

# Porter Brook Medical Centre Newsletter

Winter 2021

## Covid jabs are here





# Getting your covid vaccination

Porter Brook is working with other Practices in the local primary care network to deliver the covid-19 vaccine.

The practice is working in line with government guidelines and contacting patients by priority groups via text, phone and letter to invite you in for your vaccine. Sometimes, due to late notification of a vaccine delivery, this may be at very short notice.

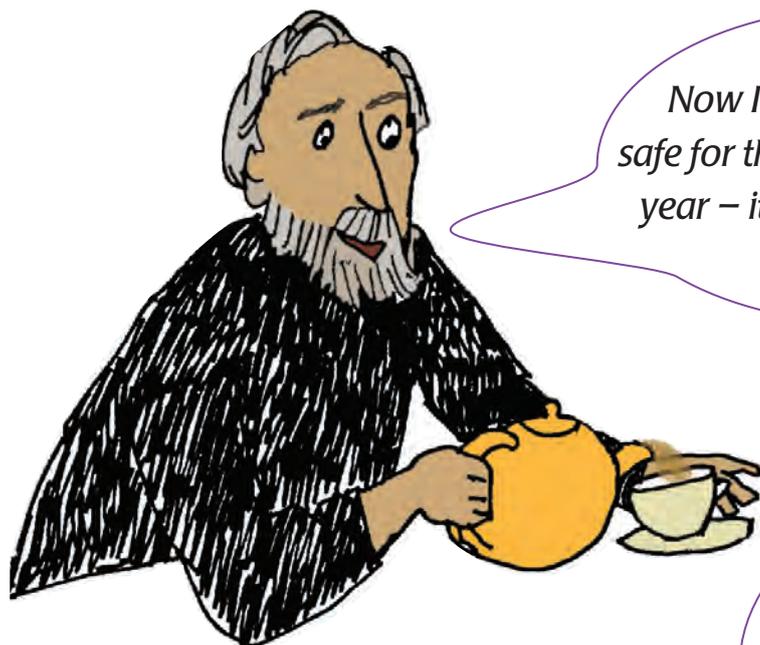
The clinics are being held in the former dental practice, just below Porter Brook Medical Centre. You can enter the building from the side or bottom entrances. Due to the steepness of Sunderland Street and the icy conditions you may want to make sure you are dropped off at the bottom of the road. Alternatively, you can park or be dropped off on Napier Street and get to the centre via the cycle track entrance. And try not to get there too early. You may have to wait to be let in so do make sure you wear warm clothing and sturdy shoes particularly if its raining.

There are lots of people there to help you find out where to go.

When you get there the staff will take your name and date of birth and check all their paperwork. You will then have your jab and be given an information sheet.

You may be asked to wait for 15 minutes, just to make sure that you feel perfectly well before you go home.

Patients will be given information regarding the vaccine at the clinic and staff will be on hand to answer any queries.



*Now I've had my jab I feel safe for the first time for nearly a year – it's a great feeling!*

*I've just had my first jab. But I'm not considered properly protected for about 3 weeks and I'll have to wait for information about when we will get our second ones. In the meantime I'm keeping safe and keeping my distance.*

*It was very well organised as before when I had my flu jab and it was interesting to find out that there are a group of local surgeries working together – which helps explain why there were so many staff there.*



# The End of an Era



After 28 years at the Porter Brook Medical Centre and Studenthealth@SHU (for one year as a locum and then 27 as a partner) Dr Adrian Mackie retired in early December this year.

Here he remembers his life and times at the practice

I joined the practice in 1992 as I believed in the ethos of primary care, set up by Jo Buchanan and Tony Jones, of providing a high quality and accessible service to its population in a happy supportive environment that people wanted to work in. This ethos is one I know that we have all tried to maintain since their retirement.

The practice population has grown over six-fold since I joined with a following increase in clinical and administrative personnel. This brought with it many challenges but also provided many opportunities to develop services.

There are so many people that I would like to thank individually, but I must say a big thank you to the two Business Managers I have worked with, namely Susie Uprichard and Rachel Pickering, both have been instrumental in guiding the practice forward and keeping me and my fellow partners in check!

Providing primary care services to the students of Sheffield Hallam University has been a significant part of the practice

*This photo was taken in the waiting room of the Porter Brook Medical Centre on Sunderland Street when it was first built in 1999 left to right – Doctors Mackie, Bates, Russell, Keel, Buchanan and Jones*



during my time and, as a practice over the years, we have had various people who have led on this. The most prominent of these being Michelle Varney who tragically passed away this year and who is sorely missed.

There have been many personnel highlights for me including;

- Between 1994-98 finding and securing the site for the PBMC and overseeing its construction.
- Establishing the practice as a GP training practice and hopefully passing on my enthusiasm for being a GP to the GP Registrars who have come to us as part of their training. Seven of them have subsequently joined the practice.
- Setting up the Consultant led outreach clinic for students with diabetes
- Being a small cog in the whole practice team that was awarded an overall 'Outstanding' grade by CQC in 2019.

But mainly I am thankful for having been able to have a job that I enjoy, doing my

best to help patients in differing stages of their lives (sometimes more successfully than others) with such dedicated, supportive and friendly colleagues.

We asked his colleagues for their memories. They said:

**He goes the extra mile for staff and patients**

**He always has time for everyone**

**The heart of Porter Brook Medical Centre**

**The go-to man**

**Very hardworking**

**Knowledgeable**

**Kind and understanding**

We were not able to contact his many patients. But this comment sums up their feeling when they heard he had retired:

***"Oh no! He's such a nice man and he's done so much for me!"***

**We all thank you and wish you a very happy retirement.**

# The Nursing Team

**Amanda Russell** is the Advanced Nurse Practitioner and Nurse Team lead for the Porter Brook Medical Centre and Student Health at Sheffield Hallam University.

We asked her to write a short piece to tell us about the members of the nursing team and allied health professionals working in the team covering both centres.

There is a wealth of knowledge and experience within the nursing team. We have three phlebotomists and a health care assistant that provide an excellent blood taking service, assisting our GP's with minor operations and undertaking some of the chronic disease reviews.

The surgery is also one of the first GP surgeries in Sheffield to have a Trainee Nurse Associate (TNA). A nursing associate helps bridge the gap between health care assistants and our registered nurse. Our TNA is able to perform chronic disease reviews, ear irrigations, contraceptive reviews and sexual health screening, suture removals and a wealth of other aspects of care.

The team also has experienced practice nurses, who undertake all our chronic disease management, women's health, childhood immunisations and more complex wound management, contraception and sexual health.

We have a mix of Nurse Practitioners and Advanced Clinical Practitioners who work autonomously to diagnose and manage all aspects of same day illness for adults and children, mental health management

and reviews, management of complex chronic disease, working alongside the GP's referring onwards as required and reviewing tests requested.

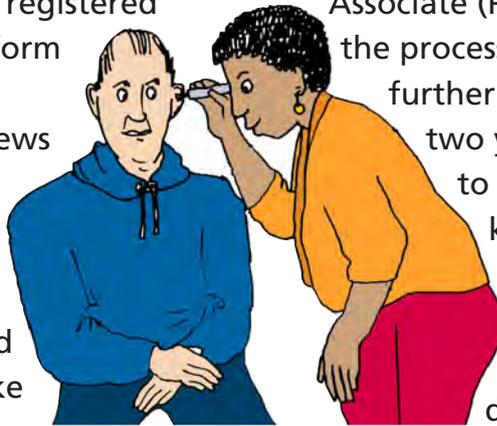
The surgery also has two physiotherapists on site who are able to manage Musculoskeletal (MSK) health issues, a clinical pharmacist who improves value and outcomes from medicines and consults with and treats patients directly.

We have also previously had a Physician's Associate (PA) and currently in the process of employing a further one. PA's undertake a two year university course to learn clinical

knowledge and skills after completing a three year biomedical or healthcare related degree. They train in

both the hospital setting and primary care to be able to provide rounded patient centred care across all ages.

Our wide range clinical staff work closely together as a team and, alongside our wonderful reception and admin team, we endeavour to ensure all patients are seen by the right member of staff to deal with their problem.



# Thank you...

...to the very kind patient who wants to remain anonymous and who, through their donation, made it possible for the practice to have a **blood pressure machine** and **scales** in the receptions at both sites for patients who need a blood pressure check.

Thank you very much who ever you are.

This will hopefully take the pressure off face-to-face appointments and make it possible for more reviews to be done over the telephone.



*Receptionist Nicola demonstrates using the blood pressure machine*



...to **Dr Fay Perry**, a registrar placement until the beginning of February. Fay trained in (and was originally from) Sheffield, then worked in West Yorkshire for three years before returning to Sheffield to start her GP training.

Fay is particularly interested in sleep problems and has produced a patient information leaflet with evidence backed techniques and links to other resources which may be of use if you have problems sleeping. The article on Sleep on the next page draws on this piece of work.

If you are struggling with your sleep for any reason and feel that you need more help, please let the practice know.

# How to get better sleep

Many of us will struggle with poor sleep or have problems with sleeping at some time in our lives.

Sleep is important for normal development, learning, memory, regulation of emotions and functioning of the body.

Most problems with sleep, known as insomnia, usually get better by changing your sleeping habits. This is called 'Sleep Hygiene'.

Anxiety, stress, and depression – which a lot of us have suffered more of this year – are some of the most common causes of chronic insomnia. Having difficulty sleeping can often make these symptoms worse. Sleep hygiene helps to increase awareness of factors that may be harmful or helpful for good sleep, and to develop good habits to promote consistent, uninterrupted sleep.

There are also some more serious medical

conditions that can make sleeping difficult. Many of our clinicians already talk to you about sleep hygiene. To provide further information for patients Dr Fay Perry has produced a patient information leaflet with evidence backed techniques, as well as links to other resources to help if you are struggling with your sleep. If you feel that you need more help, please make an appointment to talk to a doctor.

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## What is normal sleep?

There is no standard definition of normal sleep, and the average amount of sleep needed will vary from person to person. The amount of sleep we need also varies with age, with older people generally needing less sleep, and tending to wake more often.

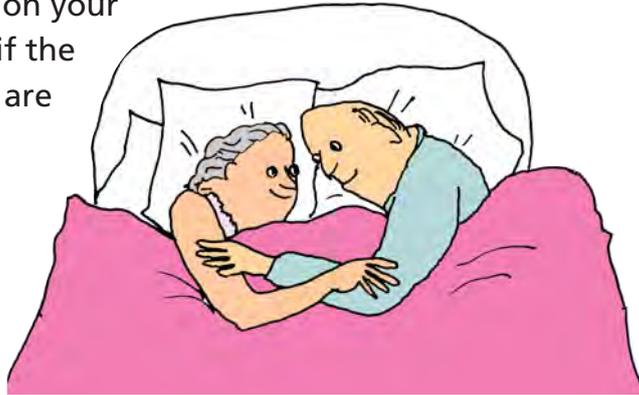
In general, most adults need somewhere between 6-10 hours of sleep per night. The normal time it takes to fall asleep should be less than half an hour.



## How to get better sleep

- Have a regular time at which you get up – even if not working, or at the weekend.
- Avoid naps (if you really need to nap, limit it to less than 30 minutes.)
- Exercise regularly and get regular exposure to natural light – try to get outside for at least an hour every day. This is particularly important for children and young people. If this isn't possible, you might want to consider using a light therapy box.
- There are things you can do in your day to help manage your worries, like talking to someone you trust and switching off from the news.

- Keep a sleep diary, to identify the things that impact on your sleep and to track if the changes you make are working for you.
- Keep the bedroom just for sleep and sex.



## Bedtime

- Try to have a regular bedtime that you stick to every night.
- Make sure your environment is suitable – dark, a comfortable

## 4-6 hours before bed

- Try not to do vigorous exercise in the four hours before bed, although some people find light exercise such as gentle yoga to be helpful with winding down.
- Caffeine, alcohol, nicotine or a big meal too close to bedtime can stop you falling asleep and prevent deep sleep as they are stimulants. Although alcohol makes you sleepy initially, during the night it can cause disturbed sleep patterns.

## 1-2 hours before bed

- Try winding down in the hour before bed, for example by using meditation or mindfulness, having a milky drink, or a warm bath – cooling down after a bath mimics the natural temperature changes the body goes through before sleep.
- You don't want to go to bed too full or hungry – avoid heavy meals, if hungry you may want a light snack – a piece of fruit or toast.
- You might want to spend some time writing down any worries you have, so you can set these aside for the evening and revisit them tomorrow, rather than thinking about them overnight.
- Don't look at screens – your phone, computer and TV, during this time

temperature, comfortable bedding and quiet – you may find earplugs or a white noise generator helpful.

## During the night

- If you don't go to sleep within 20-30 minutes – get up and out of the bedroom, read or listen to calming music until you do feel sleepy, then go back to bed.
- Don't have clocks with light up displays facing you in the bedroom – turn them so that you can't see the time.

## For more help and information

If you think the reason for your sleep issues might be linked to problems with depression or anxiety, please talk to your doctor.

Websites with further information:

- [www.sleepfoundation.org](http://www.sleepfoundation.org)
- <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>
- <https://www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/>

NHS links to apps to help with sleep:

- <https://www.nhs.uk/apps-library/category/sleep>.

## Seeing your doctor

**It is really important for you to contact the practice if you have any worries or concerns about your health.**

The practice is still here to help you with any non-covid new or ongoing conditions or problems. If you feel you need to speak to a doctor or that we can help you please don't hesitate to call on 0114 263 6100.

Tell the receptionist as much as you can and they will direct you to the most appropriate person.

We are seeing patients face to face, at the clinician's discretion. We can still refer patients to the hospital and other services such as physio, IAPT, midwife, health visitors.

We are using the practice differently and regularly review how we work to offer the best service to patients, avoid delays and be responsive during a pandemic.

## Contact Details

Telephone: 0114 263 6100

Repeat Prescriptions: 0114 372 3000

Out of Hours: 0114 263 6100

Web: [porterbrookmedicalcentre.co.uk](http://porterbrookmedicalcentre.co.uk)

## Covid-19

If you have any queries or need advice ring 111 not the surgery,

## Practice news

**Prescription turn around** – the aim is to process all prescription requests for repeat medication within 2 working days – weekends are not included. Items not on repeat, should still be processed within 48 hours but there may be delays if queries are needed with a specific clinician.

**Medication deliveries** – some pharmacies now charge for deliveries. For patients not able to pay for a delivery service there are on-line postal services. Most local independent pharmacies still offer free deliveries. For patients shielding due to covid the council volunteers can help with medication collections.

The **first flu clinic** was held in October with over 700 patients vaccinated. Feedback from patients attending the clinic was generally very positive with people impressed with the organisation and professionalism of the clinic. It was a good team building day for the staff too. More flu clinics followed in December for 50-64 year olds.

The success of these clinics has given the practice added confidence that when the Covid vaccine becomes available they will be able to administer it efficiently and safely.

**New pharmacist** – A new additional practice pharmacist, Naz Hussain, started in January.