

The Cambridge Practice

PATIENT NEWSLETTER

Welcome to the December Newsletter!

Between 70 and 90% of people experience 'acute' symptoms **one to six weeks** after they have been infected with HIV.

These symptoms last for a few days to weeks and include:

- Severe flu-like symptoms
- Sore throat
- Fever
- Rash on the chest

If HIV is not treated, it may progress to an advanced, life-threatening stage - *AIDS*.

With advances in HIV treatment, many people can recover from AIDS, though they will still have HIV. However, there is a period of up to 10 years between infection with HIV and the development of an AIDS-defining illness, in which a person may not experience any symptoms at all.

With treatment, HIV will not develop into AIDS. Getting tested early means that you can access this treatment if you have got HIV, which will stop you from ever getting AIDS.

Therefore, if you have put yourself at risk, it is incredibly important to get tested, regardless of whether you have symptoms.

More information can be seen below, <https://www.nat.org.uk/about-hiv/do-i-have-hiv>

December is
AIDS
Awareness
Month



PATIENT PARTICIPATION GROUP

A Patient Participation Group (PPG) is a group of patients, carers and GP practice staff who meet to discuss practice issues and patient experience to help improve the service. Our aim for the PPG is to involve participants in shaping the practice to ensure we deliver health care services effectively in a safe and a caring environment that is responsive to patients' needs in a well led manner.

If you wish to join our PPG group, please send an email to thecambridge.practice@nhs.net marked for the attention of Charlotte Freeman, Business Executive Assistant.



Patient suggestions which impacted Practice Improvements

You said: We have received feedback from our patients that they would like other alternatives to request their medication.

We did: Following this feedback, we created a QR code which can be scanned at front desk at both Lower Farnham Road Surgery and Aldershot Centre for Health linked to our website to complete an online medication request. Patients can also request their repeat medication via the NHS app.

“YOU SAID”

WE DID

Practice Key Messages

Since our last newsletter, we welcomed Thammya onto our Physician Associate team and Aaron onto our Clinical Pharmacist team.

We are currently recruiting within our Practice Nurse Team and Patient Services Team; job adverts can be found on NHS Jobs.

We have introduced QR codes situated across various parts of Aldershot Centre for Health and Lower Farnham Road, these can be scanned from any smartphone to order repeat medication or register with our Surgery.

From January 2024, we will no longer be accepting any prescription requests to our generic email address, moving forward all prescription requests need to be sent directly to our pharmacy team on medication.thecambridge@nhs.net.

Practice Statistics - November 2023

Please see some of the Practice statistics below for the month of November 2023.

Total number of HCA health reviews completed in the month of November	377
Total number of face-to-face appointments completed in the month of November	4,645
Total number of telephone appointments completed in the month of November	1,434
Total number of Econsult appointments completed in the month of November	640
Total number of home visit triage appointments completed in the month of November	124
Total number of calls answered in the month of November	11,606
Total number of abandoned calls (where patients have hung up or a technical fault has caused them to be cut off) in the month of November	12,231
Average wait time on calls in the month of November	00:06:23
Total number of DNA's (patients who did not attend or cancel their appointment) in the month of November	405
Total number of prescription requests in the month of November	4,387
Total number of same day urgent prescription requests submitted to the Practice for the month of November	183

The Cambridge Practice recommends the below healthy recipe.

Shredded carbonara sprouts

Prep – 10 minutes – **Cook** – 20 minutes.

Method

Step 1

Heat a drizzle of oil in a large, shallow pan over a medium heat and fry the pancetta for 8-10 mins until golden and crisp. Remove to a bowl using a slotted spoon.

Step 2

Sprinkle in ¼ tsp cracked black pepper and toast in the residual fat for a minute, then stir in the sprouts and continue to cook for 10 mins until the sprouts have wilted and are tender with just a slight bite. Stir in the crème fraiche and fried pancetta, followed by the cheese. Season to taste and scatter over more cheese before serving.



Ingredients

Vegetable oil, for drizzling
130g smoked cubed pancetta or bacon lardons
600g brussels sprouts, shredded
100ml crème fraiche or double cream
10g parmesan or pecorino, finely grated, plus extra to serve

Nutritional Information

187 kcal
14g fat
7g saturates
4g carbs
3g sugar
5g fibre
8g protein
0.8g salt.

