

Welcome to our Winter Newsletter

In this edition, we delve into winter vaccinations and their ongoing significance. What measures can we implement to improve our DNA rates? Additionally, we will cover other relevant topics.

Welcoming New Team Members

We warmly welcome our new salaried GPs, Dr. Isiaka Semiu and to Dr. Amala Chime, (who will be joining us in January).

Farewell

It is with regret that we bid farewell to Dr. Esmael. We wish him all the best in his future endeavors.

We also send our best wishes to Nidhi Chodankor and Jack Brennan as they embark on their new journeys.

Thank you!

A big thank you to our PPG (Patient Participation Group) volunteers who supported us during this year's flu clinics.

Surgery Christmas Closure Dates

Thursday 25th December

Friday 26th December

Thursday 1st January

If you require medical advice or assistance please ring 111

For life-threatening emergencies ring 999

Telephone 01305 774411

Email: thebridgesmedicalcentre@dorsetgp.nhs.uk

Website: thebridgesmedicalcentre.co.uk

Winter Vaccinations and Winter Health

There are some things you can do to help yourself stay well in winter. This includes getting your flu vaccination.

Flu vaccine

Getting your flu vaccine every year, if you're eligible, tops up your protection and reduces your risk of getting severe symptoms.

It's not too late to book these vaccinations. Ring the surgery to book an appointment.

OCTOBER STATISTICS

HOME VISITS

197

APPOINTMENTS
MADE

11998

DNAs
(DID NOT
ATTEND)
APPOINTMENTS

655

REFERRALS
MADE

707

DNAs (Did not Attend)

Our DNA rates have consistently been high, and we aim to reduce them.

On average, we are losing around 100 hours each month due to patients who fail to attend their appointments without notifying us. This not only wastes valuable appointment time, but it also limits availability for other patients who need to book an appointment.

We would like to change this situation, and we need your help to cancel appointments when they are no longer necessary. This will free up the appointment slot for another patient in need.

Ways to cancel your appointment are:

- NHS App - If you have this app you can use this to cancel your appointment.
- Reply to your appointment TEXT reminder you are given the option to text CANCEL.
- Ring the surgery, or pop into the surgery and let us know.

Identifying Irregular Heartbeats



General practitioners and clinicians check pulses to detect atrial fibrillation (AF), which is characterised by irregular heartbeats. AF is a prevalent heart rhythm disorder that can manifest through symptoms such as palpitations, shortness of breath, and an irregular pulse.

By assessing pulses, GPs can swiftly determine if a patient needs further investigations to diagnose AF. Regular pulse checks are an essential component of preventive healthcare, enabling early detection and management of AF. This proactive approach can significantly enhance the patient's quality of life and lessen the risk of serious health issues.

During our recent flu clinics, our clinicians conducted 2329 pulse checks. 6 of these patients went on to be diagnosed with atrial fibrillation (AF).

Clinicians also measured blood pressure readings for 25 patients, of which 13 were requested to monitor their blood pressure for an additional 7 days and submit their readings to their GP for follow-up.

A purple poster with the NHS logo at the top. It features a central image of a baby eating a banana. Three speech bubbles contain questions: 'Can I get help with childcare costs?', 'How can I prepare my child to start school?', and 'When should I wean my baby?'. The text 'For parents' questions, BIG & small.' is prominently displayed. At the bottom, it says 'Get advice and support at BestStartInLife.gov.uk' and 'BEST START IN LIFE'.

Being a parent is full of joyful firsts but some stages can feel daunting.

Best Start in Life brings together trusted advice and support, from pregnancy to childcare and beyond. Find out more at [Best Start In Life](https://www.beststartinlife.gov.uk).



Blood Pressure

Do you know your numbers?

High blood pressure (hypertension)

Blood pressure is the pressure of blood in the arteries. The arteries are vessels that carry blood from the heart around the body.

There needs to be a certain level of pressure in the arteries to move blood around the body. But, if blood pressure is higher than recommended, over time it increases the risk of cardiovascular diseases like stroke or heart attack. High blood pressure (or hypertension) is usually diagnosed if your blood pressure is regularly above 140/90 mmHg.



Simple Three Bean Chili Recipe

- 2 Medium Onion (peeled and finely diced)
- 4 Cloves Garlic (peeled and finely chopped)
- 1 (400g) Can Red Kidney Beans (drained)
- 1 (400g) Can Cannellini Bean (drained)
- 1 (400g) Can Black Beans (drained)
- 2 (400g) Cans Chopped Tomatoes
- 200 ml Vegetable Stock
- 2 Teaspoons Chipotle Paste
- 1 Teaspoon Smoked Paprika
- 1 Tablespoon Chocolate Powder
- 1 Medium Lime (juiced)
- 10 g Coriander (finely chopped)
- 1 Tablespoon Olive Oil

- Heat the the olive oil in a large pan over a medium-high heat. Toss in the onion and garlic and fry for 2-3 minutes until soft.
- Mix the chipotle paste, smoked paprika and chocolate powder into the cooking onions. Then pour in the chopped tomatoes, canned beans and vegetable stock. Stir the pan to evenly combine all the ingredients. Then bring to a simmer and cook for 20 minutes.
- Remove the pan from the heat and mix in the lime juice and chopped coriander. Season to taste.