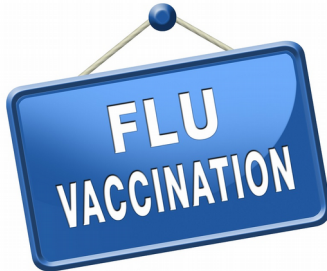


WINTER NEWSLETTER 2018



WI



Following advice from Public Health England (PHE), General Practice has been informed we must use Adjuvanted trivalent flu vaccine (aTIV) for those aged 65 years and over in the coming flu season. This decision was made on the basis of strong clinical evidence that this is the most effective vaccine for this group of vulnerable patients. All eligible patients aged under 65 years of age will be given the Quadrivalent vaccine as used in previous years. Again, this vaccine has been identified as the most effective type for younger patients.

We now have ALL flu vaccines in stock. Please book an appointment now as once they are gone we will not be getting any more deliveries.

CHRISTMAS OPENING AND PRESCRIPTIONS

The Surgery will be **closed** on the following dates:-

Tuesday 25th December
Wednesday 26th December
Tuesday 1st January

We will only be offering on the day appointments during Christmas.

The Prescriptions Team will be accepting requests early to ensure people have enough medication to cover the Christmas Period.

STAY WELL THIS WINTER

Keeping Well

If you start to feel unwell, even if it's a cough or cold, don't wait until it gets more serious. Seek advice from your **pharmacist**.

Follow these tips on keeping well in the cold:

- Have your free flu vaccination (eligibility required)
- Wear several layers of clothes rather than one chunky layer – clothes made from cotton, wool or fleecy fibers help to maintain body heat
- Use a hot water bottle or electric blanket to keep warm in bed – but don't use both at the same time
- Have at least one hot meal a day – eating regularly helps keep you warm; and make sure you have hot drinks regularly
- Try not to sit still for more than an hour or so indoors – get up and stretch your legs
- Stay active – even moderate exercise can help keep you warm
- Wrap a scarf loosely around your mouth when outdoors – add a hat and wear shoes with a good grip, too. If you have a heart or respiratory problem, stay indoors during very cold weather

Look in on vulnerable neighbours and relatives

Check up on older neighbors and relatives, and those with heart or respiratory (breathing) problems, to make sure:

- They're safe and well
- Are warm enough, especially at night

Have stocks of food and medicines so they don't need to go out during very cold weather

Cervical Screening

According to NHS England, it is estimated at least 2000 cases of cervical cancer are prevented each year in the UK because of cervical screening. If you have received a letter inviting you for a cervical screening, please call the surgery on 01252 332210 to book the appointment with one of the Practice Nurses.

Keep warm

When the temperature drops to below 8C, some people are at increased risk of:

- heart attack
- stroke
- flu
- pneumonia
- falls and injuries
- hypothermia

Government guidelines recommend heating your home to at least 18°C (65°F). You may prefer your main living room to be slightly warmer. Keep your bedroom window closed on a winter's night. Breathing in cold air can increase the risk of chest infections.

CLINICAL PHARMACIST MINOR AILMENTS CLINIC

We now have a clinical pharmacist on our team who is trained to diagnose and treat a number of Minor Ailment conditions. This means that you do not need to see a doctor if you have one of the conditions covered below, as our pharmacist 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

Did you know that your GP surgery receptionists have the training to direct you to the right treatment more quickly?

For certain minor ailments they will ask you questions that will allow them to identify the best person to help you.



Practice Update

Our 2 new clinical rooms have now been completed. We thank you for your patience during the renovation.

We now have the space to offer an additional phlebotomy clinic Monday to Friday 8.30am to 1pm.

In October / November we had a total of
448 missed appointments

That is an average of **12** 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.

Visiting an A&E department



An A&E department is for Accidents & Emergencies:

- Accidents and injuries requiring stitches or x-rays
- loss of consciousness
- acute confused state and fits that are not stopping
- persistent, severe chest pain
- breathing difficulties
- severe bleeding that cannot be stopped



DRY JANUARY

Did you know that alcohol is linked to over 60 medical conditions? Harms from alcohol go much further than the liver, it can cause high blood pressure and is also linked to diabetes, depression and cancer.

Dry January

Following on from our successful first ever Dry January in 2012, we will be encouraging people to sign up for the 6th Dry January campaign which kicks off in January 2019. This year it's estimated that 1 in 6 Brits attempted a dry January – and we're looking to make the next campaign even bigger and better! Alcohol Awareness Week is a great opportunity to start the conversation and encourage people to sign up. If you are interested in taking part, more information and resources can be found at www.dryjanuary.org.uk.

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

NHS 111

If your GP practice is closed you can call NHS 111, which will direct you to the best local service.

NHS111 may suggest you see a GP or Pharmacist immediately. Unfortunately during periods of high demand this may not always be possible. You will instead be offered a telephone triage appointment. The GP will decide if you need to be seen urgently and make these arrangements for you.

To make this process efficient, the Doctors request that the receptionists ask for information so they can triage the urgency of the call.

Local Pharmacy Advice

- Medication Queries
- Cough & Colds
- Sore Throats
- Hayfever
- Emergency Contraception
- Emergency Repeat Medication



A&E

Don't spend four hours in A&E with a cough or cold – treat yourself or take advice from your pharmacist

A&E is for life threatening emergencies only – understand which health service is suitable for your health needs

Be Self Care Aware:-

Coughs and Colds:

You don't always need medical care for the average cough or sore throat. You often just need to give your body time to recover. Most are caused by viruses, which antibiotics can't treat.

You can't cure colds or the flu, but you can relieve the cough and sore throat that sometimes comes with them.

- **Use cough drops or hard candy.** Menthol and certain herbal cough drops can slightly numb and soothe your sore throat.
- **Use cough medicine.** Sometimes you need to cough to get out nasty mucus. Other times you need to calm your cough. Over-the-counter cough medicine can help. If you're not sure which kind you need, you can ask your **pharmacist**.
- **Use a decongestant.** These over-the-counter meds can help clear your stuffy nose. While cold and cough medicines are fine for adults and older kids, they are not safe for children under age 4.
- **Rest.** If you want to get rid of your cold and cough, you need to take it easy. Your body needs energy to fight off the virus.
- **Use an over-the-counter painkiller.** Paracetamol, ibuprofen, and naproxen can help with sore throat pain. Aspirin is fine for adults, but it could be dangerous to children under age 18.

When to See A Doctor:

If you have a cough with any of these symptoms, see a doctor:

- Shortness of breath
- Coughing up blood, bloody mucus, or pink foamy mucus
- Coughing up green, tan, or yellow mucus
- Fever, chills, or chest pain when you breathe deeply



The GP Partners and Staff at Princes Gardens Surgery wish you a Happy and Healthy Christmas and New Year!

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Visit our website: www.princesgardenssurgery.com