



# Staunton & Corse Surgery Patient Group Newsletter

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

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## **Sharps Bins**

You can request a Sharps Bin from the Dispensary for your used needles and syringes. Please advise the Dispensary of what you are disposing of as this will determine the colour of the bin. (Yellow for normal waste e.g. Fragmin syringes, insulin pen needles, Purple for cytotoxic/dangerous waste e.g. Metoject injections.) You can take your filled Sharps Bin to a Community Pharmacy or bring to the surgery for safe disposal.

## **Information for patients referred by their Doctor to see a Specialist**

If your Doctor wants a specialist's help in deciding the best way to treat your condition, they will refer you and you may then receive tests and treatments through the hospital. Whilst you are under the specialist for your care you should expect:

- The specialist will request any tests and let you know of the results
- The specialist will issue any new medication or make changes to your existing medication and will provide you with enough medication to last for at least the first 7 days. After this you will need to contact your Doctor for further medication\*
- The specialist will issue you with a Fit Note (Sick Note) if appropriate
- The specialist will advise you of any follow-up care or whether you should be discharged back to your Doctor. If you do not hear anything from the hospital about your follow up appointment, you should NOT contact the surgery. You should contact the specialist's office.

Please consider the above before contacting the surgery to avoid surgery staff spending time chasing the hospital unnecessarily.

\* In some situations the hospital will be responsible for issuing your medication for up to 12 weeks/until you are stable. E.g. some rheumatoid conditions and some gastrointestinal conditions

## **HAY FEVER**

Spring has finally arrived and it's most welcome after the long cold winter. Unfortunately for some of us the change in the season means a return of our hay fever symptoms, otherwise known as 'allergic rhinitis'.

It's possible that 40% of the population suffer from hay fever, so that's a lot of people suffering the sneezing, itching, sore eyes and runny nose that accompanies a reaction to pollen. Pollen is the fine powder produced by plants, trees and flowers.

Symptoms are due to our immune system reacting to the pollen. Cells lining the eyes and nose release chemicals when they come into contact with the substance and then the symptoms start.

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There are some simple measures to help prevent or alleviate symptoms

- 1/ if you can stay in and close windows and doors, then do (difficult if you love the great outdoors!)
- 2/ Avoid grass... as much as possible, mowing it, lying on it etc.
- 3/ don't bring pollen in doors, take off coat, shoes, outdoor clothing.
- 4/ shower and wash hair after being outside
- 5/ wear sunglasses and a hat
- 6/ keep car windows up and use the pollen filter/ air conditioning if you can
- 7/ use 'Vaseline' to line the inside your nostril, it eases soreness and stops pollen sticking!
- 8/ if all the above fail, or symptoms are difficult to manage, then ask your local chemist for advice regarding hay fever treatments. Some types are also available in supermarkets.
- 9/ If you use apps on your phone, you can get an alert that tells you of high pollen readings, so you can be prepared before stepping out of the door.

Maggie Etheridge Practice Nurse



## SURGERY NEWS

### **New Staff**

The surgery has appointed a new Practice Nurse – Jo comes to the practice from her previous role as a District Nurse in Newent. We also welcome our new Health Care Assistant – Vicky, who you will already know as she has been a Receptionist and will now train up to her new role. We welcome these two new members of the Practice Team. We are delighted that Tracy and Jo will continue to support the practice on a part time basis offering specialist spirometry and diabetes clinics respectively.

### **Protected Learning Time (PLT)**

The practice will be holding regular PLT sessions for all members of staff on the 2nd Friday of every month between 1-3pm. These dedicated training sessions allow GP practice staff the opportunity to close for the afternoon to learn about the most up to date information on particular subjects which underpin key priorities patient wellbeing. It is worth noting that the Dispensary will also be closed during these sessions.

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## **Delivery service**

The new prescription delivery service started in May, providing home delivery of medicines for housebound patients. The service will be rolled out gradually, currently operating on a Wednesday and increasing over time to Tuesday, Wednesday and Thursday. The service is for eligible patients only and will not deliver Controlled Drugs.

## **Additional Clinical Rooms**

Due to the need for more space for the increasing number of Clinicians, the meeting room is being re-structured to provide two Clinical rooms, with a smaller Clinical room being available for meetings in addition to the Waiting Room area.

### **FLU CLINIC 2018**

We are yet to finalise this years 'flu clinic date. Please keep an eye out for further details to ensure that you do not miss this if you are eligible

### **EAR SYRINGING**

Maggie Etheridge, Practice Nurse provided an update on new arrangements for ear syringing in the Spring Newsletter. In case you missed this.....you can download and print off an information leaflet at the surgery website at: [www.stauntonsurgery.co.uk/information/ear-syringingirrigation/](http://www.stauntonsurgery.co.uk/information/ear-syringingirrigation/)

#### **Key Points**

- Patients in Gloucestershire are being encouraged to self-care for blocked ears due to wax
- You can buy Sodium Bicarbonate Ear Drops from a Community Pharmacy to soften and remove ear wax and to prevent future build-up of wax.
- You can also buy a Bulb Ear Syringe from a Community Pharmacy to use at home after using ear drops if this is needed.
- Ear Syringing is only recommended in the rare occasions where ear drops and bulb syringing has failed to work. Ear syringing can lead to ear infections, perforated ear drum and tinnitus (persistent noise) and therefore it is only performed in exceptional circumstances.

### **PPG Aims 2018**

Help tackle loneliness by signposting carers and patients to local supportive networks

Continue to promote self-help and wellness by improving patient's knowledge of where to access health advice outside of the surgery

Visit the Patient Group pages at [www.stauntonsurgery.co.uk](http://www.stauntonsurgery.co.uk) to read our mission statement and access the meetings Minutes.

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## **NEW PATIENT GROUP MEMBERS NEEDED**

We want our Patient Group to truly reflect our diverse practice population so we can work with the practice on your behalf to ensure your needs are met and that any areas for improvement or development are raised and considered. If you are reading this and you are:

- \*A parent of young children**
- \*A student e.g. at Hartpury College**
- \*In work**
- \*Not in work**
- \*Retired through ill-health**
- \*Have a chronic long term condition**

We would love you to join the Patient Group as our current membership is made up of retired patients and we are conscious that we are not necessarily aware of or meeting the needs of the whole practice population.

### **Your Patient Group Representatives**

Sue Knox (Chair)	Hartpury
Norman Davis	Corse
John Leask	Tirley
Malcolm Harley (Vice-Chair)	Corse
Ann Watkins	Redmarley
Donald Peach	Corse
Roger Boaler	Hartpury
David Bubb (Editor)	

### **Contact Us:**

If you have any suggestions about how our practice might improve patient services, you can pass these to the Patient Group for consideration. Either drop a note in our Suggestion Box which is situated in the foyer at the surgery or send an email to us at [sandc.ppg@nhs.net](mailto:sandc.ppg@nhs.net) or call Sue Knox (Chair) on 01452 700882

### **E-Newsletter:**

If you would like to receive our newsletter by email, please let us know at [sandc.ppg@nhs.net](mailto:sandc.ppg@nhs.net)