – assessing the vaccination process for childhood immunisations (Target 20, we recruited 20)
Asthma 2881 study – assessing the patients perception of their asthma control in comparison to the Health Care Professional’s perception of the patients asthma control (Target – at least 17, we recruited 47)
Noisy Knees study – assessing noises emitted from osteoarthritic knees on sitting and standing (Target 20, we recruited 20)

If you would like any further information about any of the studies please contact one of the Research Nurses on the usual surgery telephone number.

A big THANK YOU to all the patients who have taken part in any of the studies, we really appreciate your involvement.
5. The Community Dressing Service
At Queen Square Medical Practice we no longer deal with wound dressing changes, staple or stitch removals unless you have had a procedure at the surgery. The District Nurses run a Community Dressings Service at:
Ashton Community Care Centre
Pointer Court (off Ashton Road)
Lancaster
LA1 4JT
Telephone: (01524) 519575
Patients will be seen by appointment only. Clinics are held Monday – Friday between 5.30pm and 7.30pm (No weekends or public holidays) Appointment can only be made by telephone
There is no access to the clinic outside of opening hours

8. Repeat Prescriptions
Please help us to help you by ordering your repeat prescriptions at least 2 full working days before you wish to collect them.

Eg. Order Monday before 12.00pm - Ready to collect Wednesday after 2.00pm
Repeat prescriptions can be ordered:
• By Hand
• By Telephone - Prescription Line for:
  Queen Square Surgery: (01524) 843355 or
  Caton Surgery: (01524) 770888
• Via EMIS Access - (Please speak to one of the reception staff if you require further information)
• By Fax - Queen Square Surgery: (01524) 580980 or
  Caton Surgery: (01524) 770411
• By Letter - Enclose a Stamped Addressed Envelope

If the items you are requesting are not on your repeat prescription lost, processing of your prescription with take longer than 48 hours.

Requesting prescription at short notice can cause extra work for doctors and staff and causes delays for other patients so please remember to order you prescription in plenty of time.

6. Shingles Vaccines
Were you aged 70, 78 or 79 on 1st September 2014? You may be eligible to receive a vaccination against shingles. Ask at reception for more information.

7. Pneumonia Vaccines
You may be eligible for a pneumonia vaccination if you are 65 years old and over. Also, children and adults with certain long-term health conditions, such as a serious heart or kidney condition may be eligible.

9. Named GP For All Patients
From 1st April 2015, GP practices are required under the contact to allocate a named, accountable GP to all patients. The role of the named GP will not:
• Take on vicarious responsibility for the work of other doctors or health professionals.
• Take on 24 hours responsibility or the patient, or to change their working hours.
• Imply personal availability for GPs through the working week.
• Be the only GP or clinician who will provide care to that patient.

10. NHS Choices
For more information about the NHS, Health News, Health A-Z, Nearest Services to You, Care and Support you can go to www.nhs.uk. You can also rate and review the surgery on NHS Choices. We would love to hear what you think about Queen Square Medical Practice.
11. Friends & Family Test
We would like you to think about your recent experience of our service. How likely are you to recommend our GP practice to friends and family if they needed similar care of treatment?

☐ Extremely Likely ☐ Likely
☐ Neither Likely nor Unlikely ☐ Unlikely
☐ Extremely Unlikely ☐ Don’t Know

Can you tell us why you gave that response?

12. NHS Health Checks
NHS Health Check – Have you had yours?

Did you know that If you are aged between 40 and 74 years old and as long as you don't have an existing vascular condition you are eligible for a NHS Health Check every five years. Consider having one as like having a free "midlife MOT".

Everyone is at risk of developing heart disease, stroke, type 2 diabetes, kidney disease and some forms of dementia. The good news is that these conditions can often be prevented. Your NHS Health Check will assess your risk of developing these health problems and give you personalised advice on how to reduce it. It’s free of charge, including any follow-up tests or appointments.

Small, long-lasting changes to your lifestyle can make a huge difference to your future health risks. Don’t wait for a new year’s resolution to think about your health: act now and speak to one of our receptionists who will be pleased to check your eligibility and make the necessary appointments. Take that first step to a healthier future!

13. Have Your Say
If you are happy for us to contact you periodically by email please leave your details below and hand this form back to reception or log-on to www.queensquare.org and fill out the electronic form (Click ‘Have your say’ on the right hand column)

Name:____________________________________________________ Post Code:____________________

Address:__________________________________________________________

Telephone Number:____________________________________ Email Address:_________________________________

This additional information will help to make sure we try to speak to a representative sample of the patient that are registered at this practice.

Are you? Male Female Age:_____________

Which ethnic background would you most closely identify with?______________________________________________

How would you describe how often you come to the practice?

Regularly Occasionally Very rarely

The information you supply us will be used lawfully, in accordance with the Data Protection Act 1998. The Data Protection Act 1998 gives you the right to know what information is held about you, and sets out rules to make sure that this information is handled properly. No one outside the practice will be able to access your contact details.