

Practice Newsletter



March 2025

What's new with us?

We would like to welcome our new staff to the practice.

We have several new Care Navigators who have joined us over the last few months: Charis, Sinead, Sualia and Sarah. Along with a new secretary, Jess. We also have a new GP assistant, Emma

Have your say!

Would you like to join our PPG (Patient Participation Group)?

Our PPG is a group of patients and staff working together to make important improvements for everyone.

- Do you have any suggestions or ideas that would benefit patient care within the surgery?
- Would you like to find out more about the practice and the services we are developing?

Our next meeting is on 14.04.2025 at 2.30pm at Radford Medical Practice

Please inform the team on reception if you would like to join us.



Are you travelling abroad this year?

Remember to book in for your travel vaccines. If you're planning to travel outside the UK, you may

need to be vaccinated against some of the serious diseases found in other parts of the world.

If you require immunisations for travel please complete the Travel Risk Assessment Form which

RADFORD MEDICAL PRACTICE & NOTTINGHAM TRENT UNIVERSITY STUDENT HEALTH CENTRE

can be found on our website – to be completed at least 4 weeks before you travel.

Once we have the form back, a telephone appointment with the practice nurse will be arranged where they will go through your records and arrange a follow up appointment for the vaccinations where required.



Are you having trouble with the NHS APP?

We have a member of the team who can help, Jake, he offers a session twice a month on a Friday morning. If you would like help, please call the surgery or pop into reception to arrange an appointment with Jake.

You can do so many things on the APP.

- Order your repeat medications
- Nominate a pharmacy to collect medication from
- View your medicines and allergies
- View your NHS Number
- Use NHS 111 online to get advice and medical help
- Manage your organ donation decision

Radford Medical Practice current NHS APP usage.

- Patients signed up to the NHS App 72% in October 2024 which has increased to 78% in February 2025.
- 720 patients ordered their prescription using the NHS App in January 2025.

Sexual Health Services

We offer STI testing for **non-symptomatic** patients under 25 years old. You can either drop in to the surgery for Chlamydia and Gonorrhoea testing ONLY:

- NTU Students can collect sample packs from inside the door at the Student Health Centre.
- Radford patients, you can ask at reception for a sample pack.

Or you can arrange an appointment for a full screening.

An STI check-up will test for Chlamydia, Gonorrhoea, HIV and Syphilis. The check-up will involve a discussion about your sexual history and any risks that you may have had and depending upon your individual circumstances you may need:

- to provide a urine sample
- to take a swab yourself
- a blood test

If you have been experiencing symptoms, you will need to arrange an appointment with the sexual health clinic by calling 01159 627 627.

Results normally take 1 week to come back; you can view the results on the NHS APP.

You can avoid the queue.

You can arrive yourself for your appointment, at the Radford Medical Practice it's on the wall by the lift, at the Student Health Centre, it is on the wall on the left as you enter the double doors.

Benefits:

- If there is a queue, you can skip this and check yourself in.
- It is so much easier and saves a lot of time.
- Patients in the queue will be dealt with quicker.

Once you have arrived yourself the clinician will call you in as soon as they are ready for you.

We are going GREEN

We have signed up for Green Impact Scheme.

The concept of providing healthcare in a way that is beneficial to patients without harming the planet. "Sustainability" in the health care system is providing high quality care and improved public health without exhausting natural resources or causing severe ecological damage.

Green Impact for Health is part of the United Nations award-winning Green

Impact programme designed to support environmentally and socially sustainable practice within organisations. The toolkit has been used by over 1500 (15%) General Practices across the UK.

WHY SHOULD I SEE A FIRST CONTACT PRACTITIONER(FCP)?

An FCP service allows patients who would normally present to their GP with an MSK issue, to self-refer to a professional with expertise in that field. You don't need to see your GP for back pain, neck pain, osteoarthritis or general joint pains, you can now see a FCP.

- Quicker access to expert MSK assessment, diagnosis, treatment and advice from their first appointment.
- Access to specialists with a wide knowledge of musculoskeletal conditions
- Longer appointments times (20 minutes rather than 10 minutes with a GP)
- Reduced waiting times and faster recovery.

Do you have a bone, joint, or muscle problem? Or are you experiencing pain and discomfort in any of the following areas: Neck, Shoulder, Back, Elbow, Wrist, Hands, Hips, Knees, Ankles or Feet.

- Soft tissue injuries, sprains, strains or sport injuries
- Arthritis – any joint
- Possible problems with muscles, ligaments, tendons or bone, (eg tennis elbow, golfers elbow, carpal tunnel syndrome, plantar fasciitis)
- Spinal pain including lower back pain, mid-back pain and neck pain
- Spinal-related pain in arms or legs, including nerve symptoms, (eg pins and needles or numbness)
- Sports injuries
- Slipped disc
- Sciatica
- Sprains (e.g. ankle sprains)
- Post-orthopaedic surgery

You can book in to see one of our MSK Specialists. Akhila works on Tuesdays all day. Owen works on Thursdays all day. Mike works Thursdays and Friday all day.