

Burton Latimer Medical Centre Summer Newsletter 2019



Be Self Care Aware

The NHS spends £136 million a year on prescriptions for medicines that can be bought over the counter such as paracetamol. Reducing the amount the NHS spends on these medicines means more money will be available for people with more serious conditions.

As you will not need an appointment at your GP surgery to obtain a prescription, this will save you time and will also free up appointments for patients with more serious conditions.

Did you know that your local Pharmacy team can help by offering clinical advice and they can help you choose the most appropriate treatment?

What if my symptoms don't improve? Your local pharmacy team can advise you on what to do next.

Below is a list of common conditions that can be treated with medication bought from the pharmacy.

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

www.burtonlatimermedicalcentre.co.uk

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Dates For Your Diary

The feedback we received from you regarding the smooth running of last years Saturday morning flu clinics was fantastic.

Our team are now working hard to plan for this years clinics and we wanted to share the dates with you so you can plan ahead.

Flu Clinic Dates:

Saturday 28th September and Saturday 12th October.

We will be alerting you via text message at the beginning of August to book your appointment so please check that we have an up to date phone number. We will also be raising awareness via posters in our waiting rooms, via the new patient calling board and via our website.

New Jayex Board

If you have visited the Burton Latimer surgery in recent weeks, you will have noticed we have installed a new patient calling board in the waiting room.

This will help us to keep patients informed on any changes at the surgery, any new initiatives being promoted by the NHS and also for us to communicate with you in a much quicker and prompt manner.

Carers and Armed Forces

If you are a carer or a veteran of the armed forces then it's important to let the receptionist or your clinician know, this way we can help support you with making sure you are receiving all the support you need.

Travel Vaccinations

It's that time of year when you may be thinking about travelling to sunnier climates.

If you're travelling to a country where you may need a vaccination, please pick up a travel vaccination form from our reception for each patient who is travelling. The form can also be downloaded from our website.

You will need to complete the form, book an appointment in one of our travel clinics and hand the form in at the same time as making your appointment.

Our nurse will review your form and call you if you **DO NOT** need a vaccination, so please make sure you enclose a contact number.

Finally, have a lovely holiday and don't forget to send us a postcard!

Missed Appointments

One of the biggest issues any surgery faces is missed appointments.

It is vitally important that if you are unable to attend your appointment, you let us know in advance so we can offer that appointment to another patient.

You can phone in or reply to your text message that you received when making your appointment.

Patient Feedback

Patient feedback is vitally important to us and is something we take very seriously.

We now have a patient suggestion box next to the patient signing in screen. If you would like to leave us some suggestions on how we can improve the services at the surgery, please fill out a suggestion form and place it in the box provided.