

# Falmouth Health Centre Practice NEWSLETTER

VOL. 04

## More inside this newsletter.

### Clinical research

Research changes lives. By taking part, you have an opportunity to shape the future of healthcare.

### First contact practitioners (physiotherapists)

Our MSK specialists work here every Tuesday - morning and afternoon!

### Record of DNA's

This month we missed out on a total of 269 appointments.

### World nurses' day

This is held each year on the anniversary of Florence Nightingale's birth.

### Mental Health awareness week

This year's theme is 'movement' - did you know that being active releases chemicals in your brain that make you feel good!

## Compliments

### Patient 1

“Very friendly and helpful.”

### Patient 2

“I didn't have to wait to see the nurse.”

### Patient 3

“Very professional and informative.”



## #BePartofResearch



**Join ...** the 500,000 people who have now signed up to this exciting new UK-wide registry service.

**Taking part ...** in health and care research is easy. Their free “research match-making” service can help you find and take part in research that's right for you.

**Simply ...** register your details and tell them the health conditions you're interested in. You'll be sent details of approved studies matching your interests, so you can decide if you want to take part.

## Record of DNA's & late cancellations.

### GP / advanced practitioner DNA

**63** This is the equivalent of 3 all day clinics.

### GP / advanced practitioner unfilled

**10** This is the equivalent of 1 morning clinic.

### Nurse / HCA DNA

**133** This is the equivalent of 4 all day clinics.

### Nurse / HCA unfilled

**65** This is the equivalent of 2 all day clinics.

Sunday 12th May 2024

## World Nurses' Day.



Our team of nurses and healthcare assistants have been busy this May. They have taken **598** blood samples, given **37** immunisations, dressed **182** wounds, administered **65** injections, and taken **57** smear samples. This is just a fraction of what they have achieved in this past month alongside their face to face and telephone reviews and completing their admin within clinics. One of our nurses, Aimee, has also taken on some additional training for travel vaccines and feno testing to assist Gaynor in her respiratory clinics. Unfortunately, there are a high number of DNA's and late cancellations within Gaynor's respiratory clinics which means other patients have to wait a while for future appointments. In light of **World Asthma Day** on Tuesday 7th May, we kindly ask that patients give us plenty of notice to reschedule COPD / asthma reviews and note down their appointments in advance as a reminder. A link to cancel your appointment will be available through the appointment reminder text you receive.



## Mental Health awareness week.



If you struggle with **anxiety, sleep, stress, low moods, loneliness, work-place stress, smoking, drinking, drug use or gambling, bereavement or traumatic events.** Please seek an appointment with your GP. Alternatively, NHS Better Health 'every mind matters' website offers wellbeing tips, as well as ways to support others around you.

## Maternal Mental Health awareness week.



Recognizing signs of potential mental health issues, such as postpartum depression and anxiety, is crucial for the well-being of both the mother and the baby. Signs of this could be **persistent sadness, changes in appetite, lack of interest or changes in sleep patterns.** This year's theme is 'rediscovering you' this may be in the form of **establishing boundaries, communicating with your partner or connecting with other mothers.**

## Physiotherapy at FHC!



- All soft tissue injuries, sprains, strains or sports injuries.
- Arthritis - any joint.
- Possible problems with muscles, ligaments, tendons or bone e.g. tennis elbow, carpal tunnel syndrome, ankle sprains.
- 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.
- Changes to walking.
- Post-orthopaedic surgery.

## Why wait?

The current waiting time through RCHT is **41 weeks.**



Our secretaries have actioned **528** referrals this month.

