



Sele News



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PLEASE TAKE ONE

Christmas Opening

We will be closed:

- Christmas Day
- Boxing Day
- New Year's Day.

Our usual opening times will apply on all other week days.

Please ensure you have sufficient supplies of regular medication to last the holiday period.

Please remember that our standard turnaround time for repeat prescription requests is 48 working hours. We cannot guarantee to have prescriptions ready same day.

Flu campaign

Please make an appointment for a flu vaccination if you are eligible. We still have supplies available.

How to make the most of your 10 minute appointment (a tongue in cheek guide written by a GP from elsewhere)

What can you do in 10 minutes? Make a cup of tea? Send or read a couple of emails? See your doctor? Did you know an appointment is only 10 minutes long, and with GPs having to do more and more in their working life, it's important to make the most of this time.

Do

Get to the point...

There's nothing worse than 'shilly-shallying' around. There is no need for embarrassment or coyness, and the quicker you mention why you're really there, the more time the GP has to deal with your problem. Clearly this can be difficult with emotional problems as it can be hard to open up, but as for the rest, just get on with it. The GP will tease out what he or she needs from you in terms of more information.

Get it all out at the beginning of the appointment...

If you have two items to discuss, list them at the beginning rather than say, 'And while I'm here' or 'there were just a couple of other things'. If you list them at the start the GP can plan out the time.

Bring your diary...

A really good 'history' helps doctors to help you. If you can tell them exactly what happened and when, that makes their job much easier. For example, 'I was sick on Monday, fainted on Tuesday'. And tell the GP what you have tried – 'I took Paracetamol and it didn't help...'

Be descriptive....

GPs listen to stories all day. Using certain words to describe symptoms will help us to identify the problem more quickly. Is your pain dull or sharp? Does it burn? Does your headache feel like a tight band or a sharp and stabbing, for instance? What are you unable to do compared to when you are well?

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Use the rest of the team effectively...

Chasing a referral to the hospital? Ring the secretary. Need a blood pressure check? Take it at reception. Need travel advice? Ask for the nurse. Need to see a counsellor? Ask reception if you can self refer. Worried about your toddler's weight? See the health visitor. Many services do not need you to see the GP first these days.

Don't

Come in with a huge list of stuff...

If you have four items it'll probably take you six to eight minutes to talk about all of them. The GP then has to think about each problem, examine you and prescribe the right treatment - all in a couple of minutes. Cramming in too much into 10 minutes is a false economy, making it more likely that the GP will make a mistake.

Expecting a solution to everything in one visit...

We live in a convenience culture world but medicine can be a complex business. Most GPs see people who have several ongoing problems at once which need monitoring and maintenance with the help of the rest of the team (nurses, administration, pharmacists and health visitors). Occasionally you will need to wait for referrals to a specialist or try a treatment to see how you get on.

Think that seeing patients is all that the GP does...

The GP is running late. Sound familiar? About 50% of a GP's work is administrative. This is because in between appointments he or she is likely to get constant interruptions with urgent messages (home visit requests, prescription amendments, emails from the Clinical Commissioning Group, calls from the hospital or coroner, queries from the pharmacist, urgent letters and reports etc). Often there will be a list of scribbles on a GP's desk, so if the doctor appears a bit browbeaten it's because they are constantly multi-tasking. Even more reason to follow the DOs above!

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Reducing the risk of Falls

Everyone is more likely to fall as they age but here are some suggestions for preventative action:

Balance – there are simple exercises which can help improve your balance such as heel raises. Please ask and we can give you details.

Muscle Strength and Joints – regular physical activity strengthens muscles whatever your age. Experts recommend muscle strengthening exercises for those over 65.

Bones – bones become brittle as we age so weight-bearing activity is good for maintaining strong bones so that a fracture is less likely if we fall. A healthy, balanced diet will help maintain calcium levels to maintain bone strength too.

Lighting - Keep your house well lit and always use a bedside light when getting up in the night. If the switch isn't easily accessible, try keeping a torch by your bed.

Organisation – keep frequently used items within easy reach to avoid reaching up high. You might need to re-organise some cupboards.

Pets – a surprising number of people trip over their pets. Use a brightly coloured collar and a bell to alert you to their presence.

Eyesight changes – ageing can decrease contrast sensitivity making it difficult to see the edge of steps and kerbs and can alter depth perception, both of which can make you more likely to fall.

A final thought...

An ounce of prevention is worth a pound of cure.

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