



Compass House
Medical Centres

Patient Newsletter

Welcome to our patient newsletter which we publish every other month. Our aim is to keep you informed of services at Compass House and give you important insights into getting the most out of the Practice.

Serving Brixham, Galmpton, Kingswear, Churston and parts of Paignton

April 2019



Birthday Medical Review (BMR)

In the last 12 months we have moved to a system where an annual check for patients with long term conditions is in the same month as their birthday. This makes it easier for patients to remember when their annual review is due. Eligible patients do not have to wait for an invitation letter; you can book your appointment in the month of your birthday up to 4 weeks in advance.

If you are happy to receive a text message on your mobile phone we can send a reminder a few weeks in advance. Please ensure we have your up to date mobile number so that we can do this.

Who is eligible for a BMR?

Patients who have one or more of the conditions listed below, or a related condition which requires regular checks.

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- Asthma
- Ischaemic Heart Disease or Stroke/TIA
- COPD
- Dementia
- Diabetes
- Hypertension
- Rheumatoid Arthritis

Please note that even if you are not taking medication currently, regular checks are important. This is not a medication review - it is a **medical review** of your health.

Shingles

Are you in your 70's? You could be eligible for a shingles vaccination.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. Shingles is also fatal for around 1 in 1,000 over-70s who develop it.

The shingles vaccine is given to primarily reduce the severity of the neuralgia (nerve pain) that follows the infection and to slightly reduce the severity and duration of the rash itself. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

To check your eligibility visit –

<https://www.nhs.uk/conditions/vaccinations/who-can-have-the-shingles-vaccine/>
or call our Patient Care Advisors on the surgery number who will look into this for you.



Patient Participation Group

Are you interested in joining our Patient Participation Group? Our next meeting is on the 24th April at 6pm at our Galampton surgery.



We welcome patients to come along and provide their views to help shape future surgery development. We would like to be more representative of our community so would be particularly keen for patients under 50 or who have younger families to join our current PPG and share their views and ideas to shape future healthcare. If you are unsure about what is involved we have listed some of the supportive roles members of the PPG can provide-

- Being a critical friend to the practice
- Advising the practice on the patient perspective and providing insight into the responsiveness and quality of services
- Encouraging patients to take greater responsibility for their own and their family's health
- Carrying out research into the views of those who use the practice
- Organising health promotion events and improving health literacy
- Regular communication with the patient population
- Fundraising for practice equipment to improve patient care

If you are interested in joining or want to let us know you are attending our next meeting please email compasshouse@nhs.net or we can put you in touch with our Compass House PPG Chair, Kathleen Lund

Keep fit & healthy

Any form of exercise can reduce your risk of major illnesses such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%.

Whatever your age, there is strong scientific evidence that being physically active can help you lead a healthier and happier life.



People who exercise regularly have a lower risk of developing many long-term (chronic) conditions such as heart disease, type 2 diabetes, stroke and some cancers.

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.

To stay healthy, adults should try to be active every day and aim to achieve at least 150 minutes of physical activity over a week through a variety of activities.

For most people, the easiest way to get moving is to make activity part of everyday life, like walking or cycling instead of using the car to get around. However, the more you do, the better, and taking part in activities such as sports and exercise will make you even healthier.

For more information visit -<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

March Practice Stats - Did you know?

In March we dealt with:

- 20,042 incoming calls
- 5567 face to face consultations
- 2164 telephone consultations
- 109 Home visits
- 4994 paper prescription items
- 31,264 electronic prescription items
- 4,088 items of clinical post / email
- 3075 lab reports assessed
- Referred 1033 patients
- 138 patients did not attend pre-booked appointments



Did you know you can follow us on Facebook and twitter? Please like and share our pages to keep up to date with our latest news and useful Health Care tips.

<https://www.facebook.com/compasshousemedical/>

<https://twitter.com/CompassHouseGP>

Supporting the community

Dr Bromige is the local medical advisor to the Torbay lifeboat crew and he will be joining them in a demanding endurance challenge, running a total of 500 miles during a non-stop 24-hour period.

The team are tackling this challenge to raise funds and awareness for **Prostate Cancer UK**, in memory of a former crew mate.

The **24/500 Endurance Challenge** will take place over a 1.5 mile distance between two points along Brixham's waterfront. It begins at the Torbay Lifeboat Station (near Brixham Breakwater), passing the Marina, Prince William Quay, outer and inner harbours, The Quay and Brixham Fish Market, turning again just outside the Brixham Marine Laboratory.

Prostate cancer is the most common cancer affecting men. 1 in 8 men are likely to be diagnosed at some point but early diagnosis means that many treatments are available. Research into this common disease is also vital as is awareness among men of all ages and their families.



The event will take place on Saturday 18th/Sunday 19th May, and it would be great if you could go along and show your support for the team as they run this difficult challenge. Alternatively you can show your support by donating vital funds to this worthy cause. The link for the Just giving page is listed below or we have donation boxes at both Practices.

JUST GIVING PAGE:

<https://www.justgiving.com/fundraising/24-500-endurance-challenge>

Diabetes Prevention

Around 200,000 people are diagnosed with Type 2 diabetes every year, You are at a higher risk of developing type 2 Diabetes if you are over-weight or have low levels of activity



However, there is strong evidence that the onset of Type 2 diabetes can be prevented or delayed in those at high risk through improved quality of diet, increase in physical activity and through successful weight loss.

Making small changes to your lifestyle now can make a big impact on your future health. This means you can reduce your risk of developing Type 2 diabetes and the risk of serious complications that can come with it.

Finding out your risk of Type 2 diabetes only takes a few minutes.

To check your risk of diabetes try the risk tool on -<https://riskscore.diabetes.org.uk/>

If you have a high risk contact our Patient Care Advisors on 01803 855897 and we will arrange either a call or appointment with one of our nursing team to discuss this further with you.

Bowel Cancer Awareness Month

April is Bowel Cancer Awareness Month. Every 15 minutes someone is diagnosed with bowel cancer and it is the the UK's second biggest cancer killer but it shouldn't be. It is treatable and curable especially if diagnosed early. Nearly everyone survives bowel cancer if diagnosed at the earliest stage however this drops significantly as the disease develops. Early diagnosis really does save lives. Being aware of the key symptoms and visiting a clinician if things don't feel right can help increase chances of an early diagnosis.



The symptoms of bowel cancer can include:

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. If you have one or more of these, or if things just don't feel right, speak to one of our clinicians who can discuss your symptoms.

Feedback



If you have any feedback about the services we provide or have an idea or suggestion we would love to hear from you. Please get in touch via email compasshouse@nhs.net or use the feedback boxes located in both Practices