



Staunton & Corse Surgery Patient Group

www.stauntonsurgery.co.uk

NEWSLETTER No. 15

Summer 2010

The season of summer, sunshine and salads – not to mention summer holidays! Rachel has useful tips for summer health and the surgery “Health Topics” notice board focuses on the theme of healthy eating. The Patient Group has recently revamped its table and notice board at the surgery entrance and, in future, our folder and the web-site will include copies of minutes as well as the newsletter. As always, we would welcome your suggestions for topics for discussion and display and articles you would like to see included in the quarterly newsletter.



Current concerns about the new NHS Summary Care Records and the need for patients to decide whether to opt out have prompted inclusion of an article by the Project Manager. Together with details you have already received, we hope this will help you to decide whether you are happy to have information transferred to the new database. There are pros and cons to any system and the decision can be yours alone – if it is well implemented and the information is accurate and up to date, it could save lives in the future. We are also assured that the NHS is exercising due care and diligence to protect your records from unauthorised access.



Rachel's Tips – Summer Health Advice

Last month we looked at Exercise and Walking – we have already had some nice warm days so hope the walking is going well. Would anyone be interested in starting a walking for health group (please contact me)?

This month we look at healthy diets, changes in diet and increased levels of physical activity can help to reduce cholesterol levels and promote a good feeling of wellness. One should aim for well balanced meals and good portion control, it is important not to skip breakfast.

At this time of year hopefully some meals will be taken out doors, remember to well cook meat and burgers over the barbecue and add in salads, which

will go towards your 5 portions of fruit and vegetables. Summer fruits are plentiful – think about making these into juices – this is a good way to increase your vitamin intake and increase your fluid levels especially important for both exercise and summer weather. Add natural yoghurts to the summer fruits this will increase your daily proteins but avoid adding sugar to the fruits and extra salt to vegetables.

Alcohol should be limited to 2-3 units per day for females and 3-4 units for males.

Remember to take care of your skin while enjoying your holidays, walks and other forms of exercise.

Rachel J Jacques

Farewell Jayne - Retirement of Dr. Mason

Some of you may have heard that I will be 'hanging up my Stethoscope' at the end of September. It doesn't seem 20 years since I first crossed the threshold of Staunton and Corse Surgery as a trainee in 1990, and in the following year I was lucky enough to be invited to join the practice as a partner.

I have thoroughly enjoyed working as a GP in the village, and this is all down to the people I have worked with and you the patients. Over the years I have come to know many of you very well and will miss seeing you in the consulting room although the community being as it is I am sure we will bump into one another from time to time.

My plans for retirement are, with my husband Dick, to expand our small holding. The first job will be to get some pigs. I know I should go for Gloucester Old Spots but I was rather taken by some Oxford Sandy Blacks while on holiday recently. I am sure this will keep me busy if not a bit harassed at times!

Finally I would like to thank everyone who has made my time at the Surgery so enjoyable and memorable, I'll miss you all.



Jayne Mason

Heart Start Courses

The next course arranged by the Patient Group is at Corse & Staunton Village Hall on **Tuesday 10th August at 7.30 pm**. Please phone to update your interest and availability and secure a place on this course.

Sheila Millichap (Secretary) 01452 840329



Your Summary Care Record

Scenario - A previously fit and well man who lives alone is found confused, aggressive and wandering the streets at night. His neighbours are concerned, and fearing for his safety, call the emergency services who take him to the local A&E department. The doctor investigates for commoner causes of confusion in this age group but finds nothing significant.

She goes to the computer, puts her smartcard in the reader, types in her passcode and searches for the patient's Summary Care Record, where she sees he's on warfarin, which will make him more susceptible to bleeding. She promptly arranges a scan of his head, which shows a significant bleed within his skull (from a previous fall). He becomes more unwell; after discussion with neurosurgical colleagues, he is transferred rapidly to the regional centre where he undergoes neurosurgery and makes a good recovery. **A potentially life threatening diagnosis is made earlier, and definitive treatment can occur sooner.**

So what is this new type of health record? - It is the Summary Care Record (SCR) which is held on the secure NHS network (not part of the world wide web) and is only available to NHS staff with pre-authorized access using a "Smartcard". This has a chip and pin like your bank card and gives the holder levels of access relevant to their job. For example, the A&E doctor in the scenario had access to the SCR but her colleagues on the wards will not – they don't need it. Similarly, a GP will be able to see the SCR but receptionists won't as they are not medically qualified.

The Smartcard not only restricts access, it can also be used to control it. Each time the SCR is accessed the patient must be asked for permission (except in an emergency as we have seen). In all cases, an alert message is sent to the Privacy Officer in the Primary Care Trust who will ensure that patient data was not accessed inappropriately. If there is a query the patient will be told. The smartcard can only be used with special readers, unique authentication software, physical security and staff trained in their legal obligations when accessing patient information.

Adding Information - Apart from security, many people are concerned that more data will be added over time without them knowing. Clinical and patient groups are being consulted about how the SCR can be improved. Patients have suggested the adding of donor status, living wills and next of kin. Clinicians have requested outpatient, A&E and inpatient discharge summaries. The challenge for the NHS will be to strike a balance between what other information items are useful without making the SCR too cumbersome. Remember, it is intended to be a summary to help clinicians working in out of hours and emergency care settings, as well as GPs treating temporary residents.

Use of Information - Some people have expressed concerns about the information being searched by civil servants or private companies. The Government have given a guarantee, backed up by laws like the Data Protection Act 1998 and the Computer Misuse Act, 1990 that this cannot and will not happen. Remember, all accesses generate alerts which can be audited.

The NHS has invested in making sure that SCR is secure and useful to clinicians in treating patients. It will develop as having important information available to clinicians wherever and whenever it is needed has got to be good for patients. For more information visit the web site on www.nhscarerecords.nhs.uk.

David Tucker, Project Manager Summary Care Records

Health and your Holiday Check List

Do you need vaccinations? • Is your European Health Insurance Card up to date or do you have private travel insurance with adequate medical cover? • If you need regular medication, have you arranged extra supply from the pharmacy? • Don't forget to pack sun cream/sun block, especially for the very young and the elderly and remember the mosquito repellent! • Comfy shoes are recommended when flying (and coping with the endless airport concourses!) and consider support stockings for long haul flights. • On car journeys, carry plenty of cool drinks (especially if you risk of being stuck in one of those interminable holiday traffic jams!).

.....And finally, stir in lots of rest and relaxation and enjoy your well earned break.



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