



NORTHLANDS WOOD PRACTICE NEWSLETTER – JANUARY 2025

Have you had your RSV vaccine yet?

We have a clinic running for **RSV** vaccinations on Saturday 8th February.

Who is eligible?

- If you're pregnant – the vaccine is recommended during every pregnancy (from 28 weeks onwards) to help protect your baby after they're born
- If you're aged 75 to 79 (DOB: between 1.9.1945 to 31.8.1949)
- If you turned 80 after 1 September 2024, you're eligible for the RSV vaccine until 31 August 2025. (DOB: between 2.9.1944 and 31.8.1945)

You're **not** eligible for the RSV vaccine if you turned 80 on or before 1 September 2024.



Winter is well and truly amongst us with seasonal pressures being placed upon the NHS and our hospitals. It goes without saying that such situations also impact upon local Practices, and Northlands Wood is no different.

Have you ever thought about the day in the life of a GP? Our own Dr Brooks, one of 4 GP Partners at Northlands Wood, has kindly agreed to enlighten us on this aspect and what follows are her own words.


Trevor – Temporary Chair PPG

Day in the life of a GP

7am - I normally start at around 7 am. I like to get in before my morning Clinic to begin my Patient Admin. This morning, I have 105 prescription requests, 30 clinic letters, 30 lab reports (blood results and X-rays) and also have tasks/messages from all members of the Practice Team and patients. It is likely these alone will total over 100 today!



8.20am - Practice Huddle. Each morning, before the doors open and the phones are active, all the Practice Team meet in Reception for our Practice Huddle. During this meeting we are given an overview of the staff on duty, appointment availability and any areas, positives or negatives, for the day.





8.30am - Morning Clinic. Time to start my morning Clinic. This is made up of 14 appointments which is a mix of Face-to-Face and telephone calls. Face-to-Face appointments are allocated 15 minutes and phone calls 10 minutes, but quite often appointments can run over these timings, especially if there are complex medical needs, elderly patients or Mental Health. Today, I am also supervising my trainee doctor and our Paramedic.

12pm- Time for Coffee! Every day I meet with the other GPs, Registrars, Paramedic and Pharmacist for coffee, following morning surgery. This is a great chance for us to discuss our morning clinics, patients, or any medication queries we may have.

12.30pm - Admin. Time to check back in with my Admin. Again this will be prescriptions, letters and lab reports, but I also need to go back to some of the patients seen in my morning clinic to write referrals, dictate letters and respond to any requests. Sometimes requests can come from other professionals in the community, such as social workers, district nurses etc, and can be rather complex where safeguarding, palliative care and end-of-life is involved.

1pm - Meeting. Each Monday there is normally always a meeting. These can be Partner/Finance meetings, in which we discuss the management of the Practice, staffing and practice accounts. There are also clinical meetings where we discuss chronic disease management, safeguarding concerns, complaints/ significant events plus training - also great chance to eat lunch!!

2pm- More Admin. Back to my desk and time for more admin before my afternoon clinic.

2.30pm Afternoon Clinic. My afternoons are made up of 10 appointments again these are a mix of face to face and telephone calls. During the afternoon I get a message from Reception that the Coroner's office need to urgently discuss an unexpected death of a patient. This is an urgent request that I need to fit in. I am now running 15 minutes behind!

5.30pm - I finally finish my afternoon clinic. Quick coffee and a final check in on Admin and also my clipboard in Reception. Today there is an insurance report, solicitors request and an application for a blue badge.

6.30pm and onwards – Hometime! Finally it's time to leave for the day. I still have non patient admin that I need to complete, so I pack my laptop so I can log in from home on my day off to complete.

Dr A Brooks

