



April 2008

Haddenham Health News

Farwell to Dr Hugh Stradling

**The time has come" the walrus said,
"to speak of many things" – but this time it's retirement!**

Yes, it has finally come to the crunch. It has been planned from my entry into General Practice thirty one years ago. My medical parents had retired at 60 and I was going to do the same. All the financial planning was geared to it and the gradual wind-down through part-time working would ease me into it gently. As I write this, I only have eight more days in the surgery, spread over the month of April as I work only two days each week in the practice. So what about the other days in the week? Over the last three years I have been building up other medical education related jobs to replace the surgery work. Helping the next generation of doctors has become a most fascinating and challenging role, especially in the current climate of such constant change (which I do not believe helps patients or staff to have or give the best care!). But if someone is to care for me when the dementia gets really bad, then someone needs to help these younger doctors – who often look a bit like rabbits in the headlights with everything being thrown at them. Although as young doctors, I and my colleagues worked very long hours, I think the current climate is much harder to work in.

Will I miss it all? As the day draws closer, I have realized just how much I really have loved the patient contact, most of whom I consider to be good friends. We have been through many deep and meaningful experiences together and these cannot be forgotten easily. This loss is going to be a very big bereavement which will be hard to replace. But the other great loss will be the contact with my colleagues in the team - a team who have been so devoted to high standards of patient care and who have wanted to support each other in their delivery of that care. There is always a camaraderie in a medical team and this will be greatly missed (I can see myself sliding back into the staff room just to be a part of the banter for a while!). I want to thank them for the enormous place they have held in my life as we have battled the NHS together as a team.

So how will I fill my time? Of the many retired patients who I have had the privilege to look after, many have said they can't see how they ever had time to go to work. I think this will be true of me too. I was always brought up to have numerous interests. So piano playing, piano restoration, woodworking, photography especially of wildlife, genealogy, medical education roles with medical students through to established doctors, teaching and pastoring in the local church – and no doubt someone will find something else too, like being a grandad (my first grandchild being born a week before I retire). I hope the odd siesta and multiple trips to Scotland will feature as the Highlands are a wonderful place to stop and wonder at creation (not that I haven't done that with every consultation!). I think that Tricia and I will have no trouble enjoying our retirement – I know it will be very busy for a long time to come.

I want to thank the patients who I have cared for these many years for the privilege it has been, the fun it has been, sometimes the entertainment we have shared, many times the tears we have shared over the most difficult of situations, but always a rewarding, albeit so often a challenging, time together. I know the practice is in excellent hands now and would encourage everyone to welcome Dr Karen West who will be joining the practice in July to replace me. Apart from teaching, I will be hanging up my stethoscope, so no locums are foreseen as there will be so much else to do.

Tricia and I are not leaving the village, so we will be walking around and hope to continue seeing most (if not all) of you in excellent health. So au revoir for now.

Hugh Stradling

COMMUNITY DRIVING

Tessa Volders

'Driving for the Community'

Tessa will take you to hospital giving you a personal service if needed (wheelchair etc)
Other journeys taken into consideration
Charges according to trip

Over 20 years of experience & care
for the community

Please phone for more details
01844 281414
Mobile 07894 338682

BEREAVED

Have you had a bereavement and wish to talk to someone?

Thame Community Hospital

Offers a Bereavement Listening Service

For more information on this free service
contact Tracy on 01844 212727

50/50 club draw winners

| | |
|--------------------|----------------------|
| March 2008 | April 2008 |
| 1st prize B Bowman | 1st prize J Fountain |
| 2nd prize M Smith | 2nd prize J Matthews |

Harmoni Out of Hours Services in Buckinghamshire

Who are Harmoni?

Provider of out of hours care to over 3m patients
6% of population covered
Started as a GP Co-operative in Harrow in 1996
HARROW Medics **ON** call Incorporated
150 GPs in original service - Increased to nearly 400 GPs by 1999
Commercial organisation owned by over 600 GP's

What do they do in Buckinghamshire today

Provide Out of Hours Clinical Services across the County
Call Centre in Manor House, Aylesbury - Call Handling & Triage
Primary Care Centres (OOH GP Clinics) in Stoke Mandeville Hospital, Wycombe General Hospital, Amersham Health Centre and Buckingham Hospital
In Hours Link Line Service

A Patients Journey

The current patient experience of Out of Hours Care in Buckinghamshire

Patient telephones GP surgery
2 possible outcomes
Call Harmoni OOH service 0845 450 2530
Advice call NHSD on 0845 4647

Patient contacts Harmoni.
A call handler will ask the patient for basic demographics and current symptoms.

The patient will be passed on to a nurse or GP who will establish the patients medical need.

There are 3 possible outcomes

| | | |
|---|---|--|
| Advice | Primary Care Centre Visit | Home Visit |
| Homecare Advice or see own GP &E referral Pharmacy referral | The patient is offered to attend a clinic and see a Doctor | A doctor will visit the patient in order of clinical priority |

DOCTORS IN THE PRACTICE

Dr. Jonathan Sadler
Dr. Hugh Stradling
Dr. Mark Howcutt
Dr. Nicola Hutcheson
Dr. Kaye Smith (Retainer)

MEDICAL CENTRE
Mon-Fri 8am - 6pm
Closed 12.30 - 1.30

MEDICAL CENTRE
Tel: 0844 477 8575
Fax: 0844 477 8576

HARMONI
0845 450 2530

HEALTH NEWS

Is a means of communication between the Medical Centre staff and patients.

If you have an article to contribute please send to:

HEALTH NEWS
c/o The Medical Centre,
Stanbridge Road,
Haddenham,
Bucks
HP17 8JX

Or hand it in at reception marked "Health News"

**Your used stamps can help fund
Florence Nightingale Hospice,
(www.fnfh.org.uk) please bring
them in and hand to reception.**

Future Educational Talks
organised by the New Haddenham Health Support Group.
Living with Alzheimer – (to be confirmed)

The New Haddenham Health Supporters Group

ACUPUNCTURE FOR HEALTH Educational Talk

Acupuncture is used in hospitals throughout China to treat many common conditions which many of us suffer from today. These include: arthritis, back pain, irritable bowel syndrome, high blood pressure, menstrual problems, migraine, menopausal symptoms, sports injuries, sciatica, stress and anxiety.

James Thirwall will be giving an informal talk about the use of acupuncture and its benefits. The talk will cover:

- The origins of acupuncture
- How acupuncture works
- Conditions that acupuncture can help to treat
- The difference between Traditional acupuncture and Medical acupuncture
- Acupuncture techniques such as needling and cupping

James is the acupuncturist at the Haddenham Medical Centre. He has a particular interest in chronic pain, dietary therapy and Chinese medical massage. He is a member of the British Acupuncture Council and runs a lecture programme about acupuncture in Oxford.

If you have questions about acupuncture before May 8th
please contact James on 07726 945341 or email info@jamesthirwall.co.uk.

**Thursday 8th May 2008 at the Medical Centre
From 7.30pm**

Tea/Coffee will be available

If you would like to attend this evening please complete the reply slip below and return to Dawn Anstead at the Medical Centre or email dawn.anstead@nhs.net by Friday 2nd May 2008

Each reply slip will be allocated a Lucky Number and will be entered into a draw to win a free consultation with James.

Please note numbers will be limited, so tickets will be available on a first come first served basis

**I would like to attend the Educational Talk on Acupuncture for Health with James
Thirwall on Thursday 8th May @ 7.30pm**

Name..... **please allocate me** **seat(s)**

The NHS Care Records System and the Big Opt Out

The Department of Health is hoping, at some point in time, to transfer the medical records of everyone to a centrally-held, government-controlled database called the NHS Care Records System or NHS "spine". This will make a patients' entire medical records potentially viewable to anyone working within the NHS. Your GP records would then no longer be held at the surgery and the Department of Health would become the data-controller for your medical records, replacing your GP.

Your data will be available, without your consent and in an identifiable way, to thousands of non-clinical health administrators.

The Department of Health wants patients' medical records to be uploaded by default, unless the patient actively objects – an "opt out" mechanism: that is, if you do and say nothing, your notes will be uploaded. The British Medical Association, as well as many GPs, does not support presumed consent but strongly believes that patients should be asked to give informed, explicit consent before their health records are placed on a national database, i.e. an "opt in" mechanism: your notes should remain with your GP until such time as you indicate that you actively wish for them to be uploaded (if ever).

Many GPs would prefer not to accept an "opt out" mechanism for such a sensitive action. Government cannot upload data from patients who have "opted out".

We would encourage you to think carefully about whether you want your information to be uploaded. For more information please visit the following website: The Big Opt Out – <http://www.nhsconfidentiality.org> You DO NOT need to make an appointment with a GP to opt out. Just fill in a form and hand it in, post or fax it to us. We will respect your wishes and will add the appropriate upload-blocking read codes to your notes, as well as scanning the letter into your records. Your medical records will then remain under GP-control and not be uploaded whatsoever.

Opting out of the NHS Care Records System will not affect the medical care and treatment that you receive from Haddenham Medical Centre. It will not affect the ability for your GP to refer you to a specialist for further care, should this be necessary, nor does it mean that you will be unable to receive NHS care.

There are no immediate plans to upload your records so you have nothing to lose by opting out now. You can opt in to the NHS Care Records Service at any time in the future if you become satisfied with the security arrangements at a later stage.

BRAIN INJURY AWARENESS WEEK

Services and support for people with brain injury

Community Head Injury Service

**Bucks County Council
Adult Social Care**

**HEADWAY
the brain injury association**

As part of an integrated service they support people with a brain injury:

A needs assessment for the brain injured individual.

Support and companionship for people with brain injury

In understanding the effects of their injury

Carers assessments

Support for their families and friends

In rebuilding independence and developing coping strategies

Support at home for those who require assistance and meet the criteria.

Information and signpost on to relevant professionals.
Day Services for those for whom it is suitable

In returning to previous or alternative work, education or training.

Support to claim welfare benefits
Information and signposting to other relevant organisations.

Respite for carers and social events for members

For more information please contact:

The Community Head Injury Service on 01296 337760

For more information, phone the Contact Centre on 0845 3708090

For more information contact:
Elie D'Arcy on 01296 432726 (Aylesbury) Helena Tym on 0845 2255031 (South Bucks)