

Stone Cross, Pevensey Bay and Westham Surgery Newsletter

(www.stonecrosssurgery.co.uk)

Autumn/Winter 2018



Welcome to the Autumn/Winter addition of our Stone Cross, Pevensey Bay and Westham Newsletter.

First Contact Clinics

Due to the large housing development in our area, and national shortage of GPs, we have employed, and are training, other clinicians to help them. Our staff may ask for an 'indication of the problem' and then suggest an appointment with one of our Paramedic or Nurse Practitioners. We can assure you that our Staff have been trained on which conditions these clinicians can treat and it will really 'help us to help you' if we are able to save GP appointments for medical problems that require a GP consultation.

Detailed Care Record

With your consent we can add further information to the key details held on your Summary Care Record. This will provide other NHS clinicians access to important medical information when needed. If you would like additional information added to your SCR please e-mail stone.cross@nhs.net or ask at reception.

For more information

- Call 0300 303 5678
- Visit systems.hscic.gov.uk/scr

Flu Clinics are booked appointments this year, and WE ARE TAKING BOOKINGS NOW!!



Flu 2018

This year, there will be three types of flu vaccine used in the national flu programme. This will benefit patients by ensuring they have the most suitable vaccine for them, offering the best protection against flu.

65 & Over - Fluad;

Adjuvanted trivalent flu vaccine (aTIV) - This is licensed for people aged 65 years and over and is the vaccine recommended by the Joint Committee on Vaccination and Immunisations (JCVI) for this age group.

18-64 Years - Masta;

Quadrivalent vaccine (QIV) - This is licensed for adults aged from 18 to under 65 years who are at an increased risk from flu because of a long-term health condition.

2-18 years - (LAIV);

Live attenuated influenza vaccine - This is a nasal spray and is licensed for children and young people from 2 years to less than 18 years of age.



Nigel, Paramedic Practitioner

We are pleased to announce that our part time Paramedic Practitioner, Nigel, will be joining us full time from 1st July. Nigel runs First Contact clinics and undertakes home visits.

Isobel

We are also pleased to announce that Isobel has joined our health care team. Isobel is undertaking an 18 month NVQ as a Health Care Assistant. Welcome to the team Izzie!

Nahed

Nahed is now in her second year of Nurse Practitioner training. She can treat a range of medical conditions and, over the coming months, will start holding First Contact clinics. She also achieved 100% on her recent prescribing exam! Well done Nahed!

Katie

Our Health Care Assistant, Katie, has completed a two year degree to become an Associate Practitioner! Well done Katie! Katie's skills include managing asthma and INR clinics and she is also being trained in Diabetes to assist the GPs.

ANTIBIOTIC RESISTANCE is a growing problem. The main driving factors behind antibiotic resistance are the overuse and misuse of antibiotics. Taking antibiotics encourages harmful bacteria that live inside you to become resistant.



Most common conditions such as Flu, common cold, sore throats, sinus and ear infections are caused by viruses which cannot be treated/cured with antibiotics.

NEVER PRESSURE YOUR HEALTHCARE PROFESSIONAL TO PRESCRIBE AN ANTIBIOTIC

Most infections should clear up on their own as follows,

- Middle ear infection - 4 days
- Sore throat - 7 days
- Common cold - 10 days
- Sinusitis 18 days
- Cough or bronchitis - 3 weeks

For symptom relief and to aid recovery we advise the following;

- Have plenty of rest.
- Drink fluids such as water to avoid dehydration.
- Ask the Pharmacist to recommend over-the-counter medicines.
- Take Paracetamol for fever – adults/children (fever is a sign the body is fighting the infection)

Also use a tissue and wash your hands well to help prevent spread of your infection to family, friends and others you meet.

If you or your child becomes worse, trust your instincts, and seek medical advice.

Take your doctor or nurse's advice on antibiotics



A visit to your GP is sometimes unavoidable but do you always really need to see them? Some people visit their GP when they could have stayed at home or received appropriate care elsewhere. This makes GP surgeries very busy and means you and other patients have to wait longer when you need to see a GP for a more complex matter.

There are a number of things you can do to help prevent a visit to your GP which include the following;

Keeping well: keep up-to-date with your immunisations, eat healthily and do some exercise.

Visiting NHS Choices Website: check symptoms and get general advice.

Signing-up to GP online services: Book or cancel appointments and order prescriptions.

Visiting your Local Pharmacy: Pharmacists have a wealth of knowledge and can advise you on treating common conditions, and how to use the medicines you have at home. They can also inform you of local services that are available. Pharmacies in are located on most high streets and in supermarkets; you do not need an appointment, just pop in. Many are now open until late and at weekends, making them more convenient and accessible.

Buying common medicines over the counter: Consider buying some common medicines at your local pharmacy or shop rather than getting them on prescription. This can save GP appointments for people with more serious problems

KEEP US UPDATED

If your home address has changed or you have a new home or mobile telephone number please either ask for a 'change of address' form at Reception, inform the telephonist when you ring the surgery or e-mail the changes to Stone.cross@nhs.net.



Going on holiday?

Remember we cannot offer last minute travel vaccinations! To be fully protected and get a full vaccination schedule you need to give us at least 8 weeks' notice.

Surgery Closure Dates

August Bank Holiday:
Monday 27th August.

Surgery half day closure from 12:30pm Tuesday 11th September.

Bank Holidays

Christmas:
Tuesday 25th December 2018
Wednesday 26th December 2018
Tuesday 1st January 2019

Useful numbers and links

Stone Cross, Pevensey Bay and Westham Surgery

Phone 01323 761461

Fax 01323 743041

If you need urgent medical help but it's not a life threatening situation call NHS **111** service

Call **999** in the case of emergency

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