

Thanet GP Commissioning Consortia

Keeping Thanet residents at the heart of all decisions concerning the delivery of health care in Thanet and striving for cost effective to ensure clinical need is always met

Patient Newsletter May 2011

should you require this newsletter in a different language please ask

The Thanet Consortia has been existence since 2006 and currently consists of one Doctor from each of the 19 practices

Bethesda	Dr T Martin	Westgate	Dr A Walton
The Limes	Dr O Kha	Cecil Sq	Dr T Rahman
Union Row	Dr S Henry	Garlinge	Dr T Karunaratne
Northdown	Dr C Martin	Birchington	Dr A Ghazi
St Peters	Dr A Cunard	Minster	Dr M Elliott
Albion Rd	Dr P Wilson	Newington	Dr A Akyol
Osborne Rd	Dr S Khemani	Summerhill	Dr S Das
Broadway	Dr V Reddy	Grange	Dr O Lyell
Mocketts	Dr D Marshall	Dashwood	Dr N Gabriel
		Wickham Ave	Dr P Attwood

Public Health are represented and there are plans to include Social Services and other organisations in the near future.

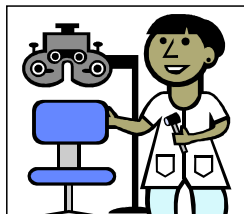
The Changes

Did you know that the latest changes to the NHS apparently weigh in at 367 pages which is bigger than the 1948 bill that created the NHS in the first place.

In summary, GPs have been given the major role in Commissioning and Accountability for providing and purchasing care for patients in their area and are being put in charge of most of the money.

Alternative Services in Thanet that you no longer need to go to hospital for

Dermatoscopy



Ophthalmology Triage and Minor Surgery



Headache Clinic



Ultrasound

Audiology



We need you to have your say and assist the local GP Commissioners in developing the right health services for Thanet NOW and into the future

Consortia Contacts

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Twitter@Thanet Health

FaceBook Have Your Say at Thanet Health

Preparing for April 2013

The Thanet Consortium Business team coordinate the future of Health Services in Thanet enabling your GP to concentrate on you

The PCT are working alongside Consortia and the Business Team – we need to ensure a safe and accountable handover in April 2013 when the PCT cease to exist.

Thanet Consortia has a Shadow Clinical Accountable Officer who attends regular development sessions giving guidance in finance, contract management etc

Thanet Consortium has Department of Health Pathfinder Status reinforcing the desire from local GPs to make faster progress in taking on the roles set out in the White Paper and will therefore assume responsibility for the budget in April 2012 – a year early.

Priorities for 2011/12

Prevent unnecessary casualty attendances. the cost of 20,349 patient attendances at A&E with minor ailments during the period 1.4.10 – 31.3.11 was £1,264,503.74 (approx £62 per visit) - see guide below

Patient Education, Health Promotion and Prevention. National Health Checks to be delivered in Community Settings 'opportunistic' health advice and screening to patients who do not readily engage with mainstream NHS services.

Develop more effective **Mental Health** services and systems in primary care so that the community mental health teams can focus on service users with severe mental health problems

Develop Signposting and Advocacy services to patients - health trainers working in community settings

Reduce Waste Prescribing costs for NHS Eastern and Coastal Kent are £10 million per month, this equates to £121million each year. Nationally, and locally, it has been estimated that 10% of the medicines prescribed are wasted. In Eastern and Coastal Kent approximately £6.7million was wasted on unused and unwanted medication in 2009/10.

This could buy an extra: 1,807 hip replacements, 2,264 knee replacements, 442 drug treatment courses for breast cancer, 263 community Nurses and 6,700 drug treatments for Alzheimers'

Work with staff in **Thanet Care Homes** to prevent unnecessary hospital admissions.

Anticipatory care planning to increase patient choice, reduce unnecessary acute admissions and improve medicines management

Continue **effective dialogue with Social Services and Thanet District and Kent County Council**

Maximise use of existing community and primary care services

Work with Partner agencies to promote activities and environments that **support healthy and active lives**

Accident and Emergency departments are for serious or life-threatening illnesses and injuries – here is a basic guide to other healthcare options in and around Thanet

Self Care →	Keep the basics in your medicine cabinet: painkillers for most minor aches and pains, antihistamines for dealing with allergies/insect bites, anti-diarrhoea tablets, indigestion remedies for heartburn or trapped wind, sunscreen of at least Factor 15 and a first aid kit (bandages, plasters, thermometer, antiseptic, eyewash solution, sterile dressings, tweezers and medical tape. Ask your pharmacist for more details and always follow the directions
Pharmacist →	From sprains to stomach upsets, your local pharmacist is qualified to give expert advice without an appointment
NHS Direct →	People who are unwell when GP services are closed are asked to call NHS Direct, a service able to give advice and details of local services if needed. Call 24 hours a day on 0845 4647 for free expert health advice and reassurance, or visit NHS Direct online www.nhsdirect.nhs.uk
GP Surgery →	For jobs, prescriptions, medical advice and care, phone for an appointment with your doctor or practice nurse People who need urgent GP or nurse care while their own surgery is closed can contact South East Health on 03000 242424 . South East Health provides urgent access to GP services from 6.30pm to 8am, Monday to Friday and 24 hours at weekends and bank holidays. South East Health will see you even if you are not registered with a GP practice
Minor Injuries Unit →	See an experienced nurse for treatment of minor injuries seven days a week, early till late. Minor injuries can be treated at the Minor Injuries Units in Deal and Whitstable . Deal is open 8am to 6pm every day and is at Victoria Hospital, London Road, Deal, CT14 9UA (01304 865400). Whitstable is open 8am to 8pm every day – including weekends – and is at Estuary View Medical Centre, Boorman Way, Whitstable, CT5 3SE (01227 284300)
Emotional Support →	Anyone needing confidential emotional support can call the Mental Health Matters helpline on 0800 107 0160 , 24 hours a day
Dental Treatment →	Anyone needing emergency dental treatment should phone DentaLine on 01634 890300 between 8.30am and 1.30pm or 6pm and 11pm
Sexual Health →	Confidential and non-judgemental access to sexual health services and advice information on locations, dates, times of clinics, emergency and general contraceptive services 01303 228808
Medication →	Anyone who needs to renew a prescription should do so in plenty of time to ensure they don't run out. This is especially important for people with long term conditions such as diabetes, high blood pressure, asthma, heart disease, epilepsy or people with chronic pain conditions.
A&E or 999 →	Call 999 or visit A&E for emergencies such as loss of consciousness, severe chest pain or serious accidents