

**SUMMER 2014**

**Welcome to the Summer Edition of** practice newsletter which we hope you will enjoy reading and find its contents of interest.

**Hayfever**

Summer for many people heralds the start of several months of misery. More than 2 million people in the UK suffer a variety of symptoms commonly known as hayfever. Hayfever (seasonal allergic rhinitis) is a reaction to pollen usually from trees and grasses. Treatment options should be tailored to the individual to ensure they are suitable for the patient and that they do not interact with any medication. The following are the most usual medications and can be purchased from your local chemist where the pharmacist will help you decide the best options for you.

Anti-histamine tablet

Steroid nasal sprays

anti-histamine/anti-inflammatory eye drops

If you have difficulty controlling your symptoms please contact Alison, our Practice Pharmacist for further advice on: 01302 349431.

**Travel Health**

If you are going abroad and need advice about vaccinations and keeping well in general whilst you are on holiday, please contact the surgery where our practice nurses will be able to help. Please remember, if you need vaccinations, allow at least 3 months before you travel to get vaccinated to ensure you are fully protected.

**Heatwave**

Heatwaves, although seemingly wished for all year round in Britain, can have serious consequences for many people. Patient groups most likely to be at risk should there be a prolonged period of high temperature are:

**The elderly**

* Patients with heart, kidney and blood pressure problems
* Patients with epilepsy and diabetes
* Patients taking a variety of medicines

**The young and elderly**

Sensible precautions during a heatwave are:

* Stay cool
* Drink regularly (water and fruit juice)
* Avoid alcohol, coffee and tea (these worsen dehydration)
* Seek advice if you develop persistent cramp, confusion or vomiting

**Systm Online Service**

Systm online is a free service available to all patients that have access to the internet. It will give patient the opportunity to order prescriptions, ability to change your own personal contact details, online booking and cancelling of appointments. If you wish to use this service please contact a member of staff for your own user name and password details.

**Electronic Prescribing**

The practice is working with NHS England to become part of the implementation of the Electronic Prescribing System. This should be in place by autumn 2014 and is proving successful in other pilot practices across Doncaster. This service will enable GPs and nurses to send prescriptions electronically to a dispenser (such as a pharmacy) of the patient’s choice. This will make the prescribing and dispensing process more efficient and convenient for patients and staff.

**Practice Website**

We would like to remind patients that we have a new modern, easy to use practice website. You can access the website by going on [www.medicalcentredoncaster.co.uk](http://www.medicalcentredoncaster.co.uk/). The website includes useful information about services on offer here at the surgery. It also includes useful contact numbers. You can also access the systm online service via the website. The Medical Centre also welcomes any comments you have regarding the practice and the services we offer via NHS Choices: <http://www.nhs.uk/Services/GP/Overview/DefaultView.aspx?id=38268>

**Patient Group**

We continue to encourage our patients to get involved in the Patient Participation Group meetings held here at the practice. If you are interested in developing the practice and wish to have your voice heard or would just like some more information about the services we run please attend the meetings.

7th August – Dietician to discuss healthy eating

18th September – Presentation of our annual report and your chance to comment

30th October – Alison Howard, our in-house pharmacist

11th December – Planning next year’s programme

**My Story**

We are encouraging our patient’s to write something around their experiences with the practice for our newsletter and this is the first to come in.

*“I am delighted to say that five generations of my family have been patients of The Medical Centre and its former Practice, starting with my grandparents when they moved to Bellevue from Rotherham when my Mum was a little girl.  I can remember being taken by my Mum down the dark corridor to the surgery on South Parade and sitting and waiting to see Dr McGaw or Dr Glover.  I remember Dr MacIlwraith being present at the birth of my eldest daughter.  Now both my daughters have children of their own and both of them and their children are patients.*

*I have seen many changes over the years both in the NHS and within the Practice.  In the 50s and 60s we used to arrive at the surgery prepared to sit and wait.  The Dr called to see us at home when I was off school with the usual childhood illnesses which we  had to stay in bed for) and all the services were GP-led.  When I had my first daughter I stayed in hospital for 10 days – can you imagine that nowadays!  Now we have appointments, special clinics, nurse practitioners and specialised services.  We don’t have the home visits but I didn’t really need a Dr to tell my Mum I had tonsillitis or chicken pox and certainly didn’t need to spend days in bed!*

*Yes the NHS is stretched and yes we do still have a tendency to think we can just turn up at A&E when we sprain our ankle and Yes we do still expect to get an appointment to see our Dr tomorrow but guess what – we have a good service from our Practice which is delivered in a friendly and professional way.  If we contact them out of hours we are put through to other services that can help us.  If we need blood tests – the results are back within a couple of days (sometimes next day).  The NHS may be creaking, but our Practice is holding its own and delivering a good service whilst developing with the times.  Many thanks to every single one of you.” Christine*

**Dates Practice Closed for Training from 12noon**

Wednesday 3rd September 2014

Wednesday 10th September 2014

Wednesday 8th October 2014

Wednesday 5th November 2014

Wednesday 12th November 2014