

# Newsletter - 19

By Patients and For Patients

By the Patient Participation Group  
September - October 2017



### Meet Our Doctors and staff - 6

#### Angela Advanced Nurse Practitioner.

I was born in South Yorkshire & moved to Birmingham when I was 18 to start my nurse training at the Queen Elizabeth Hospital. I qualified in 1989 and initially spent 10 yrs in Coronary Care, Cardiology and A&E.

From there, I worked in Oncology, palliative care and then moved to The Liver

Unit where I stayed for 12 yrs.

I had a number of roles within the Liver Unit as a Sister/ Clinical Nurse Specialist in Cancer, Viral Hepatitis, Liver diseases, Transplantation and Clinical Trials.

I also worked in Drug & Alcohol addiction. There were many opportunities on the Liver Unit & I was always keen to develop my clinical skills and knowledge. This enabled me to undertake some of the traditional "Doctors roles" such as examining a patient, making a diagnosis, prescribing independently & setting up nurse led clinics. I was supported to attend Birmingham University to develop my role and graduated in January 2015.

My first post as an Advanced Nurse Practitioner was at The Royal Orthopedic Hospital where I spent 2 years. The role was predominately medical & I ensured patients were fit for surgery and review patients post operatively. I also had a special interest in spinal surgery, general orthopedics & pain management. I had always wanted to work in a GP practice & started working in Primary Care in 2014. I joined Bath Row in April 2017 as a full time ANP. It's a role that a lot of patients aren't familiar with and relatively new to the UK. I'm often asked what an ANP is & it's a difficult role to explain but I am able to carry out the same duties of a GP including diagnosis, ordering investigations referring to hospitals & also prescribing. I enjoy working here

& find all the staff extremely friendly and supportive. If I had stayed in the hospitals, I would have had to move into management which would have taken me away from the "hands on" care to patients. That would not have been fulfilling for me as my heart lies in the essence of nursing & caring for patients. →



## News from Our C.C.G.

### (Clinical Commissioning Group):-

Our C.C.G. (Birmingham South Central ) seems very good at letting people know about the organisation of the NHS in our area and what they are planning. For example - for their Annual General Meeting - the public were invited to a big Health Event with chat tables, talks, activities and a free lunch at the M.A.C. In Cannon Hill Park. (This was mentioned in the last Newsletter). ..... Some pictures taken at this event - Wednesday July 26<sup>th</sup> 2017.



### Free lunch - to which all patients were invited

The day seemed very successful and it was an excellent chance to hear from Health Professionals in this area about what they are especially concerned with in our area of **South Central Birmingham** and what medical research is being done here etc. We hope there will be another such AGM next year. *Watch our Newsletters for invites* I was given a big copy of their Annual Report also to see what our C.C.G. Has been doing. **One Quote from this says :- "We need to make better use of digital to deliver & manage healthcare and empower patients to manage their own healthcare and make healthy lifestyle and care choices."**



.....The patients here have been welcoming and clearly value my role within the team. I am married & have a Jack Russell called Daisy and 2 cats & love walking Daisy in the Countryside. We also love horse riding & it's a wonderful way to relax at weekends (as long as we don't fall off!). We also love cooking and and fun days out such as "bread making courses". I look forward to working at Bath Row until my retirement. **Angela A.N.P.**

## Carers



**Free activities for Carers -**  
Are you caring for a friend or family member in Birmingham ?

### Have you heard of the **Creative Carers Programme** run by Birmingham Museums ?

Why not join our programme for a creative outlet and a chance to meet other carers ?

The Creative Carers Programme offers a different art activity every month at venues across the city

All materials & refreshments are provided free of charge at all sessions.

We encourage carers to register with Birmingham Carers Hub for support and advice.

To find out more :-

Contact Rosie Barker - 0121 348 8103

·Birminghammuseums.org.uk

### Come and join the Patient Reference Group (give your name to a receptionist)

Our next meetings (at 6.15pm - here at the Surgery on these dates:-

Wed 20<sup>th</sup> September 2017

Wed 18<sup>th</sup> October 2017

#### Editor's Note

Wed 15<sup>th</sup> November 2017

You can see the Minutes of PRG meetings and all editions of The PRG Newsletter on the Practice website.

[www.bathrowmedicalpractice.co.uk](http://www.bathrowmedicalpractice.co.uk)

Click on 'Have your say' .....

Then Click on 'Patient Representative Group' .....

then Click on 'Minutes, Reports and PRG Newsletter' .....

then Scroll down to the bottom of the page & click on the one you would like to see - wait a few seconds & it will appear.

(Don't forget to scroll down the page to see - page 2)

### What would YOU like to find out about or discuss ?

Please contact the Patient Participation Group - Come to a meeting or give a written note to a receptionist addressed to P.P.G.

# CHILDRENS PAGE

## COLOUR THE PICTURE

Ask at Reception for coloured pencils

The four extra doctors in every Health Centre are :-  
**Dr. Exercise & Dr. Diet, Dr. Merryman & Dr. Quiet**  
 - do you know them ?



Dr Exercise asks :-  
 Last week How many half hours of activity did you have ?  
 count such things as :-  
 walking, housework, gardening  
 playground time etc

(Score 2 for each activity) Score .....,



Dr Diet asks :-  
 Last week -  
 How many portions of fruit and vegetables did you eat  
 (5 a day for 7 days ?)  
 (Score 1 for each portion)

Score .....

Dr Merryman asks :- How many times did you chat to someone or phone someone or help someone yesterday? Score .....

(Score 2 for each time)

Dr Quiet asks :- How many hours sleep did you have last night ?  
 (Score 1 for each hour)

Score .....



Your Total Score .....

### Pedometers, activity trackers and smart watches – how can they help me stay fit?

About 4 years ago I acquired my first pedometer which I used to track my number of steps per day. The recommended level is 10,000 per day which for me (5'8" / 1.72m height) is around 5 miles. I can easily achieve this by just general activity to and fro in our apartment and a walk into the fish and meat market in the Bullring, from Ladywood and back again. It doesn't feel that far as it is purposeful i.e. shopping. Simple pedometers can be as little as £10 & are great because you don't need wifi or a smartphone and it re-sets itself at the end of everyday.

There are apps which can be downloaded for free or a small charge on smartphones and androids that can also measure your steps and activity levels.

Last year my daughter bought me an activity monitoring watch for my 60th birthday. This syncs with my smartphone through an app where it records and analyses all my daily, weekly and monthly activity. It counts steps but also can detect if you are walking, running or doing elliptical exercise. Additionally, it monitors sleep pattern and heart rate and also calories burned and the number of flights of stairs you climb. You can set your own targets and record your weight and calorie and water intake. There are online social media as well. I just use the basic functions – I don't want to become totally obsessed. It does buzz if it thinks you are sitting around too much. It's the next best thing to being nudged by the dog for 'walkies time'. There are lots on the market and range between £30 to over £100. They are becoming cheaper and more sophisticated – some claim even to monitor blood pressure – they all sync with most smartphones or androids and lap tops etc. Only draw back is that you need a wireless internet connection.

There are interim level monitors which don't have so many features – my husband has a much simpler device which he uses to track his running.

Next level is an activity watch which links to your smartphone or android. These do everything your activity monitor does but you can email and text and even receive calls providing you have your phone with you. They can monitor and sense if you are standing and the latest are waterproof so you can monitor swimming and there is built in GPS. These range from around £300+.

If none of this appeals and you want a non electronic option – a map and a roller distance calculator is ideal. It's a lovely little device with a clock face which is easily calibrated to map scale and kilometres or miles with a wheel to roll along your route. I found one for under £8!

All these devices help to motivate you to stay active and keep moving and encourage healthier exercise and lifestyle.

Article by PRG member - Fran

### The Marvels of I.C.D.

Implantable Cardioverter Defibrillators are used to fight Cardiovascular disease. They are particularly useful in controlling Atrial fibrillation (abnormal heart rhythms)

They are very small devices about the size of a small mobile phone and which work like a small computer.

An incision approximately 5 to 10 cms long is made in the upper chest area, just below the collarbone. The device is then inserted and connected by thin leads to the heart.

Information about the rhythm of the heart is then continuously assimilated.

Routine visits to your Cardiac Device Clinic are arranged to monitor the workings of the I.C.D.

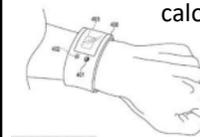
In a period of twenty minutes the equipment in the clinic is able to review six months of activity of the device, identifying the duration of any fibrillation, the date and precise time of the occurrence.

If considered necessary a home transmitter can be supplied for use at the bedside of the patient so that the number of visits to the clinic can be kept to a minimum.

(by PRG member - John - who has had some personal experience of this)

### Health Monitoring

Equipment - can tell you all sorts of interesting things - your pulse rate as it changes, calories used, targets etc



Do you find that you do **more exercise** when you can record it and get a chart to say how well you have done ?

