

Winter

2017/18



TAUNTON ROAD MEDICAL CENTRE

TRMC NEWS LETTER

SEASONS GREETINGS

CHRISTMAS AND NEW YEAR OPENING AT TAUNTON ROAD MEDICAL CENTRE

Friday 22nd December—Open as usual

Monday 25th December—Closed

Tuesday 26th December—Closed

Monday 1st January—Closed

Please don't forget to order your repeat prescriptions to cover this period.

URGENT PRESCRIPTIONS

Patients are asked not to order urgent prescriptions, unless absolutely necessary. Prescriptions ordered as 'urgent' are dealt with at the GPs discretion and if agreed, will be ready for collection after 9am the following morning.

TAKE CARE OF YOUR NHS

If you can, help the NHS by buying simple remedies over the counter at pharmacies: painkillers, laxatives, hayfever treatments, steroid creams, emollients, fungal creams etc. can all be bought at pharmacies.

HELP US MAKE MORE OF YOUR LOCAL NHS

- * Don't stockpile medicines
- * Only order what you need
- * Discuss with your doctor if there are tablets you want to stop

HELP US TO HELP YOU

CHRISTMAS JUMPER DAY, RAFFLE AND TOMBOLA

We raised a total of £217.37 for Children with Cancer and Children's South West Hospice throughout December.

COFFEE MORNING

We raised a total of £68.92 for Dorset & Somerset Air Ambulance by holding a coffee morning in November.

MOVEMBER

Well Done to Dr Sam Gillett who participated in Movember to support men's health.

DUTY TEAM TELEPHONE CONSULTATIONS: These are for patients requesting an urgent on the day appointment. We no longer hold same day clinics, but we will see patients with urgent problems on the same day, when appropriate, after an initial telephone consultation with a doctor or nurse practitioner.

BIRTHDAY REVIEWS – monitoring long term conditions: If you have one or more long term conditions, you will be offered a Birthday Review during the month of your birthday, please contact the surgery to book an appointment. For more information please ask at reception.

NOROVIRUS, KNOWN AS THE WINTER VOMITING BUG

The virus, which is highly contagious, causes vomiting and diarrhoea. As there is no specific cure, you have to let it run its course, but it should not last more than a couple of days.

The period from when you are infected to when you start to show symptoms (known as the incubation period) usually lasts 12-48 hours. During this time, you may be infectious to other people.

Having norovirus can be an unpleasant experience, but it's not generally dangerous and most people make a full recovery within a couple of days, without having to see a doctor.

What should I do?

If you have norovirus, the following steps should help ease your symptoms:

- Drink plenty of water to avoid dehydration
- Take paracetamol for any fever or aches and pains
- If you feel like eating, eat foods that are easy to digest
- Stay at home and don't go to the doctor, because norovirus is contagious and there is nothing the doctor can do while you have it
- However, contact your GP to seek advice if your symptoms last longer than a few days or if you already have a serious illness

Extra care should be taken to prevent babies and small children who are vomiting or have diarrhoea from dehydrating, by giving them plenty of fluids. Babies and young children can still drink milk.

How to stop it spreading.

The virus is easily spread by contact with an infected person, especially through their hands. You can also catch it through contaminated food or drink or by touching contaminated surfaces or objects.

The following measures should help prevent the virus from spreading further:

- ◆ Wash your hands frequently
- ◆ Do not share towels and flannels
- ◆ Disinfect any surfaces that an infected person has touched

If you have norovirus, you may continue to be infectious for a short period after symptoms stop, so you should avoid food preparation and direct contact with other people for at least 48 hours after

Health Walks

We held our first Health Walk on Wednesday 15th November. We hold them once a month. For further information please ask at reception.

Following Dates:

Wednesday 17th January 2018	11:00am
Wednesday 14th February 2018	11:00am
Wednesday 14th March 2018	11:00am



ANTIBIOTIC AWARENESS

The everyday problem is antibiotic resistance and inappropriate use and prescribing of antibiotics is causing the development of resistance.

Inappropriate use includes:

- Not taking your antibiotics as prescribed
- Skipping doses of antibiotics
- Not taking antibiotics at regular intervals
- Saving some for later
- Sharing antibiotics with others

Inappropriate prescribing includes:

- Unnecessary prescription of antibiotics
- Unsuitable use of broad-spectrum antibiotics
- Wrong selection of antibiotics
- Inappropriate duration or dose of antibiotics

Antibiotics do not cure all illnesses. Colds and flu are caused by a virus which cannot be made better by taking antibiotics.



NEW GPs

We are pleased to announce that we have two new salaried GPs joining the team in January.

Please welcome Dr Jessica Harris who will be staying on in the Practice.

Please also welcome Dr Aoife Doran who has been a Locum GP with us for the past few months.

REPEAT PRESCRIPTIONS

Please ensure that you order your repeat prescriptions in plenty of time, so that they do not become urgent requests. Please allow at least 48 hours to order your repeat prescription and 72 hours if you ask for your prescription to be sent directly to a Pharmacy.

WEBSITES THE GPs TRUST

www.nhs.uk—this will take you to the NHS Choices site, where you can find local health related services, medical advice, symptom checker and much more.

www.patient.co.uk — full of helpful information for all the family, healthy eating, health & wellbeing, medication etc.



INCREASING WAITING TIMES

Like many GP Surgeries, we are experiencing an increase in waiting times for routine appointments with the GPs and the Nurses. There are a number of reasons for the increase in waiting times and many are beyond our control.

Waiting times can be reduced, by patients cancelling their unwanted appointments. So if you no longer need your appointment PLEASE REMEMBER to cancel it.

You can do this a number of ways:

- Contact the Surgery 01278 720000
- Use the automated system, this can be used 24 hours a day 7 days a week
- Leave a message on the cancellation line 01278 720015
- Use online access to cancel

By cancelling your unwanted appointments, it means that they can be offered to another patient, which helps to reduce waiting times for all.

KEEP WARM, KEEP WELL

Top Tips for keeping warm and well for the over 60s

- Keep warm—heat your home to at least 18 degrees. Keep your bedroom window closed on a winter's night. Breathing in cold air can increase the risk of chest infections.
- Look after yourself—layer your clothing whether you are indoors or outside. Wrap a scarf around your mouth to protect your lungs from the cold air. Wear shoes with a good grip if you need to go outside.
- Check on others—check on older neighbours or relatives to make sure they are safe and well. Make sure they're warm enough, especially at night and have stocks of food and medicines. If you are worried about an older person contact a family member, the local council or call Age UK on 0800 00 99 66.
- Eat Well—eating regular meals will help keep your energy levels up during winter. Hot meals and drinks help keep you warm, so eat at least one hot meal a day and have plenty of hot drinks.
- Stay Active—if possible, try to move around at least once an hour. Keeping active generates heat and helps keep you warm.

Congratulations

Congratulations to Sandra Jenkins Advanced Nurse Practitioner, who has completed her
Advanced Nurse Practitioner degree.