

BROCKHURST MEDICAL CENTRE NEWSLETTER - DECEMBER 2018



Waiting time - Coming down

Dr Sharma has begun putting into place surgery procedures that it is hope will bring appointment waiting times down from six weeks to less than two.

A new way of working at Brockhurst is being tested that will enable to empower people, to put you, the patient, in charge of your own health. Dr Sharma is testing a new method of consulting, involving technology at deeper levels and with an open range of options to consult.

The aim of this new way of working will be to:

- enhance the quality of care provided at Brockhurst Medical Centre.
- decrease the waiting time to under 2 weeks by end of February 2019.

Dr Sharma is working full time on this project for the next few months and not doing any routine clinic at this stage. There is no change in the number of appointments as we have contracted another doctor for two days and Dr. Garman would be doing the whole day Monday.

LEASE - Closing in

All the patients at the surgery have been wondering about the lease for the surgery.

It has been a long time coming, almost a year. But there are just a few minor points to be ironed out. There have been a number of emails going backwards and forwards between the partners, solicitors, Clinical Commissioning Group and the District Valuer (DV).

We have a good working relationship with the CCG who are supporting the practice towards completing the lease documents.

This could be an early Christmas present to us all!!

Health guidance on prescribing Medical Cannabis.

Dr Sharma has issued the government guidelines for prescribing Medical Cannabis. He said "I am sure it is not exactly what most people were hoping for, but at least it is a start."

"Medical cannabis" is a broad term for any sort of cannabis-based medicine used to relieve symptoms.

Many cannabis-based products are available to buy online, but their quality and content is not known. They may be illegal and potentially dangerous.



Inside this newsletter you will find more information about prescribing Cannabis based medicines.

Patient Online Services

Our Patient Online Access is an online facility that will:

1. enable you to make and cancel appointments
2. order prescriptions online.
- 3.. access to a summary of your medical records.

This could be an invaluable service for patients who have hectic life styles, work shifts or have mobility problems as it allows you to make or cancel appointments and order repeat medication at any time of the day. It also means you can even access your medical records from anywhere in the world should you require medical treatment on holiday.

Patients who are able to see their medical records online find it helps them to manage their medical conditions more effectively and become more involved in their care.

Patient Access has the same level of security as online banking. The information you view comes from the clinical system at your GP practice. This information is encrypted and sent securely from the GP system to your PC or laptop web browser. This means it is very difficult for anyone else to intercept and read the information. When you log off Patient Access or if there is a problem with your computer (e.g. power failure) all your confidential medical information is cleared from the system.

How to See Your Patient Access

Before you register to access online services, there are things that should be considered first, particularly in relation to accessing medical records.

Fibromyalgia

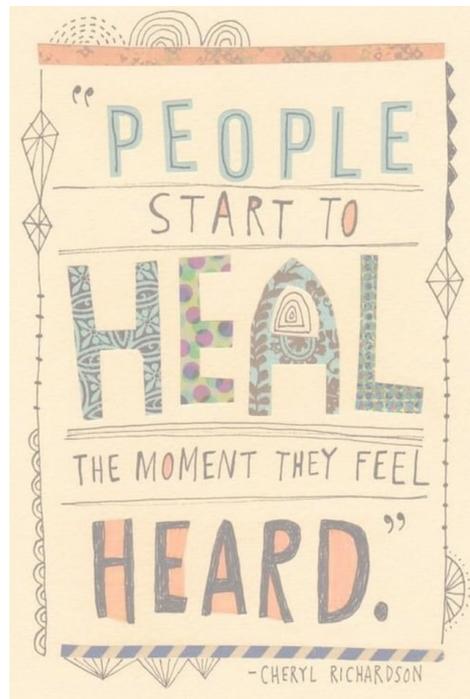
Is also called fibromyalgia syndrome (FMS) and is a long-term condition that causes pain all over the body.

As well as widespread pain, people with fibromyalgia may also have:

- increased sensitivity to pain
- fatigue (extreme tiredness)
- muscle stiffness
- difficulty sleeping
- problems with mental processes (known as "fibro-fog") – such as memory and concentration
- Headaches
- Irritable bowel syndrom (IBS) – a digestive

Booking Appointments online

A proportion of our pre-bookable appointments for GP's and blood test appointments have been allocated for online bookings at this time. Nurse appointments are not available online due to



different time slots required for procedures.

Ordering repeat prescriptions

This service is available to those who already have regular repeat medication prescribed. Patients are asked to maintain the usual notice period for prescriptions (i.e. 72 hours)

condition that causes stomach pain and bloating

Brockhurst Medical Centre is proposing to begin a small trial for a new process to help people who suffer.

A limited number of our patients, probably about 30, who meet criteria yet to be announced will begin the trial by the end of February. It will last for approximately nine months.

If, during the trial period, this proves to be successful then the trial numbers will be increased.

This trial is just the start of a number of processes that will be introduced during the coming months to this surgery. Online Patient Access is already under way, more of that inside this newsletter.

Medical cannabis (and cannabis oils)

Some products that might claim to be medical cannabis, such as hemp oil, are available to buy legally as food supplements from health stores. But there's no guarantee these are of good quality or provide any health benefits. And some cannabis-based products are available on prescription as medicinal cannabis. These are only likely to benefit a very small number of patients.

Can I get a prescription for medical cannabis?

Very few people in England are likely to get a prescription for medical cannabis. Currently, it is only likely to be prescribed for the following conditions:

- children and adults with rare, severe forms of epilepsy
- adults with vomiting or nausea caused by chemotherapy

And it would only be considered when other treatments weren't suitable or hadn't helped.

Epidiolex for Children and Adults with Epilepsy

Epidiolex is a highly purified liquid containing CBD (cannabidiol).

CBD is a chemical substance found in cannabis that has medical benefits. It won't get you high, because it doesn't contain THC (tetrahydrocannabinol), the chemical in cannabis that makes you high.

Epidiolex is not yet licensed in the UK but is currently going through the licensing system. In the meantime, the unlicensed medication can be prescribed for patients with Lennox-Gastaut syndrome and Dravet syndrome (both rare forms of epilepsy).

Nabilone for Chemotherapy Patients

Many people having chemotherapy will have periods where they feel sick or vomit. Nabilone can be prescribed by a specialist to help relieve these symptoms, but only when other treatments haven't helped or aren't suitable.

Nabilone is a medicine, taken as a capsule, that has been developed to act in a similar way to THC (the chemical in cannabis that makes you high). You may have heard it described as a "man-made form of cannabis". The medicine has been licensed in the UK. This means it has passed strict quality and safety tests, and is proven to have medical benefit.

Nabiximols (Sativex) for MS

Nabiximols (Sativex) is a cannabis-based medicine that is sprayed into the mouth. It is licensed in the UK for people with MS-related muscle spasticity that hasn't got better with other treatments. But its availability on the NHS is limited. The National Institute for Health and Care Excellence (NICE) does not recommend that NHS doctors prescribe Sativex, as it is not cost effective.

Long-term Pain

There is some evidence medical cannabis can help certain types of pain, though this evidence is not yet strong enough to recommend it for pain relief.

What are the side effects?

After taking medical cannabis, it's possible to develop any of the following side effects:

decreased appetite; diarrhoea; feeling sick;

greater weakness; a behavioural or mood change;

Dizziness; feeling very tired; feeling high

Hallucinations; suicidal thoughts

What products available to buy?

Some cannabis-based products are available to buy over the internet without a prescription. It's likely most of these products – even those called "CBD oils" – will be illegal to possess or supply. There's a good chance they will contain THC, and may not be safe to use.

Health stores sell certain types of "pure CBD".

However, there's no guarantee these products will be of good quality. And they tend to only contain very small amounts of CBD, so it's not clear what effect they would have.

The main risks of THC cannabis products are:

psychosis – there is evidence that regular cannabis use increases your risk of developing a psychotic illness such as schizophrenia

dependency on the medicine – although scientists believe this risk is probably small when its use is controlled and monitored by a specialist doctor

How do I get a prescription?

You cannot get cannabis-based medicine from your GP – it can only be prescribed by a specialist hospital doctor. And it is only likely to be prescribed for a small number of patients.

A hospital specialist might consider prescribing medical cannabis if under certain specific conditions.

The specialist will discuss with you all the other treatment options first, before considering a cannabis-based product.

What GDPR Will Mean for Patients and Staff

General Data Protection Regulations

This new regulation came in on May 25 this year and replaces the Data Protection Act.

The main changes are that:

- The Practice must comply with Subject Access Requests. A written request from an individual to see what information is held about them - like where we require your consent to process data. This must be freely given, specific, informed and unambiguous.
- New special protection for personal data
- The information Commissioners office must be notified within 72 hours of a data breach
- Higher fines for data breaches.

In the next edition we hope to bring you more information on what is protected under GDPR.

Your DATA

- Must be processed lawfully, fairly and transparently
- Collected for specific, explicit and legitimate purposes
- Must be limited to what is necessary for the purposes for which it is processed
- Must be held securely
- It can only be retained for as long as is necessary for the reasons it was collected

Patients/Staff Rights

- Being informed about how their data is used
- To have access to their own data
- To ask to have incorrect information changed
- To restrict how their data is used
- Move their patients/staff data from one organisation to another
- To object to their personal information being processed (in certain circumstances)
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Online facilities

- Online appointment booking
- Order or request repeat prescriptions online

You must be registered with your GP's online service to access the facilities

Key Patient Facts

Registered patients

5671 patients

Weekday evening and weekend appointments offered here or nearby
YES!

Contact the practice for appointment availability

Contact Us

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Web:

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**Wishing all
doctors, nurses,
staff and
patients a very
MERRY
CHRISTMAS**