

January Kingstone Newsletter

Happy 2024! This is a glorious New Year, but it comes with some Familiar Reminders from us this month.

2024 has started with a **peak in respiratory infections** and would like to remind everyone to please wear a face mask when coming into the surgery with any cough/fever/sore throat. This is to keep down transmission staff as well as vulnerable patients.

If we are not well, we cannot look after you!

2024 also brings with it some new interesting data. Only 14% of our text messages sent out to you with 'self-book' links inviting you to make an appointment (be it for flu vaccines or cervical smears or blood tests) have resulted in the appointments being booked. This baffled us as we were VERY excited when this new capability came along. If it's not used, it won't keep getting funded, but we are sure it can be a useful tool. If any of you have any thoughts about why this might be such a low response rate, do let us know.

We also have some interesting data about those smears. Nurse Sonia Tricket has done an audit and found that in 2023 we did 257 cervical smear tests, of which 42 carried the HPV virus, and 12 had abnormal pre-cancerous cells that required monitoring or treatment. This is a helpful reminder that **SMEARS SAVE LIVES** and if you get invited to one please don't ignore it.

The nurses also asked me to remind you that if you have borrowed a piece of equipment (especially Blood Pressure machines) please bring them back. Our cupboards are looking a little depleted this January.

Finally, we are sorry to be saying good bye to Dr Becky Cutler in February. Dr Cutler has been a GP at Kingstone for seven years and we will miss her wit and clinical acumen. I am sure you will all join me in wishing her the best for the future.

And now for the hopeful bit: The New Year is a great time for New Resolutions. If you would like to stop smoking, please get in touch with the council funded (and rather marvellous) Healthy lifestyle team on 01432 383567 or healthylifestyle.trainerservice@nhs.net. If you are interested, they can also help you with a weight loss journey, too.

Speaking of which, we have been on a Fruit-Not-Biscuits month this January. Long may it last....