

Patient Newsletter

Autumn 2017

WHAT'S NEW?

This month we welcome Dr Helen Price back to the surgery. We are very pleased to announce that Dr Alice McDonnell, who was covering Dr Price's maternity leave will be staying on permanently and will be sharing the care of our diabetic patients. Dr Price will be here on Mondays and Tuesdays and Dr McDonnell on Thursdays and Fridays.

We are also pleased to inform you that we have a dedicated Pharmacist joining our team in October 2017

FLU KILLS PROTECT YOURSELF

Influenza (flu) is a very common, highly infectious disease caused by a virus. It can be very dangerous, causing serious complications and death, **especially for people in risk groups**. In rare cases flu can kill people who are otherwise healthy. **In the UK an average of 600 people a year die from complications of flu**, but in some years this can rise to over 10,000 people. Flu leads to hundreds of thousands of GP visits and tens of thousands of hospital stays a year. **It is the complications of flu that are dangerous**. The most common complication is a bacterial chest infection, which can develop into pneumonia. Other complications include:

Middle ear infection (otitis media)
Septic shock (a severe and life-threatening infection of the whole body)

Meningitis (inflammation of the covering of the brain).

Encephalitis (inflammation of the brain)

Serious complications can affect anyone, even healthy people.

They are more common in babies under six months, older people, those with certain long-term medical conditions, and pregnant women. During pregnancy, the baby may be affected, causing premature birth, low birth weight, or even death.

FLU CLINIC DATES

2017

DROP-IN
NO APPOINTMENT
REQUIRED

Mon 2nd to Fri 6th October
8.00 to 6.00pm

YOU MAY CONTINUE TO BOOK
APPOINTMENTS ANY TIME
AFTER THIS WEEK WITH THE
NURSE OR ASK FOR THE
VACCINE WHILE YOU ARE
SEEING THE DOCTOR OR NURSE

SATURDAY MORNING CLINIC –
PLEASE BOOK APPOINTMENT

Saturday 21st October
8.15am to 11.00am

DID YOU KNOW?

Unused prescription medicines cost the NHS in the UK an estimated £300million every year.

This could pay for ...

11,778 MORE community nurses or
80,906 MORE hip replacements or
19,799 MORE drug treatment courses for breast cancer or
300,000 MORE drug treatment courses for Alzheimer's or
312,175 MORE cataract operations

Wasted medicine is everyone's responsibility and there are small changes you can make to help reduce the amount of medicine being wasted.

Only order the medicines that you need.

Please let your GP or Pharmacist know if you've stopped taking any of your medicines.

Check what medicines you still have at home before re-ordering.

Discuss your medication with your GP or Pharmacist on a regular basis.

Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need.

If you don't need the medicine please don't order it!



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COMING SOON TO ST ANDREW'S SURGERY

NHS
Prescription
Ordering Direct (POD)

The NHS Prescription Ordering Direct (POD) service is the easy way for you to order your repeat prescription! All it takes is a simple phone call that you can make from the comfort of your own home – **there's no need to go into your GP practice or pharmacy.** You'll also speak to a trained health professional who can discuss your needs, meaning you'll only order medication when you need it – **saving the NHS money to spend on other important services.**

Ordering your repeat prescription will be a quick and simple telephone call. **You will be speaking to a dedicated experienced, fully trained person** who will have time to answer any repeat prescription queries.

The aim is to ensure that patients are receiving the correct quantity of medication that they need in a timely manner to reduce the amount of prescription waste in our area.

If you have a current arrangement with a pharmacy to deliver your prescription then this will still continue. Your existing agreement with the pharmacy may need to be amended if they currently order

prescriptions on your behalf but this can be organised for you by the POD.

More Details and the telephone number for POD will be available soon.



YOUR LOCAL PHARMACY

Every year, millions of us visit our GP with minor health problems that a local pharmacy could help with.

By visiting your pharmacy instead of your GP, you could save yourself time and trouble – no need to book an appointment, just walk in. This also means your GP can focus on treating people who are sicker than you.

Your pharmacy may be able to help with:

skin conditions such as acne, eczema, psoriasis, impetigo, athlete's foot, coughs and colds, including blocked nose (nasal congestion), sore throats, bruises, sunburn, minor burns and scalds, constipation, piles (haemorrhoids), hay fever, dry eyes and allergies (including

rashes, bites and stings), aches and pains including earache, headache, migraine, back pain, toothache, vomiting, heartburn, indigestion, diarrhoea and threadworms, period pain, thrush and cystitis, head lice, conjunctivitis, cold sores and mouth ulcers, warts and verrucae, nappy rash, teething.

Visiting your pharmacy about common health problems frees up time for GPs and A&E departments, which are already stretched, especially during the winter months.

If you would like to buy an over-the-counter medicine, the pharmacist can help you choose one.

They can also advise you on whether you need to see a GP.

They offer healthy lifestyle advice that covers things like healthy eating, physical activity, losing weight and stopping smoking, especially if you have diabetes, high blood pressure, heart disease, are a smoker, or are overweight.

If you have a serious long-term condition, such as diabetes, you'll still need regular reviews with your GP or specialist.

