



## Friends of Amersham Health Centre News Letter September 2019

**Practice News** for further information log into:  
<https://www.amershamhealthcentre.co.uk>

The GP Surgery will be closed for Staff Training on the following dates from 12:30pm onwards :

Wednesday 18th September 2019

Tuesday 15th October 2019

Thursday 21st November 2019

In an emergency when we are closed please phone Bucks 24/7 0300 033 9888 for advice or medical attention.

The surgery is now using **Chain SMS**

This is a system which allows the surgery to easily send messages to patients. Examples being reminders and notifications ( eg prescription ready): responding to simple queries: letting you know they tried to call you: sending advice at the end of consultation.

For further information about the system go to the surgery website.

### **Flu Clinics for only 65 years +**

**14<sup>th</sup> September 9.00 am – 11.45am**

**BOOK YOUR APPOINTMENT NOW.**

Amersham Health Centre are now taking bookings for the Autumn flu clinics. Seasonal vaccinations provide a valuable source of income for the practice, so please support your surgery.

Due to a delay in manufacturing the surgery is unable to book appointments for At Risk Patients and those under 65years. Please check the surgery website for updated information.

### **Missed appointments**

For the 2 months of July and August

	Number missed
<b>Doctors</b>	61
<b>Express</b>	9
<b>Online</b>	2
<b>Phlebotomy</b>	46
<b>Nurse</b>	37
<b>TOTAL</b>	<u>155</u>

When totalled up, the missed appointments over two months can work out at up to 3 full clinic days! This affects everyone one of us who wants to make an appointment at the surgery.

## **FAHC News**

### **Waitrose Tokens**

A big thank you to those who were able to support the Waitrose green token collection. Ours was the most supported group and we have been given a donation of £220 from Waitrose.

The money will be going towards the purchase of a new, more user friendly, check-in screen for patients coming to the surgery which will cost in the region of £2,500.

### **Primary Care Network (PCN)**

The Patient Participation Group chairs of each of the surgeries in our PNC, The Mid Chiltern PCN, met recently to discuss the shape and format of the group. We will keep you informed of further developments, progress and actions of the group.

## **Health**

### **What to do if someone chokes**

KEEP CALM

#### Choking adult – what to look for

If you think someone is choking, ask them: 'Are you choking?' to check they're not suffering from something else. Can they speak, cry, cough or breathe?

If they can, they should be able to clear their throat on their own by coughing, so encourage them to cough.

If they can't cough or make any noise, it's serious.

#### Step 1: 999 or 111

Get someone nearby to call an ambulance while you deal with the person in case you cannot dislodge the blockage.

#### Choking adult – what you need to do

Help clear their throat with these three steps.

#### Step 2: Cough it out

- Encourage them to cough. If this doesn't clear the obstruction, support their upper body with one hand and help them lean forward.

#### Step 3: Slap it out

- If coughing doesn't work, help the casualty bend forward
- Use the heel of your hand to give up to five sharp back blows between their shoulder blades.
- Check their mouth to see if there's anything in there and, if there is, get them to pick it out.



## Step 4: Squeeze it out



- If back blows don't work, give up to five abdominal thrusts. Stand behind them.
- Link your hands between their tummy button and the bottom of their chest, with your lower hand clenched in a fist.
- Pull sharply inwards and upwards.

## If you are on your own



Use the back of a chair to help you push air up through your lungs in order to remove the blockage. For further information on how to help children and babies, log onto <http://www.sja.org.uk> or <https://www.nhs.uk/common-health-questions>

## Medical Awareness device card when travelling

If you are travelling by plane and are taking a medical device (such as insulin pumps, continuous monitoring systems and freestyle libre devices) these devices need to be protected from damage by airport scanners. Getting a medical device card, could help to keep them safe.

For further information go to

[www.buckinghamshireccq.nhs.uk](http://www.buckinghamshireccq.nhs.uk) and then search medical awareness cards. These can be downloaded from the CAA website on [www.caa.co.uk](http://www.caa.co.uk)

For your information, the Care Quality Commission produces a monthly update of their work. If you are interested in health issues

[cqc.org.uk](http://cqc.org.uk)

## Diary Dates

**September 5<sup>th</sup>** 7.00pm

An open meeting with Dr Gabe in The Barn Hall (by the swimming pool)

**November 5<sup>th</sup>** 2.30pm

An afternoon talk on type 2 Diabetes given by Dr Layng in the Barn Hall