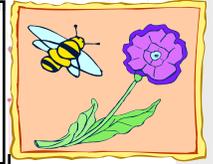


# SLOAN MEDICAL CENTRE NEWSLETTER



2 Little London Rd (Main) & 29 Blackstock Rd (Branch)

April 2014

Issue 5

## Important Changes to your Medical Records - What this means to you.

The General Practice Extraction Service (GPES) will be used to extract GP data each month. Initially, the data will cover the period from April 2013 onwards. The identifiers to be extracted are: NHS number, date of birth, postcode, and gender which will allow patients' GP data to be linked to their hospital data. No free text will be extracted, only coded information about referrals, NHS prescriptions and other clinical data

Now delayed until October 2014.

### Benefits of sharing information

It is important for the NHS to share information about the health needs of the population and the quality of the treatments they receive.

By sharing information in this way, researchers can identify patterns in disease and the most effective treatments. We can also:

- Find more effective ways of preventing or managing illnesses
- Advise local decision makers how best to meet the needs of local communities
- Promote public health by monitoring risks of disease spread
- Map out pathways of care to streamline inefficiencies and reduce waiting times
- Determine how to use NHS resources most fairly and efficiently

### What they will do with the Information

We will only use the minimum information needed to improve patient care and services. We are very careful with the information and we follow strict rules about how it is stored and used and have a thorough process that must be followed before any information can be shared.

When we share information we will make sure we do so in line with the law, national guidance and best practice.

Information that we publish will never identify a particular person

If you are happy for your information to be shared you do not need to do anything. There is no form to fill in and nothing to sign.

And you can change your mind at any time. If you have any questions or not happy for information to be shared please ask reception for an Opt out form.

For further information please see NHS Choice Website

[www.nhs.uk/caredata](http://www.nhs.uk/caredata)

## Dementia and Lifestyle

Living a healthy lifestyle is important for everyone, including people with dementia, and is the best way to help prevent dementia. Eating well and exercising are important for everyone to live well.

It's easy to feel isolated and alone if you or someone you care for has dementia. Keeping in contact with others is good for people with dementia because it helps them to keep active and stimulated

There are sources of help and support for everyone involved. It's natural to worry about the future, but it's important to remember that you're not alone. The NHS, social services and voluntary organisations will be able to provide advice and support.

## Hay fever

Hay fever is a common allergic condition that affects up to one in five people at some point in their life.

Symptoms of hay fever include:

- sneezing
- a runny nose
- itchy eyes



There is currently no cure for hay fever but most people are able to relieve symptoms with treatment, at least to a certain extent.

In an ideal world, the most effective way to control hay fever would be to avoid exposure to pollen. However, it's very difficult to avoid pollen, particularly during the summer months when you want to spend more time outdoors.

Many cases of hay fever can be controlled using over-the-counter medication available from your pharmacist. But if your symptoms are more troublesome it's worth speaking to your GP as you may require prescription medication.

**TEXT TO CANCEL** You can now Text us to cancel an appointment with your name, date of birth, and the date and time of your appointment on **07773728177**

or alternatively you can email [sloan.reception@nhs.net](mailto:sloan.reception@nhs.net) for main site and for branch please email.

[SHECCG.BlackstockRdSurgery@nhs.net](mailto:SHECCG.BlackstockRdSurgery@nhs.net)



## System Online

You can register with us for System online, You can make GP appointments, request telephone advice to speak with a Doctor and order any repeat medication.

Please ask at reception for details on how to register for a password.

## Dates for your Diary

Please note the surgery will be closed



**Good Friday 18th April and Easter Monday 21st April, 2014**

**Monday 5th May and Monday 26th May, 2014**

## Ongoing GP Training

**Tuesday 20th May** please note our phone lines will transfer over to the out of hours service, the surgery will remain open and the phone lines will return to normal on **Wednesday 21st at 8.00am—Thank You**

## PATIENT PARTICIPATION GROUP

**OUR NEXT MEETING IS TO BE HELD ON MONDAY 2nd JUNE, 2014 6.15PM - 7.15PM**

**IF YOU ARE INTERESTED IN JOINING PLEASE ASK RECEPTION FOR FURTHER DETAILS**

## Test Results

Please call between 2.30pm and 5.30pm to enquire about your test results as our reception staff should have more time to deal with your request between these times.