

# Talkback

**NHS**

**Basildon and Brentwood**  
Clinical Commissioning Group

Issue 1 2018

## Welcome

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*Hello,*

Well, here we are at the start of another new year and it always makes us think about looking after ourselves better and taking care of our own health and wellbeing. I wonder how many of you made a new year's resolution to eat more healthily, join an exercise class or take up a new hobby or sport? More importantly, I hope you have managed to keep to your resolutions and are continuing the good work!

In this edition, we have included information on some of the latest health campaigns - self-care for looking after children and how to use antibiotics wisely to avoid the growing problem of antibiotic resistance. We also have an article on the NHS Bowel Cancer Screening Programme on Page 6, which explains the importance of undertaking the home test if you are aged between 60 and 74 years. This is such an important subject that we asked Dr Joseph Arayomi to talk about this in our regular 'A word with the doctor' feature on Page 8, so please take a look.



Basildon and Brentwood Clinical Commissioning Group is a team of GPs and officers who choose and buy most of the NHS health services for Basildon, Brentwood, Billericay and Wickford. NHS England commission GP services in this locality.

On another note, the Mid and South Essex Sustainability and Transformation Partnership (STP) public consultation is currently underway and is asking for your feedback on the overall plan for health and care in Mid and South Essex and the proposals for hospital services in the area. The closing date for feedback is 9<sup>th</sup> March 2018 and you can give your views via an online questionnaire; completing a paper survey or by attending one of the workshops below where you can hear more and take part in discussions:

*Wednesday 21<sup>st</sup> February 2018 – 6.30pm – 8.30pm at Brentwood Community Hospital, Crescent Drive, Brentwood, Essex CM15 8DR*

*Tuesday 27<sup>th</sup> February 2018 – 1.30pm – 3.30pm at The Gielgud Room, Towngate Theatre, St. Martins Square, Basildon, Essex SS14 1DL*

Please get involved and have your say on the proposals!

*Alison Reeve* – Lay Member, Patient and Public Involvement

Working for a better NHS for everybody

# Over 10million repeat prescription requests are now made online

**An ever increasing number of people across England are embracing the digital revolution and going online to request their repeat prescriptions - with over ten million repeat prescription requests now made via GP online services.**

GP online services allows people to book and cancel appointments, order repeat prescriptions, and access parts of their GP record online. It's quick, easy and all information is secure.

This time saving alternative to calling or visiting the surgery allows people who require repeat prescriptions to request them from the comfort of their own home. It also gives them the ability to review the medication they are taking; along with the dosage and frequency it should be taken – leading to an improved understanding of their medication.

The number of repeat prescriptions requested online has steadily increased since the online service was launched across England in April 2015 and is expected to increase further as people move away from traditional methods and discover the benefits of online services.

Local GP and Basildon and Brentwood CCG governing body member Dr Joseph Arayomi said: "The service is making a huge difference, not only to our patients who are using it to order repeat medications online, but also to GP surgery staff who work incredibly hard and are extremely busy throughout the day. It offers our patients the choice of how they can order a repeat prescription with online requests complementing the more traditional methods."

BB CCG Acting Accountable Officer and Chief Nurse Lisa Allen said: "Ordering repeat prescriptions online will improve patient safety as patients have more control and understanding of their medication. It puts patients more in control of their health and well-being."

**You can register for GP online services by visiting your GP surgery, or find out more by logging on to the NHS Choices website at [www.nhs.uk/GPonlineservices](http://www.nhs.uk/GPonlineservices)**



## GP online services Quick, easy and secure

- Book GP appointments
- Order repeat prescriptions
- Access your GP records

# 2018 Guide for Care Providers and Care Homes in Essex now available

Looking for **information** on **care** and **support**?



This independent care guide has been produced by **Care Choices** to help people make decisions about care in Essex and Southend-on-Sea.

It contains information for adults looking for care or support in the county, whether they are paying for it themselves or receiving support from the council. Staying as independent as possible is important to everyone.

The Directory contains information about the care and support services to enable you to do this when remaining at home, moving into housing with care scheme, or within a care home or care home with nursing.

For assistance with finding care and support, call Care Choices on **0800 389 2077**

## Care Choices' comprehensive guide to choosing and paying for adult care and support

- Home support
- Specialist care
- Care homes
- Useful contacts

For **FREE** copies of the **Care Services Directory** or for assistance with finding care and support, call Care Choices on **01223 207770**

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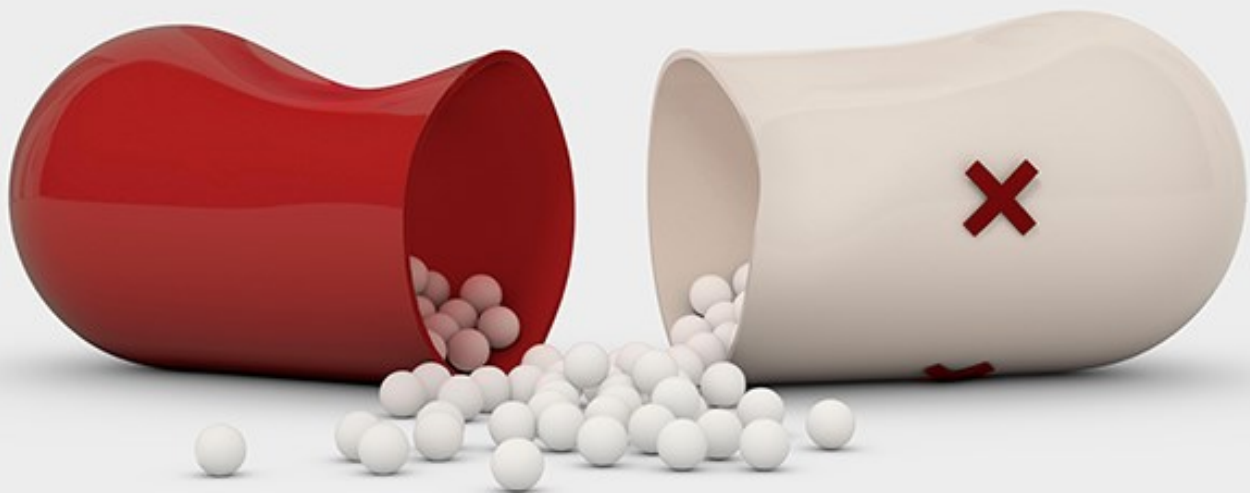
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## Taking antibiotics when you don't need them puts you and your family at risk



A Public Health England campaign is warning people that taking antibiotics when they are not needed puts them at risk of a more severe or longer infection.

Basildon and Brentwood CCG is joining forces with NHS colleagues across the region to tackle the growing problem of antibiotic resistance which is seen as one of the most dangerous global crises facing the world today.

Antibiotics are essential to treat serious bacterial infections, such as meningitis, pneumonia and sepsis, but they are frequently being used to treat illnesses, such as coughs, earache and sore throats that can get better by themselves. Taking antibiotics encourages harmful bacteria that live inside you to become resistant. That means that antibiotics may not work when you really need them.

The 'Keep Antibiotics Working' campaign urges residents to always trust their doctor, nurse or pharmacist's advice as to when they need antibiotics and if they are prescribed, take antibiotics as directed and never save them for later use or share them with others. The NHS Choices website has effective [self-care advice](#) to help individuals and their families feel better if they are not prescribed antibiotics.

Denise Rabbette, Head of a joint dedicated Medicines Optimisation team covering Basildon and Brentwood and Thurrock CCGs, said: "Antibiotics are rarely needed for coughs or sore throats because they are usually caused by a virus. Pharmacists can advise on simple self-care treatments and over-the-counter medications to relieve symptoms. Patients should not expect their GP to prescribe antibiotics because they are usually not necessary.

"As well as the money being wasted on unnecessary prescriptions for antibiotics, there is also the growing problem of antibiotic resistance. Overuse and misuse of antibiotics is leading to bacteria resistant to antibiotics which could mean many routine procedures, such as operations and cancer treatment, become increasingly dangerous in the future."



**Self care information about children**

**Self Care Forum**  
Helping people take care of themselves

**NHS**  
Basildon and Brentwood  
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An information guide with self care advice to help parents, grandparents and those who care for young children is now available for download from the CCG website at [basildonandbrentwoodccg.nhs.uk](http://basildonandbrentwoodccg.nhs.uk)—search self care

The guide contains advice on a wide range of topics including:

Childhood illnesses—should they go to school?

Asthma

Chest infections

Chickenpox

Ears

Immunisations

Being sick

Bumps, bruises and accidents

Burns and scalds

Coughs and wheezing

Crying

Getting a good night's sleep

Looking after their teeth

Nappy Rash

Rashes and dry skin

Teething

Upset tummy

Watery or sticky eyes

Registering your child with a GP

Smoke free home

Temperature, fever and convulsions

Vitamin D

Can your pharmacist help?

There's also a separate guide available on the CCG website which features factsheets for 14 common ailments.



**Factsheets for common ailments**

**Self Care Forum**  
Helping people take care of themselves

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# Bowel cancer screening: are you ignoring this important invitation?

## The NHS Bowel Cancer Screening Programme

The bowel cancer screening test can detect tiny amounts of blood that can't be seen by the eye. Blood in the poo can be a sign of bowel cancer.

In England, people aged between 60 and 74 years will be sent a home test kit every two years. People over 74 can request a kit by contacting the bowel cancer screening helpline on **0800 707 6060**.

In England around 6 in 10 people that are sent the kit return it to the screening centre for testing. People may think that the tests sound a bit embarrassing, or unpleasant, but collecting the samples doesn't take long and can be done in the privacy of your own home.

Most people will have a normal result which means that blood was not found in the test samples. This doesn't completely rule out bowel cancer now or in the future and you should see your GP if you notice any changes that are not normal for you.



Most people with an unclear or abnormal result do not have cancer. It can be caused by other medical conditions, recent dental work or something that you have eaten. You may be asked to do the test again or to have an appointment with a specialist nurse at a bowel cancer screening centre. The nurse will talk with you about having a test called a colonoscopy, an investigation that involves looking directly inside your large bowel.

Bowel cancer is the fourth most common cancer in the UK. The aim of the Bowel Screening Programme is to discover bowel cancer at an early stage, before symptoms have a chance to develop. At an early stage bowel cancer is easier to treat and the treatment is more likely to be successful. Screening can also detect polyps that may develop into cancer over time. These can easily be removed, reducing the risk of bowel cancer developing.

For more information call **0800 707 6060** or speak to your GP

<https://www.nhs.uk/conditions/bowel-cancer-screening/>

<http://www.cancerresearchuk.org/about-cancer/bowel-cancer>



# Heart charity appeals for Community volunteers

The British Heart Foundation (BHF) is calling on the people of Basildon and Billericay to help accelerate the fight against heart disease by joining the Basildon and Billericay community volunteer group based in the local area.

Around 20,900 people across Basildon and the local area are fighting a daily battle with heart and circulatory disease. Each year these devastating conditions claim the lives of more than 405 people alone.

The nation's heart charity is calling on the local community to take heart and join the fight against heart disease by joining their community volunteer groups across the region and raising vital funds for heart research.

Community volunteer groups are the face of the BHF in their local communities. From running fundraising events to supporting schools and local businesses and organising collections, they are a fantastic way to support the charity's vital work.

Any time that you can give will be invaluable, because every pound raised from BHF community volunteer groups will help fund vital research and identify new treatments that could help save lives. Alex Beresford, who lives in Chelmsford, is the grandson of the founder of Beresfords Estate Agents and currently runs the Chelmsford branch. Alex underwent heart surgery at the age of just 26 to remove an aneurysm and replace a bicuspid aortic valve. He was in intensive care for two days, but was home in just under a week. At first he could only walk a few feet but gradually did more and more. Incredibly, sporty Alex was able to run the Brentwood Half Marathon for the BHF just a year later.

Kirsty Brzeczek, BHF Fundraising Manager for Essex, said: "It's only thanks to BHF research that pioneering heart surgeries like these are able to take place, and with your support, we can save the lives of more people like Alex.

"By joining a community volunteer group you can help us fund the research that's so desperately needed to bring us closer to beating heart disease. Together we can save more lives, and it's a fantastic way to meet new people and make a real difference in your community!"



Pictured above and below: Alex Beresford who has recovered from life saving heart surgery



For more information, please visit [www.bhf.org.uk/localfundraising](http://www.bhf.org.uk/localfundraising)  
To join your local community volunteer group contact Kirsty Brzeczek on [brzeczekk@bhf.org.uk](mailto:brzeczekk@bhf.org.uk) or 07920845365



## A word with the doctor - don't ignore screening invitations as they could save your life

If you're aged 60-74, every two years the postman will drop a small packet through your door.

The FOB test is an invitation that should not to be ignored. It's a simple home test kit that checks for the presence of blood in a stool sample which could be an early sign of bowel cancer.

It really concerns me that some people decide not to take part in this screening opportunity because the test has the potential to prevent bowel cancer and detect it early.

You may think that doing the test sounds a bit embarrassing or unpleasant, but it will only take a few minutes and is a good way of detecting bowel cancer early.

The FOB test does not diagnose bowel cancer, but the results will tell you whether you need an examination of your bowel (a colonoscopy).

You carry out the FOB test in the privacy of your own home. The screening kit provides a simple way for you to collect small samples of poo, which you wipe onto a special card. You send this card in a hygienically sealed freepost envelope to the screening laboratory for testing. There are detailed instructions with each kit . You'll be given details of a helpline you can ring if you've any questions about how to use the home test kit.

You should receive a results letter from the laboratory within two weeks of sending in your sample.

If you are 75 or over, you can ask for this test by phoning 0800 707 60 60.

For further information on the FOB screening test, the symptoms of bowel cancer and advice on when to seek medical advice, there is detailed information on the NHS Choices website at [www.nhs.uk](http://www.nhs.uk)

The FOB test is just one of many types of screening the NHS offers to people who are most likely to benefit.

I hope that when the next screening invitation drops through your letter box, you will look at the NHS Choices website where there is trusted information so that you can read about the benefits and make an informed choice.

*Dr Joseph Arayomi*

### Keeping in touch...

NHS Basildon and Brentwood CCG, Phoenix Place, Christopher Martin Road, Basildon SS14 3HG

email: [bbccg.contact@nhs.net](mailto:bbccg.contact@nhs.net)

website: [basildonandbrentwoodccg.nhs.uk](http://basildonandbrentwoodccg.nhs.uk)

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