

PRINCES GARDENS SURGERY

SUMMER NEWSLETTER 2019

EPS PRESCRIBING

The Electronic Prescription Service allows GPs to send prescriptions electronically to a dispenser – such as a pharmacy – of the patient's choice. This makes the prescribing and dispensing process more efficient and convenient for patients and staff.

The benefits of EPS include:

- Patients don't have to visit their GP to collect repeat prescriptions
- Patients experience a more efficient service
- There is no paper prescription to lose
- GPs and practice staff spend less time dealing with prescription queries

ALL Prescriptions will be moving to EPS By the end of 2019



Paramedic Practitioner

We now have a Paramedic Practitioner on our team who is trained to diagnose and treat a number of conditions. This means that you do not need to see a doctor if you have one of the conditions covered below, as our Paramedic can write prescriptions for you if necessary. Some of the conditions covered include:-

- Aches and pains
- Acne
- Allergies
- Cold sores
- Constipation
- Coughs and colds
- Cradle cap
- Cystitis
- Diarrhoea
- Indigestion & Bloating
- Nausea & Sickness
- Ear infections
- Eye infections
- Fever
- Fungal infections
- Hay fever
- Headache/ Migraine
- Nasal congestion/sinusitis
- Skin rashes
- Sore throat

KEEP COOL THIS SUMMER

Below are some tips to keep yourself and others cool:

- Keep windows closed when the room is cooler than it is outside.
- Open windows at night when the temperature outside has dropped.
- Reduce heat from sunlight coming through the windows. External shading, like shutters, is best. Metal blinds and dark curtains may absorb heat and make the room warmer – it is best to use pale curtains or reflective materials.
- Have plenty of water and cold drinks, avoid excess alcohol, caffeine and hot drinks.
- Have cool showers or baths, put a loose, cotton, damp cloth or scarf on the back of the neck, spray or splash your face with cold water frequently to help keep your body cool.
- It is best for your health to avoid getting too hot in the first place. Remember to think of those who are more at risk from the effects of heat.



Bank Holiday

Please note that the Surgery will be closed for Bank Holiday on Monday **26th August 2019**.

Please ensure all medication is ordered in advance to cover these Bank Holiday Closures

Prevent Tooth Decay



1

Reduce the consumption of foods and drinks that contain sugars



2

Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least on one other occasion. After brushing, spit don't rinse



3

Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis

UNDER 3 YEARS SHOULD USE A SMEAR OF TOOTHPASTE

3-6 YEAR OLDS SHOULD USE A PEA SIZED AMOUNT OF TOOTHPASTE

QUIT4LIFE

When you come to Quit4Life you can discuss all your concerns with an experienced adviser who will reassure you that it's **never** too late to give up, there will **always** be a benefit to your health and your pocket and you **can** do it with our help.

A Quit4Life programme offers a combination of support from an adviser and appropriate stop smoking products to help a smoker prepare for quitting, set a quit date and remain smoke free.

Once you have started a quit programme we do urge you to stay in touch – you are more likely to succeed with regular support so it's a good idea to plan your quit date carefully, e.g. not just before going away on holiday!

If you are still smoking two weeks after setting your quit date please don't stay away because you think you have failed. You won't be told off! Your adviser will discuss a plan of action with you, maybe starting again with a different product, or coming back when the time is better for you to make a quit attempt. You will do it but you may need extra support next time.

If you would like more information please make an appointment with our Quit4Life nurse.



TRAVEL VACCINES

We run special clinics where adequate time can be set aside to discuss even complex travel plans. Travel nurse appointments aim to better prepare travellers to enjoy their trip abroad, by providing individually tailored travel health information and advice, including any vaccinations and medications that may be required to help minimise the risk of illness whilst abroad.

You don't always need vaccinations to travel abroad. If you do, the recommended vaccinations will vary depending on:

- which country you're visiting and, in some cases, which part of the country
- the season or time of year when you'll be travelling (for example, the rainy season)
- whether you'll be staying in a rural area or an urban or developed area
- what you'll be doing during your stay, such as working in or visiting rural areas
- how long you'll be staying
- your age and health

Courses can sometimes take a few weeks to complete and so **you must complete a travel form at least 6-8 weeks before you intend to travel.** Our Travel Nurses are experienced in giving advice on preventative measures to minimize the risk of illness whilst abroad and will contact you once the form has been reviewed.

Ask one of our Receptionists who will be more than happy to provide you with a form!

FLU CLINICS

Flu Clinics will shortly be available to book from September – Please keep a look out for these and get yourself booked in provided you are eligible.

More information and guidance on eligibility will be provided when these clinics are available to book.



In April & May we had a total of **345 missed appointments**

That is an average of 9 appointments per working day.
That is a lot of wasted appointment time.

Please help your surgery by **CANCELLING** your unwanted appointment, if you no longer need it, or cannot keep it. We can then offer the appointment to a patient in need.

You can cancel your appointment by replying CANCEL to your appointment text reminder, by phone or email.



Do We Have your Details Correct

Have you recently moved to a new house, changed your home or mobile number or changed your Surname?? We are always trying to keep our patient records up to date. If you change address or contact telephone numbers, please remember to tell the practice as soon as possible. Forms for this purpose are at reception if this is more convenient.

Extended Access

We would like to remind patients that there is access to GP and Nurse appointments up until **8pm daily** with Saturday and Sunday appointments also available every week.

This is not a walk in service, patients must have an appointment and should contact Reception in the usual way to book these appointments.

All the Aldershot Practices have teamed up to offer appointments for local patients so these may not always be at Princes Gardens Surgery, however all the details will be explained to you by the receptionist when you are booking your appointment.



Drink Free Days continued from page 1

Many people don't realise that when it comes to drinking alcohol, it's not just **how much** that matters, it is also **how often**.

Having a couple of drinks most nights can really add up – even if you feel like you're not drinking a lot. This can harm your physical and mental health. The good news is that by reducing your alcohol intake and having a few more Drink Free Days each week it could lead to a **healthier, happier you**. Here are a few tips:-

1) Know your drinking

Make a note of when and why you drink, and highlight any patterns

2) Don't be shy

Tell Family and friends, and do it together!

3) Buy less

After all you can't drink what isn't there!

4) Give yourself other options

Find some non-alcoholic drinks that you like and keep a few in the fridge.

5) Make a plan

Decide on your Drink Free Days in advance, it'll quickly become the routine.

6) Do something different

This could be a great chance to take up a new hobby.

7) Think why you drink

Next time you find yourself pouring a glass of wine on autopilot, ask yourself: "Am I really enjoying this – could I do without it today?" and "Is it really worth risking my long-term health?"

8) Don't beat yourself up

Developing a new lifestyle isn't always easy, so don't be too hard on yourself if you slip up.

9) Pick out the positives

When you cut back, good things will happen. So it's important to notice when you're sleeping better and feeling sharper, or the pounds start falling off your waistline and landing in your wallet.

10) And reward progress

Treat yourself when you hit certain milestones. Why not spend some of the money you're saving from alcohol on a day out or perhaps some new clothes to show off your trim figure?

Visit <https://www.drinkaware.co.uk/drink-free-days/>
To find out more about Drink Free Days

Long Term Conditions Course

Talk Plus are running a Long Term Conditions Course which is aimed at anyone living with a physical illness and struggling with depression, stress or anxiety.

The course aims to promote an understanding and awareness of the impact that a physical illness can have on our mood.

The course also covers several skills and techniques to manage depression and anxiety tailored to those with a physical illness.

The course is run in small groups with opportunity to engage in discussions coupled with a slideshow detailing effective skills and techniques.

You must first self-refer to Talk plus by visiting <https://www.talkplus.org.uk/optin>

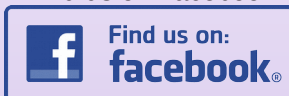
Social Media

Join the conversation on Twitter:



www.twitter.com/princes_gardens

Find us on Facebook



www.facebook.com/princes.gardes

Visit our website: www.princesgardenssurgery.com

Note from the Reception Team

We would like to remind our patients that our Receptionists have been asked by the GP Partners to request some brief details regarding your appointment.

Please indicate the nature and urgency of your problem, so we can help you as efficiently as possible. This will ensure that you are booked in with the correct healthcare professional and that the quickest route to treatment or advice is taken.

Proud to be a parkrun practice

In an exciting and innovative initiative, the RCGP is collaborating with parkrun UK to promote the health and wellbeing of staff and patients. Under this initiative, GP practices across the UK are encouraged to develop close links with their local parkrun to become parkrun practices. Princes Gardens Surgery is proud to be part of this initiative.

What is parkrun?

- Free, weekly 5k events, every Saturday morning, in areas of open space
- 2k junior Park runs for 4-14 year olds and their families on Sunday mornings
- Over 850 locations across the UK
- Organised by local volunteer teams
- Walk, run, jog, volunteer or spectate - take part in any way that suits you
- Open to all, including those who are inactive or have health conditions or disabilities
- Opportunity to socialise, make friends and be part of a welcoming, supportive community

Please Visit:-

<https://www.parkrun.org.uk/>

to find out more and see how you can get involved.



Please remember that your appointment time is for **10 minutes and 1 problem**. If you know that you need to see a doctor for more than one problem then please inform the receptionist of this when booking your appointment.

Please telephone before 10:00 am if you feel you need to be seen on the same day.

We do not have any facilities for "walk in patients" either during the week or on Saturday.

Saturday morning appointments are strictly pre-booked through reception in advance.

people.