

GREENSIDE MEDICAL PRACTICE

NEWSLETTER

SUMMER 2015

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

Practice News

PATIENT TALK

The Patient Participation Group has organised a Patient Talk on the topic of 'Diabetes & Diet'. This is scheduled for Tuesday 29th September 2015 from 7.30pm to 8.30pm at the Lennard Road site, 26 Lennard Road, Croydon CR0 2UL. It will be presented by Dr Vegasana supported by Rachel Burn our Nurse Practitioner.

Please come along and bring a friend – we are sure you will find it very interesting and informative.

NEW STAFF

We are pleased to welcome Candice to our team, as part of an Apprenticeship scheme in conjunction with Croydon College. Candice will be with us for a year and will be learning all aspects of GP Practice work including reception and administration roles. She will be working at both Greenside and Lennard Road surgeries.

CHAPERONE POLICY

The Practice is happy to provide a chaperone if needed. However, you may be requested to take a seat in the waiting room until a qualified chaperone is available, i.e. one of our trained Health Care Assistants or Practice Nurses. Reception staff are not trained to fulfil the chaperone role. If you think you may need the services of a chaperone during your consultation, please let the receptionist know when booking your appointment.

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. Your 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.
- **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.

SHINGLES VACCINATION

Were you aged 70, 78 or 79 in September 2014? If so, and your birthday falls between the following dates;

2.9.1943 – 1.9.1944

2.9.1935 – 1.9.1936

2.9.1934 – 1.9.1935

then you are eligible for a vaccination against the shingles virus. Please contact the surgery to arrange an appointment with one of our Practice Nurses.

FLU SEASON

Please look out on our website and in the surgery for information regarding our Flu Clinics – Coming Soon! 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 June was

228.

Every month, many hours of doctor and nurse appointments are wasted simply because patients have failed to turn up or cancel in advance.

Please, please, contact the surgery if you are unable to attend for your appointment – this will then be used for another patient.