

## ANDOVER PRACTICE BASED COMMISSIONING GROUP

### NEWSLETTER March 2010

The Andover PBC group meets monthly and is attended by local GP's, representatives from the PCT and Practice Managers.

Andover PBC Locality Group has recently audited activity in Minor Injuries Unit and the Out of Hours service the outcomes of these audits will be available in the next Newsletter.

The Alan Hamilton Unit – opened as a one-stop Consultant opinion, diagnostic assessment, treatment and management plan on 1<sup>st</sup> December 2009. This is a rapid access same day or within one day, open five days a week which is intended to be an alternative to hospital admission as the care provided will avoid unnecessary hospital stays and journeys.

This is a geriatric service situated at Andover War Memorial Hospital which has been well used by the local GPs and has provided a valuable service to those patients who may otherwise have been admitted to Winchester Hospital.

The service was initiated between Winchester Hospital and Hampshire Community Health Care, bringing together secondary and community care expertise, supported by NHS Hampshire and the Andover Practice Based Commissioning Group.

#### **What is Pulmonary Rehabilitation?**

Pulmonary Rehabilitation benefits those, who in spite of the best medication, are still having symptoms of breathlessness, which prevents them from leading the sort of life they would like. Many people may have difficulty with stairs, walking, washing and dressing themselves or other activities. Some people have more difficulties than others, but everyone has their own problem areas.

A joint project has been developed by The NHS, Test Valley Borough Council and Valley Leisure. Courses last for 6 weeks, 2 hours twice a week. Patients join a group of up to 12 people, all with similar lung problems. They will initially be assessed to find out what they have difficulty doing, what they are able to manage now and how this can be built on in the programme. Following the programme, they will be invited back to attend a post course assessment and followed up at 3 and 6 month intervals. This is to enable discussion on how the programme has gone and how to continue to build on what the patients have achieved.

The majority of people find that by the end of the course they can be more active with less breathlessness. Many people feel more confident and better able to cope with the activities that are important to them.

**If you would like further information please contact your GP.**

**Dr J Rose (Derrydown) Dr J Byrne (St Marys) Dr M Hoole (Shepherds Spring)  
Dr B Scowen (Andover Health Centre) Dr V Needham (Charlton Hill)  
Dr S Bond (Adelaide Medical Centre)**