

Costs to the NHS

It has been hard to miss the spotlight that has been trained on the NHS with regards to funding recently. With promises from political parties on how they plan to 'save the NHS' during the recent snap election. The sad reality is that the backing of a political party won't quite cut it and that the real problem lies with everyone that uses the NHS and it's up to all of us to keep the NHS running. One of the things we hear on a regular basis is "I pay my National Insurance" you're quite right, a majority of the UK population does, however the National Insurance you pay in a year probably doesn't even cover the cost of the services you may have used in that year. For instance, a visit to a GP costs the NHS £54, on average for a 15 minute consultation. It still costs the same amount of money even if the person does not attend. Some other facts on NHS costs are:

- A visit to Accident and Emergency (A&E) costs the NHS £112 per patient.
- Liver transplants cost in the region of £70,000 per patient.
- NHS Bariatric related surgeries cost in the region of £50,000 per patient.
- Providing paracetamol to patients cost the NHS over £70m in 2016, and almost £400m has been spent on paracetamol alone in the last 5 years, when patients are able to purchase it in shops from as little as 19p.

A report compiled by health and wellbeing provider Benenden in August 2015 concluded that "If the public was more aware of the cost of appointments, treatments, operations and prescriptions, and really took responsibility for their own health, using the NHS only when absolutely necessary, the crisis the service finds itself in today would be significantly lessened." with the Medical Director of Benenden, Dr John Giles, saying "As a nation we have lost touch with the role we should play in our own health and wellbeing, expecting the NHS to pick up the pieces. We are happy to point the finger when it comes to saying who doesn't deserve treatment, but we take little responsibility on the individual impact we are all having on the NHS, whether that is through poor lifestyle choices, exaggerating symptoms or having an unfair sense of entitlement to the NHS." This report can be found here: <https://www.benenden.co.uk/newsroom/research/research-archive/benenden-national-health-report-2015/>

The NHS belongs to all of us—help us to keep it working smoothly by turning up for appointments or letting us know when you are unable to, so that we can offer the appointment to someone else.

*A thriving practice promoting
Health and Wellbeing from the
Heart of our community*

**FLITWICK
SURGERY**

Practice Newsletter

March 2018

Special points of interest:

- CQC Inspection
- Home Visits
- Self Care Awareness
- End of Contract Changes

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CQC Inspection

The Care Quality Commission (CQC) came to inspect the surgery on Tuesday 6th March 2018. The CQC is the independent regulator of all health and social care in England. They are given powers by the government to register, monitor and inspect all health and care services.

We are now awaiting their final report of the inspection, which takes up to 50 days from date of inspection and we will update our website as soon as this is received.

GP Car Park

We regret that we have had to cordon off the GP car park as in the last 3 weeks there has been 3 staff cars damaged by other car park users turning around at speed.

We have also had several cases of GPs being blocked in by cars belonging to surgery patients, clinic users or Pharmacy patients, which has delayed the GPs going out on their home visits.

Cones have also been implemented along the side of the surgery to allow privacy to patients being seen in the clinical room on that side of the car park and to also allow cars parked in the bay opposite enough room to pull their cars out.

We would ask all our patients kindly to refrain from parking along side the surgery wall.

Home Visits

We would like to remind patients that all our GP appointments, including home visits, are booked 7 days in advance.

If you require an urgent home visit then please be advised the you may be seen by a member of our Minor Illness team rather than a GP.



Self Care Awareness.

You may have noticed the “We are self care aware” posters dotted about the practice advising that we no longer routinely prescribe medicines which are available over the counter in pharmacies, supermarkets or other shops.

The NHS and the practice are urging patients to become more self care aware and we are encouraging patients to seek over the counter remedies for minor illness conditions such as colds and flu, sore throats, insect bites and hayfever.

From 1st April 2018 prescriptions will cost £8.60 per item. Many items we are asked to prescribe are available over the counter far more cheaply than a prescription.

E.g.

- Ibuprofen 5% Gel- £1.00
- 6 month supply Cetirizine hayfever allergy tablets- £5.49
- Paracetamol Tablets 500mg- 16p for pack of 16

We're not trying to turn patients away from help when they need it, however we ask that you take a moment to think “do I really need to see a GP for this?” before calling to make an appointment.

End of Contract Changes

The practice has been working with the Clinical Commissioning Group (CCG) since Christmas 2017 to put in place a new service for our patients that require the following:

- Wound Care
- Stitch Removal
- Non-urgent ECGs
- D Dimers
- 24 Hours ECGs

These are services which we recognise are best provided locally but for which we no longer have the nurse manpower or expertise to perform. The practice receives payment from the CCG for providing these service and gave notice in December 2017 that we would not be able to continue doing so from the beginning of April 2018.

The CCG is looking at three options and will advise before the end of March which has been chosen:

- Ask a local practice who has space to provide the service as an additional contract for our patients.
- Arrange for a local provider to provide the service for our patients.
- Arrange for these tests and procedures to be done at one of the local hospitals.

We will keep your informed of the outcome.