

PPG QUARTERLY NEWSLETTER No.2

March 2023

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Meet the Staff

Hi, I am Emma Day, the lead physician associate (PA) at Midway. We are fortunate to have a second PA, Pealie Das whom you may have already met in clinic.

I joined Midway in June 2021 having worked as a PA in a practice in Harpenden for 12 years and before that as a Paramedic in London. PAs undertake a post graduate masters degree that follows the 'medical model' of education and includes rotations around various specialties. Once qualified, we work autonomously as part of the medical team but under the supervision of a consultant (in this case, GP) colleague.

The PA role is relatively new in the UK, I was part of one of the first few cohorts to qualify.



It has since expanded rapidly and the profession is going through the process of statutory regulation under the wing of the Royal College of Physicians.

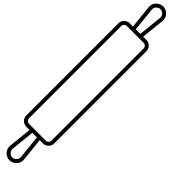
As PAs at Midway, Pealie and I see many on-the-day patients with a wide presentation of symptoms. We can examine, diagnose, action management plans, arrange investigations, prescriptions and referrals as relevant. We also provide care for patients with chronic diseases in the form of annual reviews and titration clinics.

Between us we cover the week and whilst we don't hold our own lists of registered patients, we are more than happy to see you all.

Aside from Midway, I also work for Health Education England supporting surgeries across the east of England who serve populations with a high proportion of deprivation. My work there is to help address the health inequality gap these patients and staff face by supporting the practices in developing the staff and working collaboratively across their localities. I am involved in lots of exciting new projects where patients, voluntary organisations and clinicians are working together to improve services.

Outside of work, I love to spend time with my three busy and very sporty children and our Labrador (not so little) pup. I love to run too and am part of the Midway Parkrun tribe – do come down to Verulamium Parkrun 9am every Saturday morning to walk or run 5km with us (it's free, you don't need to sign up and can be as slow as you like!) For more information head to our website: <https://www.midway-surgery.co.uk/parkrun--join-the-fun-and-keep-fit>

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Midway Kitchen



In this edition a healthy, easy and inexpensive Curry - Serves 2/3

Ingredients for the sauce -

- 🌀 1 tin of chopped tomatoes
- 🌀 2 or 3 garlic cloves
- 🌀 1 tsp cumin
- 🌀 1 tsp. ground ginger
- 🌀 1 tsp turmeric
- 🌀 2 tsps nutmeg
- 🌀 2 tsps dried coriander (or a small bunch of fresh coriander)
- 🌀 ½ tsp cayenne
- 🌀 Chilli powder to taste



Main ingredients:

- 🌀 1 breast of chicken (or a large fillet of Basa fish)
- 🌀 Any vegetables (frozen spinach, courgettes, carrots and mushrooms all work well)

Cooking:

Blend all the sauce ingredients together. Chop the chicken into small pieces and pan fry in a spray of olive or rapeseed oil until cooked. Add the chopped vegetables and the curry sauce. Cover and cook slowly for 15-20 minutes at a low temperature.

Serve with brown, (wholemeal rice)



Did you know?

When you call Midway Surgery, if you are in a queue you can opt for our call back service. **Your place in the queue is kept** and a member of our team will call you back as soon as you reach to the top of the queue! This way you can carry on with your day without having to stay on the phone!

Parkrun (or walk or marshal) – get your trainers on!



Research into the effects of Park Run on participants is pretty impressive!

The majority of regular participants reported improvements in Fitness, Physical Health, Mental Health, Happiness and Personal Achievement!

Park Run is free – just log on once to the Park Run website – www.parkrun.org.uk, print off your personal barcode and you are ready to join Park run ANYWHERE!

The nearest Park Run to Midway is at Verulamium Park at 9am on a Saturday. Anyone can go and everyone will be made welcome. You can push a buggy as you run and even take your – well behaved – dog along. (one dog per person).

Many people join up afterwards to go for a coffee.

Volunteers to help are always needed so if you are interested please email stalbans@parkrun.com



Midway Surgery looks after 13,668 registered patients.

That is the same as 160 London double-decker buses.

The buses can then drive our patients to support Oldham Athletic by filling Boundary Park stadium to capacity!

All in a day's work

Here are some statistics for the work we do – the figures are for the month of January 2023

Available Appointments 5,627
Booked Appointments 5,312



94.4%

Available Appointments 2,916
Booked Appointments 2,661



91.3%

Available Appointments 2,688
Booked Appointments 2,628



97.8%

Booked Appointments 5,312
Cancellations 457



8.6%

Booked Appointments 5,312
Did not arrive 64



1.2%

New Registrations
132



Did you know?

Our receptionists:

- ☞ answered over 6,200 calls in January. That is an average of just under 300 calls a day!
- ☞ made over 1,500 call backs to patients using the “call back” option. That is an average of over 70 calls a day
- ☞ greeted over 2,200 patients in surgery, which is just under 90 patients a day

Learn Online with Eventbrite

HCA Healthcare have introduced Midway Surgery to Eventbrite, a global platform providing access to live experiences.

One of the exciting opportunities for our patients is to hear and learn from specialists about a range of medical issues and various topics, for free and from the comfort of their own preferred environment and set-up.



So far two events have taken place and we are pleased to announce the next online event - "Love Your Heart", a webinar about heart disease. The webinar will take place on Wednesday 12th April, starting at 18:30.

To reserve a (free) spot on this online event, patients should visit the [Love Your Heart event page](#).

The learning journey should not stop there, patients can head over to the [Eventbrite - Discover Great Events](#) web page to find out more...

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