

THE PINES TIMES! ISSUE 13



Have we got your up to date mobile number?

SPRING NEWSLETTER



We welcome Raj—our new Clinical Pharmacist—to the Practice. He will be based here Mondays and Tuesdays. He will be dealing with all Medication reviews and prescription queries or changes.



Get involved with Carers Week 2019
10 - 16 June

carersweek.org

Carers' Coffee Morning

Thursday 13th June 2019

9.30am-1pm at The Pines Surgery



Free Drop-in clinic in association with Northamptonshire Carers who will be on hand to give information, advice and guidance as to the services and support available to carers. Please come along.

Sorry We're
CLOSED

PLEASE NOTE: WE ARE CLOSED FOR STAFF TRAINING FROM 12:30PM ON:

Wednesday 12th June 2019

If You Require Urgent Medical Assistance Whilst The Surgery Is Closed Please Call NHS 111

GP appointments are now available in your area during the evenings and at the weekend.

To book an appointment, contact your practice.

Your NHS, here for you.



Prescribing of over the counter medicines is changing

Your GP, nurse or pharmacist will not generally give you a prescription for a range of minor health concerns, such as, haemorrhoids, indigestion, athletes foot and nappy rash.

Instead, medicines are available to buy in local pharmacies or supermarkets.



Acute sore throat	Conjunctivitis	Coughs, colds and nasal congestion
Cradle cap	Dandruff	Diarrhoea (adults)
Dry eyes / sore tired eyes	Earwax	Excessive sweating
Haemorrhoids	Head lice	Indigestion and heartburn
Infant colic	Infrequent cold sores of the lip	Infrequent constipation
Infrequent migraine	Insect bites and stings	Mild acne
Minor burns and scalds	Mild cystitis	Mild dry skin
Mild irritant dermatitis	Mild to moderate hay fever	Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain)
Mouth ulcers	Nappy rash	
Oral thrush	Prevention of tooth decay	Ringworm / athletes foot
Sunburn	Sun protection	Teething / mild toothache
Threadworms	Travel sickness	Warts and verrucae

The above conditions will no longer be prescribed except in certain circumstances—please speak to your GP, Nurse or pharmacist

Changes to the way you order your repeat prescription



From 4th March The Pines Surgery will introduce a new system which means you will need to order repeat prescriptions yourself. Pharmacies and dispensing companies will no longer be able to do this for you.

What do I need to do?
There are different ways to order, including:

- using SystmOnline - patient online service
- downloading the SystmOnline app to your smartphone or tablet device
- handing in the white, tear-off part of your repeat prescription to your GP practice
- writing a letter to your GP practice.

If you need more information, please speak to staff at your GP practice or pick up a leaflet from your practice or local pharmacy.

P The surgery would ask patients to please be mindful of how and where you park your vehicle when using the surgery car park. Under no circumstances should the Doctors parking bays be blocked as Doctors have to deal with emergencies..

PLEASE PARK RESPONSIBLY



Electronic Prescription Service

The Electronic Prescription Service (EPS) allows prescriptions to be sent direct to pharmacies through IT systems used in GP surgeries.

Eventually EPS will remove the need for most paper prescriptions.

You can collect repeat prescriptions directly from your pharmacy without visiting your GP!

To use this service all you need to do is choose which pharmacy you would like your prescriptions to be sent to. To nominate to use EPS please talk to your pharmacy or to reception.



A&E or 999

Choking, chest pain
black outs, blood loss.

Walk-in-Centre

Cuts, bites, strains.

GP

Vomiting, ear pain,
painful cough.

Pharmacist

Upset stomach, runny nose,
headache.

NHS 111

Unwell? Unsure? Need Help?

Self Care

Hangover, grazed knee, sore
throat, cough.

Book appointments online

Renew prescriptions online

View your GP record online



Patient Online

Giving you more choice in accessing GP services

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?

CANCEL IT!

IN MAY

181

PATIENTS DID NOT ATTEND THEIR APPOINTMENT

IF YOU CANNOT ATTEND PLEASE LET US KNOW SO THAT WE MAY ALLOCATE THE APPOINTMENTS TO OTHER PATIENTS IN NEED. THANK YOU.

CHANGE STARTS HERE. CAN WE COUNT YOU IN? **P.P.G** MAKE A CHANGE

!!! DO YOU

WANT TO MAKE A CHANGE !!!

Come along and join our enthusiastic and committed group members and help and support us in improving our surgery services

Next meeting

25th June 2019

For more information please ask at reception