

BARNs MEDICAL PRACTICE

WINTER NEWSLETTER

JANUARY 2019

Community Link Practitioner

The Practice is delighted to welcome Fiona Norbury to the team. She joins us as Community Link Practitioner and can see you in the surgery or at home if you are unable to attend.

Community Link Practitioners can offer support and advice on services available in the social aspects of your life such as personal/ relationship issues, financial worries, social isolation. Fiona can help you with your mental and physical well-being. If you feel she could help you please phone the surgery to arrange an appointment. She offers clinics in surgery on Tuesdays and Wednesdays. Your first consultation will last approximately 45 minutes where she will take time to listen to your story and offer support and advice on how to help you help yourself.

Flu Vaccination

Flu season runs from September to March each year. To date we have vaccinated 78% of eligible patients. If you are eligible for flu vaccination and have not yet been vaccinated, there is still time. If you are aged 65 or over, in an at risk group or look after a relative or friend as an unpaid carer, it is important to protect yourself from the complications that can be caused by flu. Please contact the surgery to arrange an appointment.

Children who have missed the nasal flu at school or are aged 2-5 years who have not yet been vaccinated should attend before the end of January when the current stocks expire.

Beat the Bulge

January is upon us once more and many of us will be looking to shed the extra pounds gained over the festive period. Although our weight loss challenge has finished, we still have scales in the waiting room for your use. Reaching a healthy weight has so many health benefits; reducing the risk of heart disease, type 2 diabetes, reducing joint pains and boosting self-esteem being just a few.

If you would like to advice on losing weight in a healthy way, please arrange a routine appointment with one of our nursing team. Onward referral to a dietician can be arranged also if necessary.

If you would like to boost your fitness you could think about joining our established walking group. The group was started almost two years ago with the support of clinical and admin staff. The reins have been passed over to the capable group of attendees who have been enjoying each others company for many months together. They are a very friendly and welcoming group and would be very happy to see new faces. The group leaves from the surgery every Wednesday at 11am and often go for a coffee at a local café afterwards.

USEFUL TELEPHONE NUMBERS:

For Out of Hours advice please contact NHS24 on 111

District Nursing Team

01292 513877

Podiatry Team

01292 614922

Health Visitor

01292 885529/ 885534

Midwife

01292 285893

Ante-natal First Appointment Booking

01563 825411

Musculoskeletal Service /

Physio

0800 9179390

Ayr/Crosshouse

Hospital

Appointments Office

01563 827 070

Dates for your Diary

Patient Participation Group Meeting

Tuesday 5th February
5pm

If you haven't attended before and would like to, please give your details to the reception team and an agenda will be sent to you nearer the time.

CPR Training

Tuesday 5th March
5pm

If you would like to attend please give your name to the reception team.

Medication Reviews

Medication reviews are necessary to ensure safe prescribing and that the medication you have been given is effective for you. When starting a new medication clinicians will arrange a trial period for you and may ask you to arrange a follow up appointment or telephone consultation to discuss your medication. Regular medication reviews will be arranged at a period deemed appropriate for your individual care by the clinician. An item may be added to your repeat prescription for a specified number of issues and you will be advised by the prescription line team when your medication is due for review. It is important you arrange a review when advised to, there may be occasions when an item is refused by clinicians until review is arranged, for example, contraceptive or HRT medications, controlled drugs and painkillers. Most medication reviews can be carried out by our in-house pharmacist by telephone, though you may be required to attend for blood tests, blood pressure review or weight for some items.

If you have had any changes to your medication and an item you no longer require is still on your repeat medication list, please advise a member of the team and it will be removed. This will ensure you are not prescribed the wrong medication in error.

Winter Illnesses

At this time of year there are lots of bugs around from colds and sore throats to the winter vomiting bug. These illnesses are best treated at home, containing the spread to others.

Most sore throats are caused by a virus and therefore cannot be treated with antibiotics. Simple treatment with paracetamol and ibuprofen will help with the pain and bring down a temperature. Over the Counter remedies are available from pharmacies and supermarkets and may be free of charge if you are eligible for the minor ailments service.

If you have diarrhoea and vomiting it is best to stay home and keep hydrated until at least 48 hours after your symptoms have stopped.

Pharmacy First

Your local pharmacy can provide a number of services you may not be aware of, from smoking cessation clinics to minor ailments treatments.

New to the services they provide is antibiotic prescribing for UTI (urinary tract infection) and Impetigo (skin infection). If you think you have either of these conditions requiring an antibiotic you should visit your local Pharmacy First.

Minor Ailments Service

If you are in full-time education, aged 60 or over, hold a medical exemption certificate or you are on certain benefits, you can get free of charge treatment from your local pharmacy for a number of minor ailments.

Treatments on offer include those for diarrhoea, constipation, coughs and colds, thrush, indigestion, allergies, head lice, warts and verrucae and many others.

If you require advice or treatment on any of these, please contact your local pharmacy. You do not need an appointment and they can see you at weekends too.

Making Appointments

When you book an appointment we can send you a text message confirming the appointment date, time and person you are seeing if we have your mobile number. We will also send out a reminder the day before your appointment. Please ensure we have your up-to-date mobile number in order to keep this service running smoothly.

cancelling Appointments

If you need to cancel your appointment please phone the surgery as soon as possible so that your appointment can be offered to someone else. You can also cancel by emailing us securely at email@medicayr.com with your name, date of birth and appointment time.

Right Person, Right Time

Some things take longer than others and our team have different skills. It helps us direct you to the most appropriate person for your needs and the appropriate length of time if you can give us an indication as to why you are attending.