

Medicines Waste Campaign #2

Thursday 16 January is the launch of NDCCG's second medicines waste campaign. It is estimated that up to £1.5million could be saved across North Durham on wasted medicines every year. The key messages are:

- ☑ Check which items you already have before ordering your repeat prescription and only order what you need. If you need items at a later date you can request them
- ☑ Let your GP, nurse or pharmacist know if you have stopped taking any medicines on your repeat prescription
- ☑ Did you know that medicines cannot be recycled, whether they have been opened or not?
- ☑ Return unwanted medicines to your pharmacy for safe disposal. *Don't throw them away*
- ☑ If you need to go into hospital, please take your medicines with you. This will enable hospital staff to effectively assess your care.

HEALTH TIP

One lady member of our Patient Reference Group is keen to spread the message about the importance of always eating breakfast with the motto "Have a good breakfast every day and it will help you always along the way".

Consuming a good, hearty breakfast such as porridge is like priming a pump, to help your body get ready for a full day of activity. Not only does the first meal of the day "kick start" your metabolism to better burn calories, but it has been shown that the effects of eating breakfast helps keep the metabolism working at a higher rate throughout the day. Skipping this important meal does no good at all as you will be hungry sooner, eat more later and not have the energy to function efficiently.

Eating breakfast will improve your overall nutrition, help reduce the risk of heart disease and regulate cholesterol...so eat wisely and stay healthy.

Spring 2014



Spring 2014 Newsletter

Visit our website at www.oakfieldshealthcentre.co.uk

What's New at Oakfields Health Centre

PATIENT SURVEY

Thanks to everyone who took the time to fill in the patient survey forms at the end of last year. Once again the results were very encouraging with 90% of all patient ratings about the practice being **good, very good or excellent!**

If you want to see the survey results you can find them on our website, on posters around the practice or for more detail ask at reception.

If you would like to comment on your experience of the practice please visit the NHS Choices website at <https://www.nhs.uk>.

"...and while I'm here doctor..."

The main issue continues to be appointment waiting times. We've all done it, haven't we? Once we get in the consulting room to discuss our original problem, something else just occurs to us...

Please help our doctors to help you

The doctor will usually see to any additional matters, but it does mean that you spend longer than planned on your appointment, which in turn means that other people in the reception area have to wait just that little bit longer. So, if you do find that the clock's ticking away when you're waiting, don't always blame the doctor or the appointment system!

STOP SMOKING SERVICE

The practice recognises that smoking is one of the most significant contributing factors to life expectancy and ill health, particularly cancer, coronary heart disease and respiratory disease and therefore we are now providing a Stop Smoking Service for people who want to quit.

Two of our practice nurses have now been trained to provide the appropriate level of advice and support, Karen Stevenson and Kay Marshall. The initial baseline assessment should take approximately 30 minutes and determine motivation, readiness to quit, level of dependence and a treatment plan. You will then be offered weekly review appointments for at least the first four weeks of your attempt to quit.

Please ask at reception for further information or to request an appointment.

NORTH DURHAM CLINICAL COMMISSIONING GROUP



Keep calm this winter

North Durham Clinical Commissioning Group (NDCCG) is urging local people to 'Keep calm and look after yourself' this winter, reminding us that many of the common winter ailments and illnesses are easily treated at home, or with advice from a pharmacist – with no need to see a doctor or nurse.

Colds, sore throats, headaches, hangovers, upset stomachs, coughs, aches, pains, and winter vomiting should all be treated at home or with the advice of your local pharmacist, with pain killers, rest and plenty of fluids.

By doing this not only are you helping to reduce the spread of winter viruses to other vulnerable patients in NHS waiting rooms – you are also keeping appointments available for people who have serious health conditions that must see a doctor or nurse.

The Keep Calm campaign includes a dedicated website and Twitter account - www.keepcalmthiswinter.org.uk and [@keepcalmne](https://twitter.com/keepcalmne) - with information on common winter illnesses, what the symptoms are, how to treat them and how long they will last. It also includes advice on what to keep in your winter medicines cabinet so you can be ready to treat illnesses as they start.

A Call to action

NDCCG is also calling on all patients, carers, the public and stakeholder organisations to join in a discussion about the future of the NHS so it can plan how best to deliver services, now and in the years ahead.

The NHS needs to be able to deal with a range of challenges, such as an ageing population and a rise in the number of people with long-term conditions, set against a backdrop of rising costs.

The CCG would like to hear your views about what changes are needed to ensure that the local NHS remains safe, high quality and affordable over the coming years.

You can visit the website <http://www.northdurhamccg.nhs.uk/call-to-action/> to find out more and feedback or email mynhstees@nhs.net.