

BEACONSFIELD MEDICAL PRACTICE

Summer 2019

www.beaconsfieldmedicalpractice.co.uk



NOTICE BOARD

- Telephone & Surgery opening hours
- Our hours are Mon-Fri, 8.00-6.00
- Our telephone line is open until 6.30 for emergencies.

Telephone Options:

- 1 Emergency Home Visit
- 2 Appointments
- 3 General Enquiries
- 4 Prescription Enquiries and Test Results
- 5 Nurses Appointments
- 6 Secretaries

For those who have difficulty attending during normal hours we offer extended surgery hours on a Tuesday morning from 7am with a nurse and on a Saturday morning with a GP, these are pre-bookable appointments.

During your next visit to the surgery please check we have your correct details.

PRACTICE PHARMACIST

Sophie Mullaney is our practice pharmacist and is available to speak to patients, please ask for a phone or face to face consultation if you would like to discuss any of the following:-

- Contraception advice (emergency & oral forms)
- HRT advice
- Medication Reviews
- High Blood Pressure (assessment & treatment)
- Anticoagulation—warfarin

Any medication queries including:-

- On-line ordering queries
- Side effects
- Availability/supply issues
- Increasing/decreasing doses
- cessation of treatment

Minor ailments and conditions:-

Backache, sprains and strains, colds, conjunctivitis, constipation, coughs, diarrhoea, earache, haemorrhoids, hayfever, headlice, headaches, fever, heartburn, indigestion, insect bites and stings, mild eczema, dermatitis, minor fungal infections of the skin, mouth ulcers, nappy rash, sore throat, teething, threadworm, thrush.

EXTENDED HOURS SERVICE

We are changing the way we use our extended hours; as of 1st July we will be offering appointments with a nurse on a Tuesday morning from 7am; these appointments replace the ones we currently offer on a Monday evening. GP appointments are also available on a Saturday morning.

Our new extended hours are as follows:

Tues from 7am – Nurses
Saturday am – GPs

The extended hours offered via the EHS service (EPIC) are still available most evenings and weekends. Please ask reception when booking an appointment regarding availability.

CHILDHOOD VACCINATIONS

As you may be aware recently there has been an increase of childhood illnesses resurfacing due to the low uptake of childhood vaccinations throughout the country.

Within the City there have been concerns surrounding measles cases. In light of this we would emphasise the benefits of the childhood immunisation programme.

Last year there was an outbreak of measles; between 1 January 2018 and 6 August 2018 there were 807 laboratory confirmed measles cases in England. Cases were reported in most areas with London (281), the South-East (166), South-West (139), West Midlands (84) and Yorkshire and Humberside (75) reporting the most cases (based on provisional figures provided by the government website).

Measles is a very infectious and serious illness that, in rare cases, can be fatal. About 1 in 5 children with measles experience complications such as ear infections, diarrhoea and vomiting, pneumonia, meningitis, and eye disorders. One in 10 children with measles ends up in hospital. There is no treatment for the disease. **VACCINATION IS THE ONLY WAY OF PREVENTING IT.**

In light of this increase we would encourage parents to follow the normal childhood immunisation programme and to respond to the invites they receive to vaccinate their child.

To view more information about the timeline for childhood immunisation including the MMR to cover measles please go to:

<https://www.nhs.uk/conditions/vaccinations/childhood-vaccines-timeline/>





Please be aware that parking at our surgery is very limited and we cannot guarantee a parking space. **If you are coming by car please ensure you allow enough time before your appointment.** There is pay and display parking on Preston Park Avenue, alternatively we are on several bus routes.

You must ensure you enter the car's registration into the terminal on the floor you are visiting, please note this includes vehicles with a blue badge or any waiting vehicle. Failure to do so will trigger a fine, administered by an independent company (the practice makes no profit at all from this).

PLEASE ENSURE WHEN ENTERING YOUR REGISTRATION NUMBER THAT YOU CHOOSE CAREFULLY BETWEEN A ZERO AND THE LETTER "O" ACCORDING TO WHERE THIS IS PLACED IN YOUR OWN REGISTRATION.

PLEASE ALSO NOTE THAT PARKING IS ONLY FOR PATIENTS VISITING THE BUILDING AND DOES NOT INCLUDE VISITING THE BREAST CLINIC OR DENTIST AT 177.

PATIENT PARTICIPATION GROUP (PPG)

Our friendly group meet four times a year, you do not need to attend every meeting to become a member.

If you would like to join please give your details to reception or visit our website. All patients welcome.

Welcome

We would like to welcome Jamie-Leigh Williamson to the nursing team. Her working days will be Tuesday, Wednesday, Thursday & Friday.

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

CANCEL IT!

Thank you to all patients who attended their appointments and to those who cancelled their appointments in good time. You can cancel your appointment online or if you are signed up for text reminders you can follow the instructions to cancel or you can telephone the surgery.

ARE YOU A CARER?????

Carers can be very hard to identify and many carers do not consider themselves as such. Primary care teams are aware of the problems that carers face but without being identified it is impossible to involve carers in patient care or support them in their caring roles. As a practice we would like to support carers to maintain the caregiving situation.

If you are a carer please inform the surgery on your next visit.

You can do this in many ways, via the website, via e-mail or in person when you next visit the surgery.

YOUR FEEDBACK

It is our aim to provide the highest possible standard of care for our patients and to help us achieve this we need your feedback. We welcome comments from our patients. Suggestion boxes are in both waiting areas.




LGBT AWARD

(lesbian, gay, bisexual, transgender)

Evidence linking discrimination and health inequalities is growing. Not only can discriminatory behaviour have a negative impact on mental health, but there is also a connection between sustained chronic stress and physical health conditions like cardiovascular disease.

We aim to offer an inclusive service for all our patients to ensure good health outcomes and to treat all our patients as individuals.



Summer holidays are nearly here and many of us will be hoping to spend time in the sun.

Look out for signs of skin changes and report any concerns to your GP. Suspicious signs include:-

- spots or sores which do not heal within 4 weeks
- A spot which continues to itch, heal, scab or crust for 4 weeks
- Moles which start to change shape or colour
- Moles which have an irregular edge or different shades of pigmentation
- Moles which are completely new or start to itch or crust

Ways to protect your skin:-

- Wear sunscreen every day, in all weather and in every season
- Use a high factor sunblock (SPF30 or more) on all exposed areas
- Babies and children should be protected by staying in the shade and wearing suitable protective clothing
- Re-apply sunscreen at least every 2 hours or more often if you are sweating or swimming
- Wear sunglasses with total UV protection
- Wear wide brimmed hats, and long-sleeved shirts and trousers
- Avoid being out in the sun as much as possible from 10 a.m. to 2 p.m.
- Choose cosmetics and contact lenses that offer UV protection. You still need to use sunscreen and wear sunglasses that have broad-spectrum sun protection.
- If you're a parent, protect your child's skin and encourage them to be safe in the sun
- Do not use tanning beds



Working to become
Dementia Friendly

We are pleased to announce that we are working towards becoming a Dementia Friendly Practice.



Congratulations to Dr. Rehill and family on the arrival of Amya who was born on 15th June, weighing 61b 4oz.