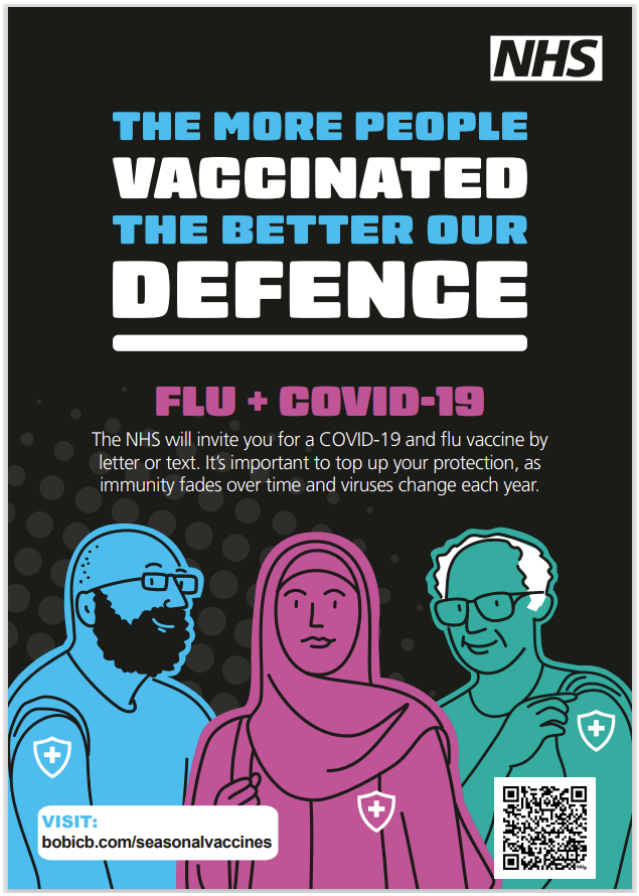
Eynsham Medical Group

1st October 2024
Volume 1, Issue 4

Patient Newsletter



Missed appointments can add pressure on the NHS, as freed up appointment slots can be used to see other patients. To reduce missed appointments, the NHS has made changes to appointments, including: increasing the use of self booking, sending text to prompt confirmation or cancellation of appointments, enhanced letter translation services, and one-stop clinics.





Research update

RSV 21: Respiratory Sync Respiratory Synocvial Virus (RSV) vaccine for older adults

Since commencing recruitment last month, we are making excellent progress and plan to reach target by next month. Participants receive a single dose of an approved RSV vaccine and are monitored for 6 months.

Tharros: Comparison of outcomes with treatment (2 different inhalers) for COPD patients

This Astra Zeneca study has inclusion/exclusion/screening criteria that restrict the number of patients who can be invited to participate. The Research team continues to try and identify patients who may be eligible, and so far, have successfully screened and recruited at least one participant.

Embrace: Prevention of blood infections

The age range for this study of an investigational vaccine has been temporarily lowered to 60 years of age or older for patients who have history of UTI. Participants are required to report suspected UTIs to the Research team immediately so that further investigations can be initiated. We are being allowed to continue with recruitment although our original target has been significantly exceeded.

RSV 12: RSV vaccination Follow up study

ARESVI 06 participants now know if they were given the AREXY RSV vaccine, and those who did not receive a full course have been invited to participate in this follow up study for 2 years.

ObservatARI: Point of care testing for respiratory viruses (Flu A&B, RSV, SARS-Cov2)

You may be aware that members of the EMG Research Team are trying to recruit patients aged over 40 years (lower than previous age) who attend the practice site with symptoms of an acute respiratory illness. Swabs are analysed and results available within an hour.

We are also continuing with various academic trials including UKMINDS and RESTED, for which we receive Clinical Research Network nurse support.

Achievements and Follow Up stages

Harmonie

The parents/caregivers who have agreed to extend their participation in this trial of RSV vaccine for babies are being called for follow up telephone visits at 18 and 24 months.

AReSVI006 : Respiratory Synovial Virus (RSV) vaccine for older adults

Participants have been informed if they received the AREXY vaccine or placebo during the 3-year trial. The Close Out Visit has been completed and preparations are underway for the site files and data to be archived off site.

GSK Flu Swab

The Close Out Visit has been completed and archiving commenced.

OUR USUAL GP SYSTEM

At EMG we believe in continuity and research shows this improves patients' health. When a patient registers with us they are assigned a 'usual GP' who will deal with any issues for them. You can find out who your usual GP is or request a change by submitting an e-consult or contacting reception if this is not possible.

OUR PATIENT PARTICIPATION GROUP (PPG)

Our patients' views matter to us and we recognize we are lucky to have patients with invaluable skills. If you would like to get more involved in our work (virtually or in-person) please email Roy Thomas at

print@associatedagencies.co.

Teaching update

"EMG are delighted to support training the next generation of doctors…we hope to convert them to general practice!! We take students at all stages from the Universities of Oxford and Buckingham. It is the start of a new academic year and our students are very keen to learn from our patients.

We are extremely grateful to patients for helping us train these future doctors. We will always do our utmost to ensure you are aware if a student will be observing your consultation or if we would like to ask you to see a student before seeing a GP. You are always welcome to ask to see a GP without a student or decline to see a student prior to seeing a GP. Please make reception aware at the time of booking if this is your preference. .

Age UK Oxfordshire is EMG's new Social Prescribing provider!

Social prescribing is a service where you can be helped to link with a range of local, non-medical activities, opportunities, and support that can improve your health.

Whether you need help at home, want to discover more about local activities or find out about benefits and support services that exist, your local Social Prescriber can help you. You can find more details about what Age UK can offer here.

Home Instead

Click below to review us!

homecare.co.uk

Google

Virtual Dementia Experience coming to Oxford, 26th November 2024

Home Instead are delighted to invite you to join them for an immersive dementia experience that they are running in collaboration with Training 2 Care.

The Virtual Dementia Tour Bus offers a scientifically proven way to replicate dementia and is an invaluable learning experience for anyone who is supporting a person living with the condition.

Highly visual and aural, the experience (which takes place on a specially adapted bus) sees participants wearing goggles, headphones and spiky insoles. They are then asked to perform everyday tasks but with distorted vision, loud noises and sensory overload which replicate the sensory changes associated with dementia, causing difficulty and distress.

Each 'experience' lasts 3 hours from start to finish. Home Instead are offering places on the experience at £27.81+VAT per person and they have a session running in the afternoon from 1.30pm.

Places are limited, so please get in touch directly with Home Instead if you would like to attend by telephone 01865 841362 or email Beverley.wright@homeinsteadoxford.co.uk



About Move Together

Move Together is a county-wide pathway into physical activity, designed to provide support, advice and guidance to people living with long-term health conditions, helping them to move more and improve their physical and mental health and well-being.

Move Together is funded by the Integrated Care Board Inequalities Fund and Oxfordshire County Council Public Health, and is co-ordinated by Active Oxfordshire in partnership with district councils. Move Together will focus on supporting people who are living with long-term health conditions, as well as those who could benefit from moving more to support their mental and physical health and well-being.

Each district across Oxfordshire has a dedicated Move Together co-ordinator providing localised support to residents, and referrals can be made from GPs as well as a wide range of local organisations.

Move Together is here to provide:

- **Support, advice and guidance about moving more that's tailored to each individual's specific needs**
- **Phone calls and doorstep visits to help motivate, guide and support residents to increase activity levels**
- **Lots of ideas about ways to help residents increase their strength and mobility, improve how they feel and become more confident about going out.**
- **Information about local community activities, walking groups or how to move more within the comfort of residents' own home.**
- **Home activity packs, exercise sessions for specific conditions, online classes and much more.**
- **All of the Move Together advice is provided by physical activity experts in line with COVID safe guidance, designed to support residents to be more active and improve their health and wellbeing.**

Move Together expands to include maternity activity offer

In September 2024, we're delighted to announce that Move Together is expanding to include an activity offer for pregnant and post-natal women. Move Together coordinators will provide personalised support to help women stay active during their pregnancy and beyond.

If you would like to find out more please visit: https://www.getoxfordshireactive.org/move-together

Green Team

Only order what you need

Approximately 1.6 million medicine items are wasted unnecessarily in the Buckinghamshire, Oxfordshire and Berkshire West region each year, We need your help to reduce this.

Stay Well

Unused medicines expire and might not work as intended, meaning your care might be compromised.

Stockpiling medicines worsen drug shortages.

Stay Safe

Stockpiles of medicines kept at home can be dangerous for Children and pets,

Medicines are only prescribed for you and for safety's sake should not be shared with anyone else.

Stay Green

When you dispose of medicines properly, by handling them in to your pharmacy, you are helping to make sure that waste medicines do not pollute our rivers and seas.

Only ordering what you need means that you are helping the environment because once medicines have left the pharmacy, they cannot be recycled or used by anyone

NHS

10%

of medicines prescribed

nationally are not needed



NHS

Only order what you need



Speak to your pharmacist
if you have any questions.
Thank you.

bobicb.com/orderwhatyouneed

Staff Role Profile

The Clinical Pharmacy Team

Pharmacists and pharmacy technicians now form part of the Practice team, working alongside GPs, nurses, and other clinicians. You may be offered an appointment with a member of the Clinical Pharmacy Team (CPT) to review your medication, manage your blood pressure, discuss side effects, adjust doses of certain medicines, and for prescribing of new medication in some circumstances. Behind the scenes we also read and act upon letters from specialists to ensure your medicines are updated swiftly and safely.
The CPT has close working relationships with other Practice staff and have all undertaken training specifically for their roles in primary care. Appointments are usually via telephone, but face to face consultations are available upon request. You can book an appointment with the CPT in the usual way, either by going online or via reception.

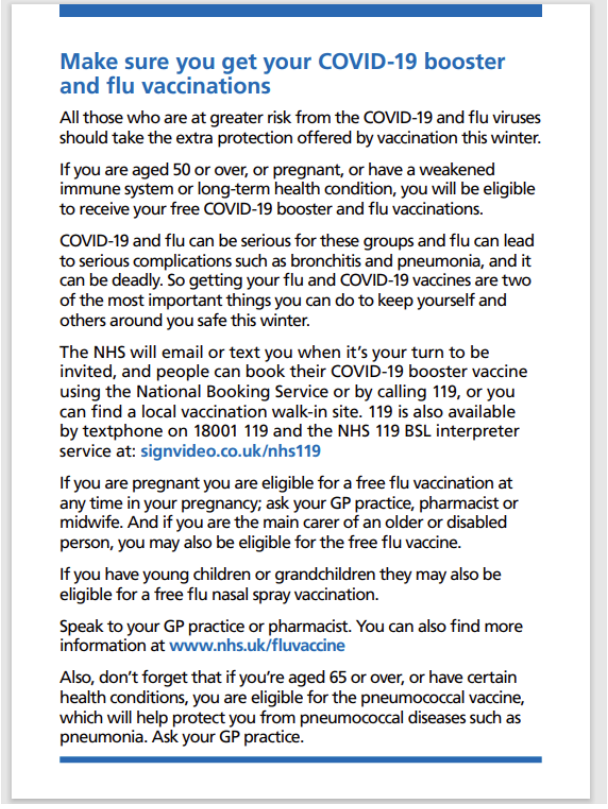
Health Tips/Resources

Winter Health Hub

To support the public to stay well during winter, we have created a Winter Health Hub.

It has useful info and links to vaccination offers, respiratory advice, supporting vulnerable people during cold weather, and NHS choices.

Please share on your practice websites or signpost patients to it: Winter health hub -Stay Well



Make sure you get your COVID-19 booster and flu vaccinations

All those who are at greater risk from the COVID-19 and flu viruses should take the extra protection offered by vaccination this winter.

If you are aged 50 or over, or pregnant, or have a weakened immune system or long-term health condition, you will be eligible to receive your free COVID-19 booster and flu vaccinations.

COVID-19 and flu can be serious for these groups and flu can lead to serious complications such as bronchitis and pneumonia, and it can be deadly. So getting your flu and COVID-19 vaccines are two of the most important things you can do to keep yourself and others around you safe this winter.

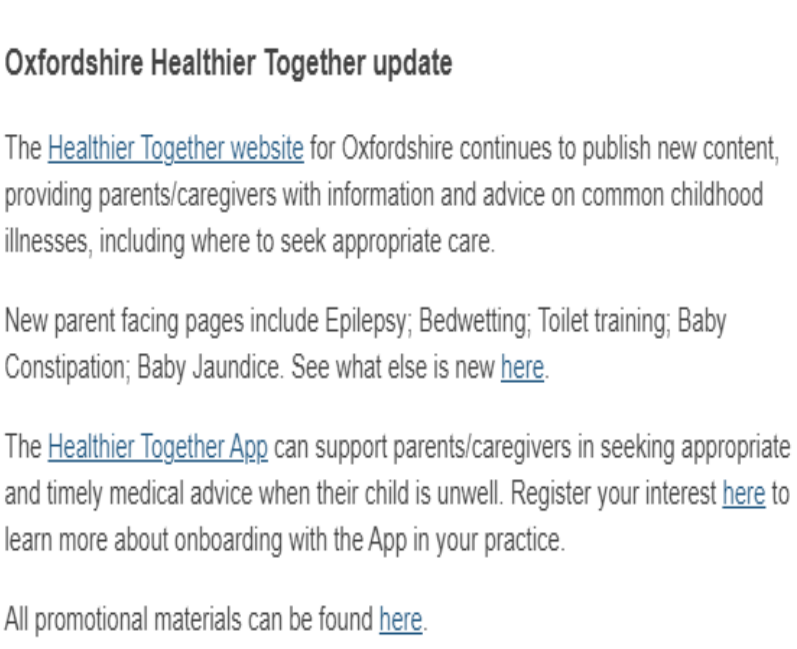
The NHS will email or text you when it's your turn to be invited, and people can book their COVID-19 booster vaccine using the National Booking Service or by calling 119, or you can find a local vaccination walk-in site. 119 is also available by textphone on 18001 119 and the NHS 119 BSL interpreter service at: signvideo.co.uk/nhs119

If you are pregnant you are eligible for a free flu vaccination at any time in your pregnancy; ask your GP practice, pharmacist or midwife. And if you are the main carer of an older or disabled person, you may also be eligible for the free flu vaccine.

If you have young children or grandchildren they may also be eligible for a free flu nasal spray vaccination.

Speak to your GP practice or pharmacist. You can also find more information at www.nhs.uk/fluvaccine

Also, don't forget that if you're aged 65 or over, or have certain health conditions, you are eligible for the pneumococcal vaccine, which will help protect you from pneumococcal diseases such as pneumonia. Ask your GP practice.



Oxfordshire Healthier Together update

The Healthier Together website for Oxfordshire continues to publish new content, providing parents/caregivers with information and advice on common childhood illnesses, including where to seek appropriate care.

New parent facing pages include Epilepsy; Bedwetting; Toilet training; Baby Constipation; Baby Jaundice. See what else is new here.

The Healthier Together App can support parents/caregivers in seeking appropriate and timely medical advice when their child is unwell. Register your interest here to learn more about onboarding with the App in your practice.

All promotional materials can be found here.

Our Team



GP PARTNERS

Dr Neil Rust:	Mon, Tues, Thur
Dr Kyan Zarbalian:	Tues, Wed, Fri
Dr Ian Binnian:	Tues, Thur, Fri
Dr Lorenz Kemper:	Mon, Wed, Fri
Dr Amar Latif:	Mon, Wed, Thur
Dr Alexa Zhao:	Tues, Wed, Thur
Dr Emma Ladds:	Mon, Thur

SALARIED GPs

Dr Emma Thorncroft	Wed, Thur, Fri
Dr Melissa Holden	Tues, Wed, Thur, Fri
Dr Nevila Ledwidge	Mon, Tues, Thur, Fri
Dr Emily Aries	Mon, Tues, Thur
Dr Alice Neffendorf	Mon, Wed, Fri (Maternity leave)
Dr Cathy Scott	Wed, Fri
Dr Saleema Sharief	Wed, Fri
Dr Laura Singer	Mon, Wed, Thur, Fri
Dr Jane Pargeter	Mon, Wed
Dr Zach Craft	Tues, Thur, Fri

GP TRAINEES

Dr Emma MI	Mon, Thur
Dr Tanya Hobden	Mon, Wed, Thurs, Fri
Dr Lisa-Jayne Edwards	Mon, Wed
Dr Niyaz Baig	Mon, Tues, Wed
Dr Kejjia Wu	Thurs, Fri

GP Locum

Dr Anna Seeley	Mon, Wed

NURSING AND HCA TEAM

Leanda Rankin	Jane Berry
Krystie Batchelor	Sandra Syphas
Julie Smith	Sue Jux
Kerry Smith	Joanne Johnson
Krystie Batchelor	Jasmine Souch
Jacqui Chok	Alisha Wicks

URGENT CARE TEAM

Sarah Bright	Amy Kerr
Tim Walker	

MANAGERIAL TEAM

Katalin Szombati	Practice Business Manager
Naomi Roberts	Deputy Practice Manager
Kate Rudman	Appointments Manager
Samantha Rowe	Vaccine Coordinator & Management Assistant
Chloe Appleton	PCA Manager
Sara Barrett	Dispensary Manager
Leanda Rankin	Nursing Team Lead
Chris Longson	Research Manager

PHYSICIAN ASSOCIATES

Hayleigh Clifford

Joshua Arnold

CLINICAL PHARMACY EAM

Robert Jaynes	Irida Andoni
Alice Nugent	Ellie Clayton
Katie McDonald	
Shabneez Badal	

Research Team

Victoria Mills

Eleanor Jones

Aarushi Kheterpal

Janice Williams

We also have a team of invaluable other staff including Patient Care Advisors, Secretaries, Dispensers, Administrators, and others who support our clinical work.