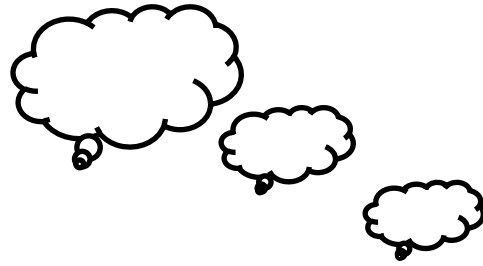


# GREENSIDE MEDICAL PRACTICE

## NEWSLETTER

Summer 2016



WELCOME

to the Summer Edition of our Newsletter. We hope you find it useful and informative. Please let us know if there are any items you would like included, and this will be considered.

## Practice News

### **PATIENT TALK**

Dr Vegasana & Nurse Helen Ravetto gave a very informative talk on Asthma & COPD in May. We do ask our local Pharmacies to put up posters in their windows; posters are prominently displayed at both our GP sites, and on our website. However, attendance is low. Please remember family and friends can attend these talks if they are interested. Look out for the next talk, which will take place on Tuesday 11<sup>th</sup> October 7:30pm.

### **CQC Visit**

The Practice has recently undergone a CQC visit (Care Quality Commission) and Infection Control Inspection. These were extremely detailed visits, but we believe we have performed well and await the official report shortly. The outcome will be posted on our website.

### **Registrar (`s)**

Early August we said goodbye to Dr Jasel Patel. We wished him every success in his career as a GP and we thanked him for all of his hard work and contribution.

We would like to welcome our new Registrar Dr Louise Newlands to the Practice. Dr Newlands will be starting her own clinics in the near future.

We would also like to wish our HCA Caroline all the best in her future career as she left us early August, she will be missed. We thanked her for all of her hard work contributed to the practice.

Our HCA Anne is now qualified to do dressings and spirometry. We are pleased to have Anne working with us and also look forward to booking appointments in with her.

## TRAVEL HEALTH ESSENTIALS



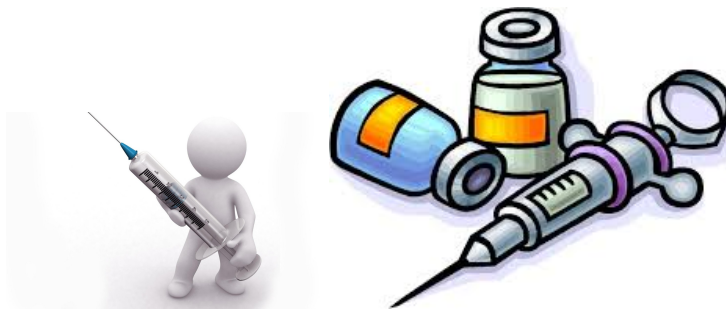
### For every travel:

- **Sunscreen** – choose sunscreen with a sun protection factor (SPF) of at least 15. The higher the SPF the better the protection. Buy sunscreen labelled 'broad-spectrum' which protects against UVA and UVB rays. Do not use sunscreens that have passed their expiry date.
- **First aid kit** – a first aid kit may be useful if you are going off the beaten track or taking part in high-risk activities. Otherwise for minor injuries use antiseptic with gauze squares, non-adherent dressings, bandages, fabric plasters, adhesive tape, scissors, tweezers and safety pins and tick removers. All major chemists sell bottles or sprays of antiseptic such as TCP, or you can use ready prepared antiseptic wipes.
- **Insect repellent** – Mosquitoes usually bite between dusk and dawn, and are attracted to humans by our body heat, smell and the carbon dioxide we breathe out. Products containing the chemical DEET are the most effective insect repellents. DEET products are available in sprays, roll-ons, sticks and creams. You're GP or travel health clinics will be able to advise on whether malaria tablets are advised depending on your destination.\*\*
- **Condoms** – condoms are recommended for everyone who is sexually active. Condoms with the CE mark on the packet have been tested to the high safety standards that are required in Europe. Store in a cool, dry place as they can be damaged by oil-based products such as suntan lotion, baby oil and lipstick. Heat can also cause damage.
- **Antihistamines** – over the counter antihistamines can reduce itching and inflammation caused by allergies and insect bites. Antihistamines are available as tablets (oral antihistamines) creams (topical antihistamines) and nasal sprays. \*\*
- **Anti-diarrhoea pills** – anti-diarrhoea drugs, can relieve symptoms of diarrhoea however – do not take these drugs if there is blood in the stools or if you have a high temperature (check with your pharmacist). **Do not** give anti-diarrhoea drugs to your child.

### For travel in the Developing World:

- **Rehydration sachets** – these help replace fluids and salts lost through diarrhoea, vomiting and too much sun. They provide the correct balance of water, salt and sugar. Your GP or pharmacist may also recommend rehydration drinks for your child. Do not use homemade salt or sugar drinks.
- **Staying well hydrated** – be sure to drink enough water. Be sure to take a bottle of cold water with you when out and about. (Check with water conditions that you will be safe to drink bottled water)
- **Mosquito net** – this is vital for sleeping in malarial countries. Nets should be impregnated with permethrin. This is a contact insecticide, which will kill insects landing on the net. Generally nets will need to be impregnated again with permethrin after 6 months of use. Use a small sewing kit to repair holes that develop in the net.
- **Anti-malarial drugs** – visit your GP, pharmacist, practice nurse or Travel Clinic at least 4 – 6 weeks before you intend to travel to find out what malarial cover you will need. They will have up to date advice about the cover you need and which strains of malaria are resistant to which drugs.\*\*
- **Emergency medical supplies** – Kits are available from pharmacies, including sterilised and sealed syringes, sutures and needles. These can be useful when visiting developing countries, where hospitals and dentists may not have properly sanitised equipment.

**[\*\*Always remember to check with your local chemist if you are taking any medication]**



## **MENINGITIS VACCINE**

### ***Facts about Meningitis...***

- Meningitis is the inflammation of the lining around the brain and spinal cord
- From **July 1 2016**, the Men C vaccine was discontinued from the NHS childhood vaccination programme which was offered to babies at 12 weeks old
- The success of the vaccination programme means there are almost no cases of this horrible disease in babies or young children in the UK any longer
- This disease predominantly occurs in teenagers

**Due to an increase in Men W in recent years, the Men ACWY vaccination has been introduced for all 17-18 year olds and first year university students aged 19-25 to offer protection against this strain.**

**The Men ACWY vaccine is given by a single injection into the upper arm and protects against four different causes of meningitis and septicaemia – meningococcal (Men) A, C, W and Y diseases.**

## **FLU SEASON**

**It's approaching that time already!**

**We will be running Saturday clinics as we understand that the working week can be difficult for some of our patients to attend.**

**Please keep yourself informed with the clinics that we will be running through posters and checking our website.**

Few flu dates –

- *Saturday 24<sup>th</sup> September*
- *Saturday 1<sup>st</sup> October*
- *Saturday 8<sup>th</sup> October*

Venues to be confirmed . . . Be sure to keep a peek on our website for more information on Flu clinic and any other news.

[www.greensidemedicalpractice.co.uk](http://www.greensidemedicalpractice.co.uk)



## **Don't just go to A&E...**

### **You could get quicker treatment closer to home**

- Greenside Medical Practice 020 8240 0072
- Lennard Road Practice 020 8680 2270
- GP Walk-in Centre, Edridge Road Health Centre – 020 30400800
- Minor Injuries unit, Parkway Health Centre, New Addington, CR0 0JA
- Emergency Dental Service (Croydent) – 0845 000 4567
- Emergency Contraception – 020 8714 2861
- NHS out of hours number – 111
- The local pharmacies can treat minor ailments
- NHS direct – [www.nhsdirect.nhs/uk](http://www.nhsdirect.nhs.uk)

## **NON ATTENDANCE FOR APPOINTMENTS**

The Practice DNA rate (Did Not Attend for an appointment) continues to gradually increase. The number of people who did not attend their appointment in July was

**186**

Every month, many hours of doctor and nurse appointments are wasted simply because patients have failed to turn up or cancel in advance, it is important that you let us know if you no longer require an appointment.

**Please contact the surgery if you are unable to attend your appointment – this will then be used for another patient - therefore would reduce the appointment list for your convenience.**

**If you change address or contact number, please inform the surgery to allow communication to flow well between both Practice and Patients.**