

# DR BARRY SMALL

I will be hanging up my stethoscope and will retire from Parkfield Medical Centre on 31<sup>st</sup> March 2024.



I joined Parkfield over 27 years ago, fresh faced, very few grey hairs and a bit slimmer. The years have flown by. In the blink of an eye my boys who were babes now have beards.

I remember my first day and the first patient that consulted with me as if it was yesterday.

I feel very privileged to have had the opportunity to serve the great Potters Bar public and I am very proud of what we have achieved at the surgery.

Parkfield really is a surgery of 'firsts':

Parkfield was the first purpose-built and privately owned GP surgery in the UK, was one of the first practices to have a dedicated results and prescribing team, hold ward rounds in nursing homes, start early bird commuter surgeries, host flu Saturdays (and Sundays), employ a practice matron. I could go on. Our Patient Participation Group, not quite the first group of its kind, is regarded a one of the best; a true collaborative partnership between patient and surgery.

I have witnessed multiple changes over the years. The NHS is in a state of constant change. We have always adopted an 'embrace change approach' at the surgery. I have witnessed bird flu, the Covid pandemic and survived numerous governments radically rebooting the NHS. Demand has never been higher with resources being ever further stretched. I often use the analogy of a car park where there are 5 cars for every space – the space being the resource and the cars the demand. Doubling car park spaces will not solve the issue. Despite this, there were over 12,000 patient contacts last year and these figures do not include interactions with reception, the prescribing, or results teams. I am saddened that we are seeing the return of measles and polio – illnesses that I never thought I would see again. Unlike the parking problem however there is a straightforward solution to this.

One of the greatest achievements at Parkfield is the blossoming of our team, a team of many parts, dedicated, responsive and caring. The team is experienced yet will look at new approaches. Our medical and nursing team is currently complimented by a paramedic, pharmacist and first contact physiotherapist. I know of no other practice with a matron. We have developed generations of GPs, transforming them from very good doctors into excellent GPs. Many continue to work locally and some have never left.

I am grateful to have been a small part of the surgery story. The surgery will go on and I have no doubt will continue to go from strength to strength. My decision to retire has been a considered one, the first decision I have made putting myself first for a long time. So please be happy for me.

Thank you for allowing me to be part of your story. <Dr Barry Small>



## NEWSLETTER

Spring 2024

No 81

### USEFUL CONTACTS

PARKFIELD: 01707 291041

CANCELLATION LINE:  
07518 391153 (TEXT ONLY)

NHS – (OUT OF HOURS) 111  
COVID-19 ADVICE LINE 119

POTTERS BAR COMMUNITY HOSPITAL  
01707 653286

URGENT CARE CENTRES:  
CHASE FARM 020 8375 2999  
BARNET 020 8216 4600

#### PHARMACIES

QUESTMOOR 01707 659120

BOOTS 01707 652438

TESCO 020 3801 5232

THE ELMS 01707 646376

HERTS HELP: 0300 123 4044

#### COMMUNITIES 1<sup>ST</sup>

For transport & general services:  
01727 649900

CARERS IN HERTS:  
01992 586969

CRUSE BEREAVEMENT:  
01707 278 389

#### EVENTS

##### HEALTH TALK

Living with an Ostomy –  
The Patients Perspective  
Monday 15<sup>th</sup> April 7.15pm  
at United Reformed Church, Darkes Lane

##### CPR COURSES

Look out for new dates coming soon

##### HEALTH & WELLBEING EVENT

Friday 13th September from 10 to 3 at the  
Wyllyotts Centre

##### CHATTER TABLES

From 10.30am last Friday each month at  
Wyllyotts Café.

FOR ANY QUERIES PLEASE  
CONTACT:

friendsofparkfieldppg@gmail.com  
OR TELEPHONE THE PPG SECRETARY:  
07941 861 803

## Measles Vaccinations are Important

As measles cases continue to rise across the County, parents, guardians and carers are being urged to make sure their children are up to date with their MMR vaccinations. The call is coming from the local NHS and Hertfordshire County Council, as the Measles Mumps and Rubella (MMR) vaccine is the most effective way to protect children from becoming extremely unwell as a result of these highly contagious diseases.

Measles spreads easily among unvaccinated people, especially in nurseries and schools. Children who get measles are often really unwell with it, and it can lead to serious health conditions such as meningitis and hearing loss. To best protect the whole community, we need to ensure at least 95% of children are vaccinated (two doses – usually at ages one and three) – ideally by the age of five years, but Hertfordshire currently falls below this at 88.8%

People can check their vaccination status on the NHS App. Alternatively, contact your GP. The vaccine is free of charge on the NHS, whatever your age, and it is never too late to catch up.

## Blood Pressure Checks

More than one in four adults in the UK have [high blood pressure](#) but many are unaware of it.

If you're a healthy adult over 40, it's recommended that you get your blood pressure checked at least once every five years, a figure which increases to once a year if you're at increased risk.

Free checks are available at GP surgeries and at many local pharmacies. At Parkfield you can easily check your own blood pressure using the Surgery Pod, no appointment required and help is always available to use the machine if needed.

## Abdominal Aortic Aneurysm Screening

**A free test for all men over 65 years of age**

**Potential risks of an abdominal aortic aneurysm** - Large aneurysms are rare but can be very serious. As the wall of the aorta stretches it becomes weaker and can burst, causing internal bleeding. Around 85 out of 100 people die when an aneurysm bursts.

An aorta which is only slightly enlarged is not dangerous. However, if the aorta measures between 3cm and 5.4cm it is important that we keep checking it to see if it is getting bigger.

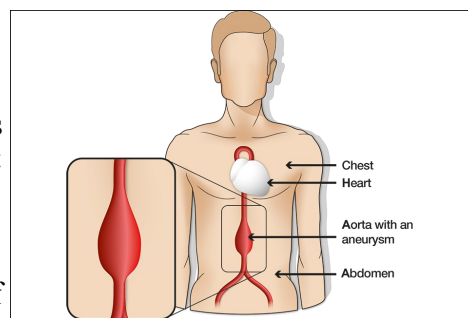
**Benefits of screening** - We offer screening so we can find aneurysms early and monitor or treat them. This greatly reduces the chances of the aneurysm causing serious problems.

The easiest way to find out if you have an aneurysm is to have an ultrasound scan of your abdomen. Around 11% of men over 65 have an aneurysm. If you have an aneurysm you will not usually notice any symptoms. This means you cannot tell if you have one, will not feel any pain and will probably not notice anything different in 92 men who are screened have an abdominal aortic aneurysm.

**Risk factors** - Men are 6 times more likely to have an abdominal aortic aneurysm than women, which is why women are not offered screening. The chance of having an aneurysm increases with age. Your chance of having an abdominal aortic aneurysm can also increase if:

- you are or have ever been a smoker
- our brother, sister or parent has, or has had, an abdominal aortic aneurysm
- you have high blood pressure

**The AAA screening programme is being held at Parkfield Medical Centre on the first Friday of each month. Eligible patients can call 01727 897719 if they have not been invited or are over 65 and would like an appointment.**



### Please Check Your Medication

We are finding that some patients are leaving the pharmacy without all of their medication. Please check that you have all of the medication requested before leaving the pharmacy to avoid any issue.

# Health Talk

Monday 15<sup>th</sup> April 7.15pm at United Reformed Church

## Living with an Ostomy – The Patients Perspective

We welcome members of Ostofriends to talk to us about their experiences of life with a stoma and the ostomates journey. There are many bowel conditions that could result in the patient needing to adapt to life with a temporary or permanent stoma, these include, but are not limited to, Bowel Cancer, Crohns and Ulcerative Colitis. The different types of stoma will be described as well as the lifestyle implications post surgery and beyond. Information will be given about support available locally and from national organisations and on how to access the best information to manage the journey.



Ostofriends Stoma Support Group is made up of volunteers from the Potters Bar community. The evening will encompass various aspects ranging from reasons for Stoma formation & type, to exploration of life style implications post surgery. Ostofriends provide hints & tips on navigating this life changing situation whilst maintaining a positive outlook to make the best of life.

There will be recounts of personal journeys & also an opportunity to explain to the audience the value in being part of a group who raise awareness, provide information & empathise with anyone who may find themselves on a similar path.

## Online Support for Kidney Disease

People living with kidney disease often look online for help. They need to be sure they are getting the right assistance, not something being promoted on social media, which is often less appropriate. Genuine sites including:



[www.kidney.org](http://www.kidney.org); [www.kidneycareuk.org](http://www.kidneycareuk.org); [www.kidneyresearchuk.org](http://www.kidneyresearchuk.org)

are some of the recommended sites which offer safe and supporting help where you can share your experiences and ask questions. These sites can direct you to how to get financial support, holiday and respite grants, expert advice, and counselling.

As with anything online, please ensure you check with your specialist.

## Could you be at risk of Type 2 Diabetes?

Type 2 Diabetes is a common condition which could affect your everyday life and those of people close to you. If caught early, then a change of diet may be all that you need. It is caused by a problem with a chemical in the body, a hormone called insulin which affects your levels of blood sugar.

You could be at risk if you have a family history, are overweight, inactive or fall in certain ethnic groups. People over the age of 40 for white skinned, and 25 for some other ethnic groups, can be at risk.

The NHS website offers a “**Know Your Risk Tool**” which is taken from Diabetes UK. If you have any symptoms including being thirsty, over tired, losing weight or blurred vision, then consult your GP. Even if you are concerned but have no symptoms then a rapid blood test can confirm this for you.

**Are You Headed for Type 2 Diabetes?**

An alarming 40% of adults who are at risk for developing diabetes do not realize it, according to the American Diabetes Association.

**Do you know your risk?** CHECK ALL THAT APPLY

- Do you have more than two alcoholic drinks daily if you're male, or more than one if you're female?
- Are you overweight?
- Do your parents or siblings have diabetes?
- Do you have high blood pressure?
- Are you 45 or older?
- Are you male?
- Do you exercise fewer than 20 minutes a day, five days a week?
- Do you smoke?
- Is your ethnic background African American, Native American, Hispanic or Japanese?

Your risk for developing type 2 diabetes increases with every checked response. While you can't control some risk factors, such as age, gender and ethnic background, you can prevent or delay the onset of diabetes by making good lifestyle choices. Exercise regularly, eat well and maintain a healthy weight.

\* NOTE: This quiz is not intended to diagnose diabetes. Talk with your University of Utah Health Care doctor about your concerns and whether you should get tested.

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## Help Urgently Needed

Our quarterly newsletter is hand delivered by volunteers to those PPG members who are unable to receive it electronically and have requested a hard copy. We are in need of a volunteer to deliver to 5 addresses in the following area: Byers Close, Hill Rise, St Francis Close and St Vincents Way.

The fish tank in the surgery waiting room was purchased and is maintained by the PPG. If you have experience with fish tanks could you help us with basic routine maintenance?

If you can help with either of these requests please phone the PPG Secretary on 07941861803

## Pharmacy First

The new Pharmacy First service, launched 31 January 2024, adds to the existing consultation service and enables community pharmacies to complete episodes of care for 7 common conditions following defined clinical pathways. This new service is expected to free up GP appointments for patients who need them most and will give people quicker and more convenient access to safe and high quality healthcare. It includes the supply of appropriate medicines for 7 common conditions including earache, sore throat, and urinary tract infections, aiming to address health issues before they get worse.

Clinical Pathway	Age Range
Acute otitis media	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16 - 64 years

Patients can access the 7 clinical pathways by referral from general practice, urgent and emergency care settings, & NHS 111 (online and via telephone). Patients can also access the service by attending or contacting the pharmacy directly without a referral.

Pharmacists follow a robust clinical pathway which includes self care and safety-netting advice and, only if appropriate, supplying a restricted set of prescription only medicines without the need to visit a GP. This ensures that the steps taken match the care patients would receive in general practice and follow the latest national guidelines. Every pharmacist trains for 5 years in the use of medicines and managing minor illnesses, so they are well equipped to provide health and wellbeing advice. They are also experienced in spotting warning signs, otherwise known as red flag symptoms, which may warrant a referral to another healthcare provider.

After a consultation with the pharmacist, the pharmacy will send a notification to the patient's GP on the same day or on the following working day.

## Health & Wellbeing Event

**The Annual Potters Bar Health and Wellbeing Event will take place on Friday 13th September from 10 to 3 at the Wyllyotts Centre.**

Last year's Event saw more than 500 people come through the doors to chat to stallholders, listen to talks and take part in Taster Sessions. The Organising Committee, comprised of representatives from all three Potters Bar surgeries and Patient Participation Groups, is busy developing yet another varied and interesting programme.

**Save the date...more details to follow in the next edition of the Newsletter!**

## Care Services

The directory includes information on paying for care in Hertfordshire, support for carers and checklists to use when looking at Hertfordshire care homes.

To obtain a physical copy of the Hertfordshire Care Services Directory, call Care Choices on **01223 207770** You will also find a link to the online directory on the Parkfield Website.

