

Falmouth Health Centre Practice

Practice Newsletter



NUMBER OF UNATTENDED APPOINTMENTS AND LATE CANCELLED APPOINTMENTS.

Monday 2nd December - Tuesday 31st December.

For GPs, there were **49** unattended appointments and **10** late cancellations that were unable to be used. Over the month period, that is a total of **59** unused single appointments, essentially a full day clinic for two clinicians. For our nursing and healthcare assistant team, a total of **206** single appointments went unused. It was found that **49** of these were late cancelled appointments that couldn't be filled in time and **157** were unattended appointments. There was also more DNA's with our nurse' compared to our HCA's. Our MSK and pharmacy team had **7** DNA's for December.

IN THIS SPECIAL HOLIDAY ISSUE:

- Number of DNA's
- Winter Mental Health
- International Day of Persons with Disabilities.
- PSA testing



WINTER MENTAL HEALTH

SAD - Seasonal Affective Disorder is a type of seasonal depression.

Your mental health can be affected during winter months due to decreased sunlight, decreased exercise, financial concerns and loneliness.

Reach out to us if you're not coping this winter. Alternatively, access the many helplines via www.mind.org.uk, most lines are open 24hrs a day, 365 days a year.



INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

This years theme is "Amplifying the leadership of persons with disabilities for an inclusive and sustainable future".

The day aims to enhance understanding of disability issues, raise awareness for the dignity and rights of persons with disabilities, and promote their full inclusion in all aspects of life—political, social,

... economic, and cultural.

An estimated 1.3 billion people experience significant disability. This represents 16% of the world's population, or 1 in 6 of us.

IF YOU ARE SYMPTOMATIC OR HAVE ANY CONCERNS PLEASE RAISE THIS WITH A GP, AS WE ARE UNABLE TO BOOK APPOINTMENTS FOR PSA BLOOD TESTS WITHOUT A GP'S APPROVAL.

