

Plas Ffynnon Medical Centre



July
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Issue 20

Newsletter

New Technology

How we provide healthcare is constantly evolving, and we are increasingly using new technology and apps to help communicate better with you.

The **NHS App** lets you book GP appointments, order repeat prescriptions and access a range of other healthcare services.

MJog allows us to send you appointment reminders and health campaign information (if you get this information via the app rather than via text message it saves us money too!)

Patient Access allows you to access your records, book appointments and request repeat prescriptions.

We now have a page on our website to keep you informed and with links to all these resources: <https://www.pfmc.co.uk/technology-and-apps>

*** A Good Death ***

Death and dying can be a very difficult topic to talk about. Whether the person is in hospital or being supported to die at home, there is only one chance for the providers of care to get it right.

Healthwatch Shropshire is asking if people would be willing to share their experiences of End of Life Care in the county. For example, did they feel that the care their loved one received was what they wanted and expected? Were they treated with dignity and did they feel listened to and their wishes respected?

Lynn Cawley, Chief Officer of Healthwatch Shropshire, said: "We are keen to build up a picture of how well End of Life Care is working across Shropshire and whether people feel that they received the right support for them."

"We want to find out whether care for the dying is equitable across the county and if there is a joined up approach between different services to End of Life Care including out of hours services. People can let Healthwatch Shropshire know about their experiences by phone 01743 237884, by email enquiries@healthwatchshropshire.co.uk or online www.healthwatchshropshire.co.uk. The more comments received the more influence Healthwatch Shropshire has to improve services for local people.

Would you like to receive our newsletter via email? Give your email address to reception, or email admin.pfmc@nhs.net

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AAA Screening

An Abdominal Aortic Aneurysm or AAA is an enlargement of the main blood vessel in the abdomen and if left untreated it can be fatal. We're hosting a free screening service on the 6th August between 9.30 and 12.30.

There are still some slots available, so if you are male, over 70 and have never been invited to take part in a screening then call 01743 261048 to make an appointment

Dispensing Practice

Plas Ffynnon is a dispensing practice. Dispensing doctors provide primary healthcare to nearly nine million UK rural patients. Nearly 3.6 million of these patients don't live near a community pharmacy; at the patient's request dispensing doctors are allowed to dispense the medicines they prescribe for these patients.

The unique benefits of the dispensing doctor service are that it provides access to medicines and general healthcare under one roof. Only patients who live more than 1.6km from a pharmacy are eligible.

While we are fully supportive of patient choice over where they obtain medication, but we are only able to offer these services if our dispensing patients use them and this service may be threatened by people using online pharmacies and the like.

Care Co-ordinator

The Care Co-ordinator at Plas Ffynnon is there to assist patients who are feeling isolated, lonely or struggling to cope at home.

The co-ordinator can help to put support in place, or put you in touch with the many voluntary and statutory services in the community.

Pendant alarms, support groups, mobility aids, food vouchers, bereavement support, nail care, help with collecting prescriptions to give just a few examples.

If you think that you, or someone you know, might benefit from this service, please contact Glenda at the surgery.

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