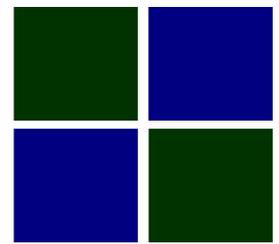


# Macklin Street & Park Farm Surgery

## PPG Newsletter



Welcome to the Macklin Street & Park Farm newsletter. For those of you who do not know what a PPG is, it's our Patient Participation Group and any interested patient can join our group. We meet quarterly where we discuss any new services, changes and gain views on what our patients want from us. If you wish to join and participate please ask reception for a form to fill out and we will keep you updated on meeting dates and times.

We thought you may like to find out more about our team Sally one of our PPG members interviewed Dr Holloway to give you an insight into a GP's life at the surgery.

### **Why did you decide to become a GP?**

Dr Holloway graduated in 1992. He worked as a Junior House Officer in Cambridge and Ipswich before coming to Derby where he worked in a number of hospital posts before training in General Practice. Whilst Dr Holloway considered specialising in Rheumatology or Paediatrics, he enjoyed the breadth of a GP's duties and decided to specialise in General Practice.

### **How long have you been a GP?**

After completing the aforementioned hospital posts and a further three-year training programme in General Practice, Dr Holloway qualified as a General Practitioner in 1998. His final year of training was at Macklin Street Surgery where he subsequently took over from Dr Wigley. He has worked at the practice for 20 years and is in his 19th year as a Partner.

### **Have you worked at any other practices beside Macklin Street & Park Farm surgeries?**

Dr Holloway has worked at three other surgeries as a locum and has also worked for the out-of-hours service. Dr Holloway assists in postgraduate GP education in the East Midlands by organising the training for GP registrars in South Derbyshire and approving other practices across the East Midlands to deliver GP training.

### **Best aspects of a GP's job?**

Getting to know patients, their history and families and providing continuous care. All of our practice staff work together towards the welfare of the patients, being flexible to their requirements and providing appropriate skills and facilities to meet patients' needs. For example, since the partners are contracted by the NHS and own the surgery they choose how to make the surgeries more comfortable for patients and staff, an aspect which Dr Holloway regards as important.

### **Worst aspects of a GP's job?**

The pressure of the job, unrelenting workload and limited time with individual patients all present some difficulty. More time to be able to deal with the 'whole' person and adapt treatments to the individual would be ideal but time pressures are somewhat restrictive.

### **What are your responsibilities as the Senior Partner?**

The practice is democratic; each partner is equal. Following the retirement of previous GPs, I have taken a role as Managing Partner for several years, holding meetings with the Business Manager to discuss issues such as contracts, staffing, health and safety, IT and business development. Dr Holloway receives a number of staff and patient queries which are discussed with the wider team.

### **Both surgeries were recently affected by the NHS cyber-attack, how do you train for such emergencies and also how do you review protocols?**

There are numerous policies in place, which are reviewed by the Business Manager and other staff, including a Service Continuity Plan. There was time to anticipate that the practice would be unable to use the NHS IT system as the Clinical Commissioning Group had forewarned the Operations

Manager. It was decided to open the surgery to any patient who felt they required urgent assessment. Due to their clinical training, particularly for medical outbreaks, the doctors are adept at decision making and this skill in prioritisation of care came to the fore. The plan worked well with minimal disruption.

**When you have time to relax what do you like to do?**

I like to spend time with my family and 10-month-old dog, Echo. I enjoy gardening and horse riding when I have the opportunity. Dr Holloway is the lead flautist for a chamber ensemble.

**What can the PPG do to help the practice?**

Be a critical friend. Help gather feedback from fellow patients through the Patient Questionnaire. Offer suggestions for improvements to the practice. Produce the Patient Participation Group's newsletter to keep patients abreast of practice initiatives.

There is a role for patients in the training of University of Nottingham Medical School students. This works on the conceptual basis of the 'Expert Patient', with the aim of developing a student's knowledge and understanding of how the patient's condition affects all aspects of the patient's life.

**Flu Vaccinations – It may only be August but have you noticed it's getting darker at night earlier get prepared now and book your vaccine!!!!**

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications. Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

**However**, flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems
- Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to protect them.
- The injected flu vaccine is offered free on the NHS annually to:
- adults over the age of 18 at risk of flu (including everyone aged 65 and over)
- pregnant women
- children aged six months to two years at risk of flu

**Book Now**

**Saturday 30<sup>th</sup> September 09.00 – 11.00 Macklin Street and Park Farm**

# Cancer Awareness – Spot the Signs

## cancer

You're twice as likely to survive cancer as you were 40 years ago.

Around 268,000 new cases of cancer are diagnosed in England every year. It mainly affects older people, with almost 9 out of 10 cases diagnosed in people aged 50 or over. But thousands of people survive cancer every year.

### when it comes to cancer there are four key signs to look out for:

1. Blood – unexplained blood that doesn't come from an obvious injury. (e.g. coughing up blood)
2. An unexplained lump.
3. Losing weight – unexplained weight loss, which feels significant to you.
4. Pain – any type of unexplained pain that doesn't go away.

### What next?

If you notice any of these, make an appointment to discuss it with your GP. The chances are it's nothing serious, but finding cancer early means that it's more treatable.

Cutting back on alcohol, not smoking, being careful in the sun, eating well and being more active can all reduce your chances of getting some cancers.

## screening for cancer

Cancer screening saves thousands of lives each year.

It can detect cancers early and in some cases prevent cancers from developing in the first place.

There are three screening programmes in the UK:

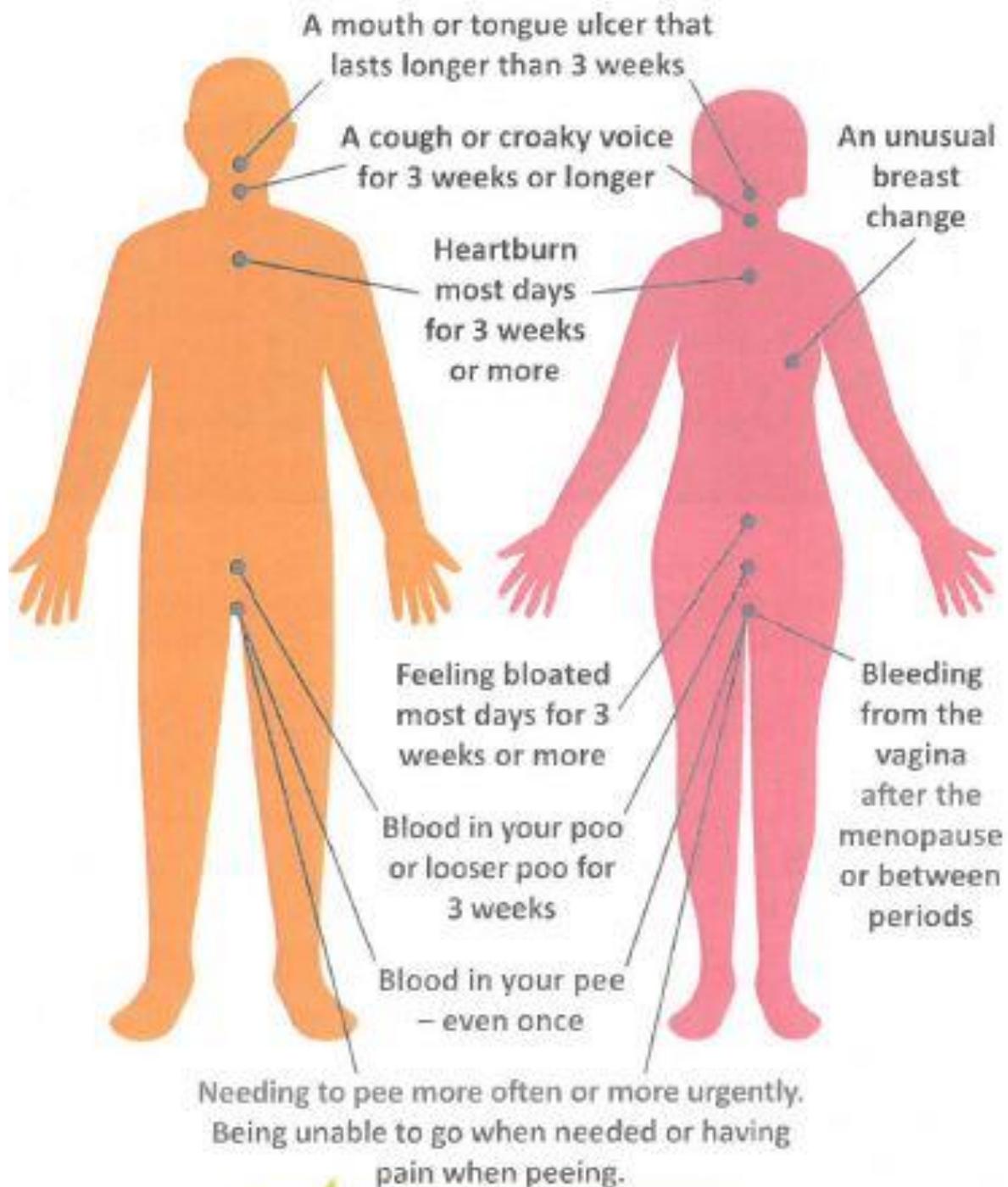
- Bowel Cancer Screening (60-74 year olds)
- Breast Cancer Screening (50-70 year olds)
- Cervical Cancer Screening (women aged 25 to 64 years)

It is important that you take up the opportunity of being screened when you are invited.

**be aware. get screened. prevent cancer**

## be clear on cancer

See your GP if you have any of these possible symptoms.



for more information visit  
[cancerresearchuk.org](http://cancerresearchuk.org)