

THE BRIDGES

NEWSLETTER

Hello, welcome to our Winter Edition Newsletter



The Bridges
Medical Practice

Christmas & New Year
Hours

SURGERY CLOSED

Monday 27th December
Tuesday 28th December
Monday 3rd January

COVID BOOSTER

We are working really hard to get everyone booked in for their booster vaccination please bear with us.

Thank you for your patience

Welcome Jamie!
Jamie is our new Receptionist who has recently joined the practice.

Happy Retirement!
Sue Lewis our Practice Nurse worked for the surgery for over 25 years! Enjoy your retirement Sue!

Keeping your home warm this Winter



Follow these tips to keep you and your family warm:

- if you're not very mobile, are 65 or over, or have a health condition such as heart or lung disease, heat your home to at least 18C
- keep your bedroom at 18C at night if you can - and keep bedroom windows closed
- if you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you are comfortable
- use a hot water bottle or electric blanket to keep warm in bed - but do not use both at the same time
- have at least one hot meal a day - eating regularly helps keep you warm
- have hot drinks regularly
- draw curtains at dusk and keep doors closed to block out draughts



A Day In The life of ...

On every newsletter we publish in the forthcoming months, we will be focusing on the staff roles here at the Bridges Medical Practice to give you an idea of what happens in a typical working day.

In this newsletter we will be focusing on a Day In The Life of a Nurse Practitioner.

Nurse Practitioners are registered nurses with advanced university education. They are trained to assess patient needs, request diagnostics, diagnose disease and formulate treatment plans.

Nurse Practitioner - Louise Bell gives us an insight on her typical working day.

08.30 - 08.40 I check my emails and respond to them where necessary.

08.40 - 11.20 Telephone triage and assessment. I decide if patients need to be seen face to face and how urgently. Diagnosing and prescribing where necessary.

I have face to face appointments, assessing, diagnosing, treating, and referring patients depending on need. Sometimes patients may need admitting to hospital which has to be arranged by calling the hospital and handing over the clinical details, as well as organising an ambulance if required. These patients may need extra care or treatment in the surgery prior to admission.

11.20 - 11.30 Coffee break with an opportunity to discuss any clinical issues

11.30 - 12.00 I check through the urgent telephone triage and e-Consults


12.00 - 12.30 More pre-booked face to face appointments

12.30 - 13.00 During this time I answer my clinical tasks. I make referrals that are needed. I catch up on messages and emails. Review any blood pressure diaries that patients have completed and arrange follow up appointments. I check any blood pressure readings on the digital platform and address any concerns.

13.00 - 14.00 I have a lunch break and then start urgent on the day home visits if required. I then catch up on administrative tasks.

14.00 - 17.00 I continue to do home visits. If I am not visiting, I will be holding an afternoon clinic with a mixture of pre-booked, urgent telephone and face to face appointments.

I then complete my administrative tasks.



Things are tough right now - Please be kind

The NHS is under real pressure at the moment, including primary care.

We're doing all we can to provide a safe and helpful service to you, but we are facing an unprecedented number of cases while trying to deal with the ongoing pandemic and its effect on our staff and patients.

Please bear with us while we work through this difficult period.

We're your primary care, and we're here for you.

Please be here for us too



THANK YOU!

To all the volunteers who helped keep our flu clinics running smoothly.

FLU JAB?
If you have not had your flu vaccination yet please make an appointment.

All about NHS 111

NHS 111 helps people get the right advice and treatment when they urgently need it.

Clinicians, such as nurses, doctors, pharmacists and paramedics now play an important role in NHS 111. In fact, over 50% of people who call 111 speak to someone in one of these roles.

In many cases NHS 111 clinicians and call advisors can give patients the advice they need without using another service such as their GP or A&E.

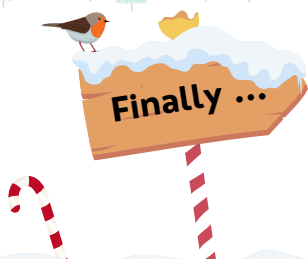
If needed, NHS 111 can book patients in to be seen at their local A&E / emergency department or an urgent treatment centre, emergency dental services, pharmacy or another more appropriate local service – as well as send an ambulance should the patient's condition be serious or life-threatening.

NHS 111 is here to make it easier and quicker for patients to get the right advice or treatment they need, be that for their physical or mental health.

24 hours a day, 7 days a week.

To get help from NHS 111, you can:

- Go online to [nhs.uk](https://www.nhs.uk) (for assessment of people aged 5 and over only).
- Call 111 for free from a landline or mobile phone.



**The Bridges Medical Practice
would like to wish everyone a
Happy Christmas
&
New Year!**

