

# Cartmel Surgery Newsletter



## Sad goodbye's

As many of you may know, our much loved receptionist Christine Mason passed away unexpectedly in August. She is very much missed by the team. Donations in memory of Christine are for Bay Hospitals Charity - Furness General Hospital Intensive Care Unit. If you would like to add a donation this can be done online via:

[www.saundersfunerals.com](http://www.saundersfunerals.com)

We also said goodbye to our Healthcare Assistant Deena Brolly who has taken a job in community respiratory closer to home and Dr Frederick Abojei and Dr Filippo Bomberi who have moved on to new placements to further their medical careers; we wish them all well.

We welcome to the team our new reception team member Tracy Gregson and GP registrars Aileen Munsch and Sofia Afsar.

## TRAVEL VACCINATIONS

NEW Pre-Travel Questionnaire

If you require any vaccinations relating to foreign travel you need to make the appointment with the nurses to discuss your travel arrangements and vaccination schedules.

We have a new Pre-Travel Questionnaire on our website that you need to fill out prior to the appointment

Please make sure to book at least 6 weeks before expected departure as some vaccinations with need to be ordered

## Dates for your diary:

To allow all staff members to participate in CCG training we are closed from 1pm on: Wednesday 15th November 2023

If you have a medical emergency that cannot wait until 8am the following morning please contact NHS 111 or 999 if life threatening.

## Flu and COVID Vaccinations:

Available now for over 65s and anyone with. Chronic disease - ask at reception

## Patient participation group:

Thursday 11th January 2024

Have you joined any groups like Men in Sheds that you think other patients might benefit from? Please talk to Tracy on reception, we would love to hear about them!

## Practice Research

Our practice is a research active practice. This means we actively support and conduct different types of research with the intention of improving outcomes for patients. New treatments, technologies, care approaches and devices all need to be carefully and safely tested in real life healthcare environments.

The COVID-19 pandemic illustrated the importance of clinical research, which was crucial to the development of vaccines and treatments that have saved millions of lives globally. Clinical research is essential for discovering new treatments for diseases, as well as new ways to detect, diagnose, and reduce the chance of developing the disease and by improving the efficiency and efficacy of care it can be a vital tool in tackling waiting list backlogs and reducing the pressure on the NHS.

You may be approached or invited to consider taking part in research from time to time. Participation in research is completely voluntary and your decision to take part or not will not affect your clinical care in any way.

Our practice works with the NIHR Clinical Research Network North West Coast, who provide support to enable us to offer research to our patients. Every research study is different, and patient involvement varies- depending on the type of study. You will be provided with information on the study to help you decide whether you want to be part of it or not. Below are some examples of what you may be asked to do for a research study:

- Complete a questionnaire
- Take part in an interview
- Use a new therapy / device / website
- Take a treatment under supervision

The Care Quality Commission (CQC) is the independent regulator of health and adult social care in England. The CQC now has a remit to assess how care organisations are supporting and using health and care research to improve population health. The 2021 CQC Strategy specifically refers to the value of research in population care. If you do not wish to be approached for research please contact the practice.

Cartmel surgery Research team .

Dr Julie Colclough is lead GP for Research and is supported by Liz Butterworth our clinical research nurse they are both trained to deliver research in primary care and have completed Good clinical practice in Research training.

In 2020 we were finalists in the Research team of the year at the Research Innovation awards for the North West



We are delighted that in the last twelve months 294 Cartmel surgery patients have taken part in 8 different national research studies

THANK YOU FOR TAKING PART!

Studies currently running at Cartmel are :

**ATTACK trial** (University Southampton )This is a large scale study to see whether or not patients with chronic kidney disease should take aspirin daily to prevent a first heart attack or stroke

**Active Brains**This study is testing an interactive programme (called 'Active Brains') to help people aged 60-85 with lifestyle changes and brain training activities which may help with memory and thinking skills.

**Hip Dys :**Evaluation of aid to diagnosis for congenital dysplasia of the hip in general practice . This study looks at the effectiveness of using of a checklist developed by Great Ormond Street when babies have their 8 week checkup.  
**DARE 2 THINK**  
a study aimed at patients with atrial fibrillation .

Below are some ways you can find out more or take part in research :

- Join Dementia Research connects registered volunteers with dementia researchers across the UK who are looking for people to join their studies: [Join dementia research](#)
- Research for The Future has opportunities to get involved in research across all health conditions as well as for healthy volunteers: [Research for the Future](#)
- NIHR Evidence makes health and care research findings informative, accessible, relevant and ready for use for all: <https://evidence.nihr.ac.uk/>