




DERWENT VALLEY MEDICAL PRACTICE NEWSLETTER OCT 2023




Sitwell Street 01332 673905

St Marks 01332 224588


Meet the Team Practice Nurses



Sister Kate Dakin Practice nurse for 4 years, specialising in Diabetes Prevention & Management, hypertension.



Sister Karen Hibbs Practice nurse for 22 years, specialising in Diabetes Prevention & Management, asthma & COPD, cardiovascular disease, infection control.




Sister Sam Walker 30 years combined nursing experience, specialising in Asthma & COPD Management, spirometry.

What's New GP Registrar

A very warm welcome to **Dr Princewill Iwuji** who has recently joined the practice. Dr Iwuji will be working Mondays, Tuesdays, and Wednesdays across both Chaddesden and Spondon surgeries.


Keito K9 Health Monitor – St Mark's Road



Offered as part of an NHS Health Check or Annual Review, this machine measures a patient's **height, weight, blood pressure, pulse rate** and **body fat index**. The printout is then taken into the appointment.

Health Promotion Breast cancer awareness month

Breast cancer is the most common cancer worldwide.



In 2020, 11.7% of all cancers diagnosed were female breast cancer.

In 2019, there were 25,100 men diagnosed with breast cancer and 12,100 deaths globally.


Breast Cancer UK estimates that around 30% of breast cancer cases in the UK can be prevented by making lifestyle changes. Simple changes include limiting alcohol, maintain a healthy weight, being active to reduce your risk. [Reduce Your Risk | Breast Cancer UK](#)

Be Breast aware, look and feel for changes in skin texture, lumps/thickening, nipple discharge/inversion, swelling/pain to breast/armpits, rash/crusting around nipple. Scan the QR code or click the link for more information [Breast Cancer Awareness Month | Breast Cancer Now](#)

TOUCH YOUR BREASTS Can you feel anything new or unusual?

LOOK FOR CHANGES Does anything look different?

CHECK ANY CHANGES WITH YOUR GP



Abuse & Violence

The NHS has a zero-tolerance approach to abuse and violence against its staff. We strongly support the NHS policy of zero tolerance.

We ask that you treat your GP and practice staff properly – without violence or abuse. Anyone either phoning or attending the practice who abuses any staff member or patient, be it verbally, physically or in any threatening manner whatsoever, will risk removal from the practice list and be reallocated to another practice.



For more information please access the NHS policy [Stronger protection from violence for NHS staff - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/policies/stronger-protection-from-violence-for-nhs-staff)

National Child Weight Management Programme

All children in school years Reception (aged 4-5 years) and year Six (aged 10-11 years) will be weighed and have their height measured as part of this National programme. Parents will be notified of the results, and if required signposted to available help and advice for healthy lifestyle choices.

Derwent Valley medical practice Nursing Team can give advice, guidance and assist with access to the local programmes.

<https://www.nhs.uk/healthier-families/>



<https://digital.nhs.uk/services/national-child-measurement-programme/>



<https://www.livewellderby.co.uk/live-it>

Help your family be healthy and happy click the links.



As of 1st October 2023, waiting time standards have been simplified for patients awaiting a cancer referral or treatment by the introduction of 3 new measures. NHS England have said the focus will be on "outcomes not process".

1. **Faster Diagnosis Standard** – Patients to be diagnosed, or 'rule out' cancer within 28 days of GP referral.
2. **31-day Treatment Standard** – All cancer patients to begin treatment within 31 days once decision is made.
3. **62-day Treatment Standard** – All patients to be receiving treatment within 62 days of initial referral or consultant upgrade.

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