



THE BRIMINGTON SURGERY

NEWSLETTER

SPRING / SUMMER 2019

www.brimingtonsurgery.co.uk Church Street, Brimington S43 1JG 01246 273224

HELP SUPPORT THE OVERSTRETCHED NHS WITH SELF CARE

Self-care refers to the actions we take to recognise, treat and manage our own health.

There are lots of benefits to self-care:

Quicker & Easier You can buy many treatments over the counter at your local pharmacy or supermarket, often for much less than a prescription charge. Stock up your medicine cabinet!

Simple Advice and information about self-care is widely available online or via a local pharmacy.

Considerate Self-care helps relieve pressures on GP practices, A&E and could potentially save the NHS around £136m every year.

Information to support self-care, wellbeing and to help manage minor illnesses:

NHS Website – for health advice. www.nhs.uk

HANDi App - offers help and advice for parents/carers of children with common childhood illnesses. Download via app stores.

Live Life Better Derbyshire, Livewell & One You
www.livelifebetterderbyshire.org.uk
www.livewellderby.co.uk, - www.nhs.uk/one

These offer friendly advice and support on feeling fitter, losing weight and quitting smoking. Helping you make small changes that can transform your life

Pharmacy Pharmacists are trained professionals, ready to give reassurance and confidential advice on the best treatment for minor conditions. Most pharmacies offer a private consultation room Pharmacists can offer advice about how long symptoms may last and what to do if they continue or get worse.

NHS 111 You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.

Trying to self-care but my symptoms persist?

If you look your illness up on www.nhs.uk it will tell you how long symptoms normally last. If your symptoms are lasting more than you would have expected then you should seek further advice from your pharmacist or GP.

For peace of mind, we recommend you keep a small stock of: Pain killers, Cold/flu remedies, Decongestants, Antihistamines, Anti-diarrhoea medication, Oral rehydration salts, Indigestion remedies, Bandages, Plasters, Eyewash solution, Sterile dressings.

HAY FEVER



The NHS no longer routinely prescribes hay fever treatments for items which can be bought from a supermarket/pharmacy.

PLEASE DON'T ask us for the following hay fever treatments as your GP is not permitted to prescribe them:

Items which can be bought from a supermarket OR pharmacy:

Chlorphenamine (Piriton);

Cetirizine (Zirtek, Piriteze)

Loratadine (Clarityn); Steroid

Nasal Spray (Beconase)

Items which can only be bought from a pharmacy – Steroid

nasal Spray (Pirinase);

Acrivastine tablets (Benadryl).

REMEMBER, some brands of medicines can be more expensive than others – check with your Pharmacist

EXTENDED OPENING HOURS

Effective since September we continue to host the Chesterfield East Hub, part of the new government initiative for evening and weekend access to primary care.

40% of Chesterfield's population are registered at our surgery, Calow & Brimington, Whittington Moor and Royal Primary Care and these patients can access appointments at this Hub between these hours **6pm-8pm Mon-Fri; 8am-noon Sat & 9am-noon Sun.**

The initiative is managed by ARC Primary Care – a collaboration of Chesterfield Practices and is separate to our usual services. You may see a clinician you know or someone else, all fully qualified, with access to your full medical records. If you do not consent to them having this access, unfortunately you will not be able to be seen in The Hub.

We already run evening and weekend smear clinics and we hope to further develop this and run asthma clinics soon.



We have a new Practice Leaflet. Why not pick up a copy when you next visit us or access it via our website?

A Website overhaul will be happening over the next few months. If you have any suggestions that you think would be of use to patients please contact us on a feedback form either online or via our comments box in surgery.

TRAINING:



We run monthly staff training sessions on the second Wednesday of every month.

We close at 12.30pm for the sessions in October and February; for all the other sessions we will close at 1pm.

We appreciate that these closures may not be convenient for our patients but they are vital to support staff in their role in helping you.

So far this year we have updated or expanded our skills and knowledge on: **Adult and Child Safeguarding; Data Protection; Antibacterial and Respiratory prescribing; Cancer Care; Fire Safety; CPR; ENT services; NHS Health checks, Autism & Learning disability support; Dignity.**

GP HOME VISITS - PLEASE REMEMBER TO CONTACT US BEFORE 10.30am if you are TRULY housebound and require a home visit. Requests after this time will be passed to the on call GP for further assessment.

You can now contact the District Nursing Team direct on 01332 564 900.

This number is open seven days a week 8am til 6.30pm and is for urgent and non-urgent calls



IT & the NHS – GP practices are being encouraged to fully utilise new IT and digital developments as part of their contract.

We have adopted a pilot project for Chesterfield using an SMS texting programme called MJOG – this allows for some two way communication between the Practice and patients. You will be able to respond using set words or phrases (guided by the information in the message) to certain questions such as your smoking status; Friends and Family Questions also to cancel appointments.

From August 2019 we will be moving to all Electronic Repeat Prescriptions. You will no longer need to visit the surgery to pick up a paper prescription. Instead, we will send it electronically to the pharmacy of your choice, saving both you and your GP time. It is a secure process and you do **NOT** need a computer - you can continue to request your medications in the same way as you currently do.

