

SIAM SURGERY

**Siam Surgery, Sudbury Community Health
Centre, Sudbury, Suffolk, CO10 2DZ**

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Newsletter

Spring 2018

Siam Surgery Updates

We are very pleased to be able to announce the addition of Jayne Thurlwell, Advanced Nurse Practitioner to the Surgery Team



We would like to extend a very warm welcome to Jayne who joined us on 19th March and will be working alongside the Doctors.

Jayne will be treating patients with a variety of conditions including those with urgent medical problems who require a same day appointment.

An Introduction from Jayne

I have been a Registered Nurse for 35 years working within both Acute Critical Care and Community settings. I have gained a wealth of clinical and managerial experience from the roles I have had in a variety of clinical environments.

I have been working at Nurse Practitioner level since 2004 which means I am able to consult with patients who present with a variety of illnesses, diagnose conditions, undertake investigations, make referrals to consultants and prescribe medications.

All aspects of the role of Advanced Nurse Practitioner are interesting and enjoyable but I have particular passion in palliative care and helping patients with mental health issues.



Dr P Bulacz



Dr N Ahmed



Dr M Giusca



Dr S Cross

TRAVEL WELL

There is no such thing as risk free travel. To be prepared in case things go wrong, it's important to take a few simple precautions before you go and while you are there.

Our nurses run a free travel advice and assessment clinic to give you up-to-date expert advice before you go abroad.



First you will need to fill in a travel assessment form from reception and hand this back in prior to booking an appointment.

Make your appointment 6-8 weeks before your trip– you may need a course of medication or vaccinations which can take several weeks to complete to make sure you have adequate protection.

CONSENT TO SHARE INFORMATION

All our patients have a right to confidentiality, this means that we do not share information about you with anyone, except those working for other health and social care organisations involved with your care.

However, you may wish other members of your family or a close friend who might be involved in your care, to be able to talk to the staff about your care on your behalf. This can be particularly useful if you find it difficult to get to the surgery, or if communication is difficult for you (such as hearing problems).

This form will allow you to enable us to share information about your care with the person you specify on this form. We need both you and the person you would like us to share your information with to sign this form. If you have more than one person you would like to give permission for us to share information with, please fill out a separate form for each one and return to the surgery.

A copy of the Consent to Share form can be found on our website www.siamsurgery.co.uk.

Curious or concerned about Dementia?

A representative from Dementia Together will be at
the surgery

On Monday 9th April from

9.00 AM to 11.30 AM

to give information and support

Then continue on a monthly basis

No Appointment necessary just 'pop in'

NHS HEALTH CHECK

◆ What is it for?

The NHS Health Check programme aims to help prevent heart disease, stroke, diabetes, kidney disease and certain types of dementia. Together, these conditions are the biggest cause of preventable deaths in the UK.

◆ Who is eligible?

Anyone can have an NHS health check, although we recommend it for everyone between the ages of 40-75 who have not already been diagnosed with one of the above conditions. If you fall into this category you will be invited for a check once every five years, however you can of course book in at any time to have one.



Nurse Tracey Cowley

◆ What does it involve?

The checks are tailored to fit each patient individually, but typically our nurses will be testing your cholesterol, blood pressure, and BMI along with looking at your lifestyle and medical history. They will be able to feed back to you with your results straight away.

◆ Who will be doing the health checks?

You can come and see any of our nurses for your health check. It will take approximately 20 minutes.

◆ How can we help you?

The aim is to assess your risk of developing certain health conditions, so once we all have a clearer picture of your risk we can then advise and assist you in helping to reduce it.



HEARING CARE CENTRE

Ask the Audiologist

We catch up with Sudbury Audiologist Michael Shade from The Hearing Care Centre, who runs a local clinic here at Siam Surgery every other Friday.

How do I know if I need a hearing test?

As hearing loss is often a gradual process, its occurrence is not always obvious to us. Often it is those closest to us that notice we are not hearing things the way we once used to. There are a number of possible symptoms that may be indicative of an underlying hearing loss. If you recognise any of them, book yourself a hearing test:

- It seems as though people are mumbling
- Being told you have the TV up too loud
- Having difficulty hearing people talking from other rooms



How often should I have my hearing tested?

To ensure optimal hearing we recommend you have your hearing reviewed every 2 years as your hearing is constantly changing.

What services do you offer at Siam Surgery?

During my regular Friday clinic I offer everything under the umbrella of hearing; conducting hearing assessments, fitting hearing instruments, ear syringing, tinnitus management, impressions for custom made ear plugs and much more.

I also run clinic every six weeks for microsuction earwax removal here at the surgery.

How much is a hearing assessment?

A hearing assessment with us is just £20 and we allow up to one hour for the appointment, to ensure we carry out thorough testing, explain the results in detail and make any necessary recommendations on how we can help.

What do you love most about your job?

I enjoy changing people's lives and empowering them to challenge themselves.

Michael is the lead audiologist at The Hearing Care Centre's Sudbury centre within the Siam Surgery. The company is a multi-award winning, family run private hearing care practice with 25 centres across Suffolk and Norfolk. To book an appointment or for more information please call Freephone 0800 096 2637 or visit them at www.hearingcarecentre.co.uk