

Editor's Comments

So the NHS is now 70 years old and in quite a lot of trouble by many accounts. Shortage of beds in hospitals, not enough nurses, GPs who don't have enough time for patients are some of the problems mentioned today. I just wonder what it may be like in another 70 years! During the summer it was announced that the Japanese have produced human like robots that can do some of the tasks that us people can do. One of these 'creatures' even managed to pass the first stage in a doctors exam!

So in 70 years time could we go to see our GP and sitting behind the desk is a robot who kindly asks what your problem is and knowingly arrives at a solution very quickly. You go into hospital to be looked after by a very helpful nurse who is also a robot. As an aging person at home I could even have home health care by a very nice lady who comes to my house and cares for my needs with no hint of 'Well I haven't got time for that' or 'I haven't had a meal break for 8 hours'.

The mind boggles! but this might not be too far from the truth. The Japanese are leading the way in this technology and improvements could come soon when it could be difficult to differentiate between a robot and a human. It could be even sooner than 70 years that we see this appear in the NHS and just think how that could change the financial problems they are facing.

Just think if you went into hospital for a major operation would you like an human to perform it who had been on duty for the last 28 hours or a robot who could keep working all week with no breaks doing a job that it has proved it can do?

-editor

WHADDON MEDICAL CENTRE



Autumn 2018

NEWSLETTER

WeCARE

NHS
Milton Keynes
University Hospital
NHS Foundation Trust

Tell us about your care

You can:

Talk to any member of staff

Visit PALS in the main entrance

Call PALS on 01908 995954

Text (only) PALS on 07773577923

Email pals@mkuh.nhs.uk

Alternatively:

Complete a friends & family test form

Leave feedback at www.NHS.uk

Find us on social media:

Facebook - MK Hospital Twitter - @MKHospital

The patient advice and liaison service is available Monday to Friday,
9.30am to 4pm, excluding bank holidays.

Out of hours, please leave a telephone message and the team will get
back to you.

If you would like a large print copy of this newsletter, ask at reception.

MK University Hospital News

eCare System

The hospital's new electronic patient record 'eCARE' has now gone live in all inpatient areas of the hospital. eCARE will help the hospital to deliver better, safer care to patients and was implemented over the weekend of 19 and 20 May. The new patient record ensures that patients don't have to keep repeating their information. All staff have made extensive preparations for eCARE, but there needs to be patience and understanding during the bedding in period.

New Cancer Centre

The Hospital will be developing the north part of the Hospital site, to enhance and increase the services that are offered by the Hospital. In winter 2019 there will be access to the new Cancer Therapy Centre (CTC), which will significantly improve the cancer services available at the Hospital. The Cancer Therapy Centre build Starts July 2018 for a duration of 74 weeks

Benefits of the work

The new Cancer Therapy Centre will co-locate oncology, clinical haematology and cancer-related chemotherapy under one roof. The new building will mean that the Hospital can greatly improve the quality of its cancer services and support the future demand for Cancer Services in Milton Keynes.

These developments demonstrate the Hospital's ambition to continue to grow and improve and will help to position it as one of the best health providers in the country.

The new Cancer Centre will mean the hospital can better support each and every cancer patient. It will be a purpose-built, dedicated space offering treatment, information and support services to anyone affected by cancer, in a more spacious, comfortable and welcoming environment.

This is a vital development for the city and it is hoped that everyone will get behind the fundraising campaign to support it. The Milton Keynes Hospital Charity Cancer Centre Appeal was launched on 7th June at INTU CMK and is the largest appeal to date for the Hospital. The Hospital needs to raise £2.5 million to augment the generous contributions from MK Council and Macmillan, to transform the experience of cancer patients, their families and the staff who treat them at the Hospital.

If you wish to make a donation for this essential development, please go to www.mkhcharity.org.uk. Any help you can give will be greatly appreciated.

Diabetes and Information Prescriptions

What is an Information Prescription?

Information Prescriptions are designed to give people with diabetes the information they need to understand and improve on their health targets. They are based on the three things a doctor or nurse measures in routine appointments that can put people at high risk of complications:

- High blood pressure
- High cholesterol
- High HbA1C

How will my Information Prescription help me?

Working with your doctor or nurse you can use the information prescription to identify the steps you can take towards a better future with diabetes.

By improving your results and taking control of your diabetes, you can dramatically lower your risk of experiencing complications. It will also help you feel fitter, more energetic and healthier.

Why have I been given an Information Prescription?

If you have received an information prescription it may be because your levels of blood pressure, cholesterol or HbA1c are higher than the recommended limits. Your doctor or nurse should make sure the information prescription gives your latest test result and explains what this means. You can use the information prescriptions with your doctor or nurse to identify the steps you can take towards a better future with diabetes. You should work together to set a personal goal to improve test results – thinking about what, where, when and how.

How do I get my Clinician to use these?

Try asking your healthcare professional if they have seen the information prescriptions. If they haven't, it can be searched for online. It is important to remember that your doctor or nurse will decide if it is appropriate for you to receive an information prescription based on a number of clinical factors. For this reason, people with diabetes shouldn't assume that all the information applies to them, but discuss it with their healthcare professional first.

Retirement Tea Speech

(Part of a speech given by Dr. Bradley)

Thank you all so much for coming here today to help me celebrate my retirement.

Many of you have spent a lot of time sitting on these waiting room chairs-especially when I have been running late. I have often thought it would be nice to offer you a cup of tea or coffee to reward your patience, so today is an opportunity for me to do just that! So how can 30 yrs have passed by so quickly? When I first came here in 1988 I was young + energetic. Little did I know that I would stay here for my whole career! I did a job share with another lady Dr, Helen O'Neil and I believe we were the first female GPs to work at Whaddon Medical Centre (or Whaddon House surgery as it was then). I learnt from the best. Drs Jarvis, Labrum, Punch + Philbin were my mentors.

Bletchley has been a great place to live and work and raise a family. Some of you have known me since my 1st days here, whilst others have only known me for part of this time. General Practice has always been a fascinating, varied and satisfying career. Medicine is so much more than just an academic pursuit of diagnosing + treating illnesses. It is about people and treating them as individuals with care + compassion. A smile and a kind word can go a long way. We may not always achieve this, but at Whaddon this is what we aspire to.

It has been a privilege to get to know you all and look after you over the years. I have shared with many of you some hard times of sadness, loss, bereavement and pain. However there have also been happier times and I have seen your families grow up + have children of their own. I have seen you recover from ill health and other difficult circumstances. You have taught me and encouraged me as much as I have helped you. I have been fortunate to have had such a lovely group of patients and I do value our relationship and friendship over the years.

Whaddon is without doubt an outstanding surgery and I was so proud that this was recognised by the CQC at our inspection last year. Thank you so much for your cards and messages and also your generous donations for my Great North Run. My sponsorship total is currently at just over £2000 with gift aid which is amazing. I am so pleased that my retirement can benefit Willen in this way.

So thank you for your support and I wish you all good health and happiness for the future.

Whaddon Walkers Report

What a lovely sunny summer we have had and many have enjoyed the walks in the warm but sometimes very hot weather. But we saw more and more knees as the sunshine continued.



We have been on some lovely walks including Stony Stratford, Willen lake Great Linford, Woughton and a new walk over at Linford Wood. So we do get to see a lot of Milton Keynes in all its summer glory.



Our summer coach trip this year proved very popular and 92 walkers in two coaches went to Burghley House and Gardens and then on to Rutland Water for a boat trip.

We also had our end of summer BBQ and now look forward to the next programme of walks which will be to Loughton Lake, Broughton, Simpson and Howe Park wood hopefully seeing the glorious autumn colours.

One of our walkers has now completed the Walk Leader course and happy to say we have sixteen walk leaders who look after our increasing numbers.

(If you wish to join in with the walks speak to reception for more information)

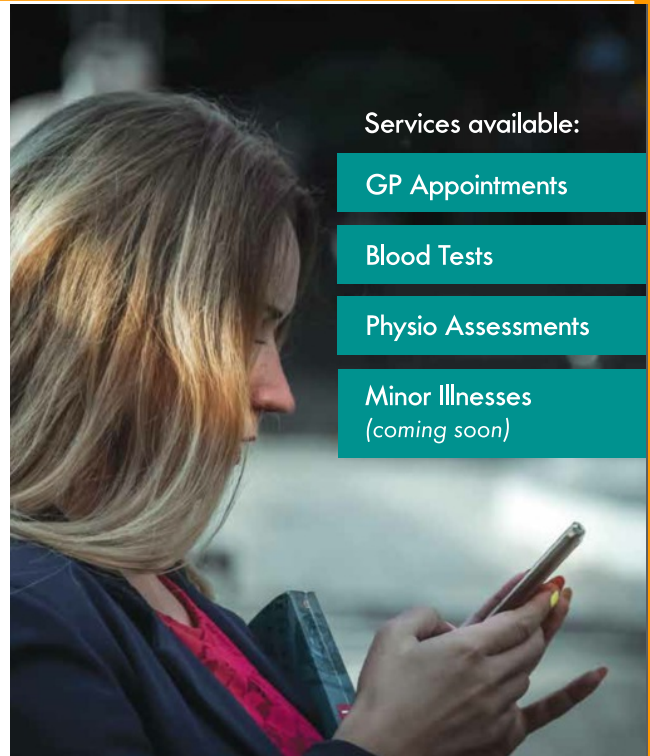


Because of problems with parking outside the Centre cones are now being used to try and control this.



General Practice appointments available to suit you . . .

Did you know there are early morning, evening and weekend appointments available across Milton Keynes for a range of services?



Services available:

GP Appointments

Blood Tests

Physio Assessments

Minor Illnesses
(coming soon)

Contact your practice receptionist who will help to arrange the right appointment for you.

MEN IN SHEDS WEST BLETCHLEY

Rickley Park, Shenley Road, Bletchley, MK3 6HF

Are you aged 55+, have time on your hands and would like to undertake something meaningful? Come along to Men in Sheds West Bletchley where we make things for ourselves and for the local community. No prior experience of wood working is necessary as training will be given.

Come along to the Rickley Park Pavilion off Shenley Road on either a Tuesday or Thursday morning between 10 – 12 noon. Or email men.in.sheds.west.bletchley@gmail.com for more details



Number of patients missing appointments: July - 247 Aug - 228