

Tadcaster Medical Centre Update

Focus On..

"Do you really need to see a Doctor?"

The media often highlights dilemmas facing care at grass roots with the NHS being overworked and under resourced from the Doctor's surgery to the hospital ward.

Practice nursing has developed to reflect the times and needs of a modern health system. Nurses are skilled in a huge array of specialist areas from wound care to long term conditions management, from vaccinating infants to complex travel health.

Nursing has moved away from being allocated tasks by a Doctor to Independent Health Providers.

The nursing team within Tadcaster Medical Centre has moved forward in recent years too. Health Technicians now undertake tests such as blood pressure monitoring and the nursing team at the surgery can offer a variety of skills to meet the needs of the practice patients.

Nurse Rachel has settled into the role and recently completed her asthma and cardio-vascular course.

Nurse Sue has years of experience at your disposal-especially in wound care.

Sister Bev is a Nurse Practitioner committed to ensuring a high standard of care for those with long term conditions. She is proficient in travel medicine and contraceptive care. Bev is also available for minor illness and major injury care too. (Examples of minor illness include: sore throats, earache, vaginal irritations and chest infections. Minor injuries would include: sprains, burns and lacerations).

Please discuss your needs with reception and they will be happy to help you decide who can help you best....it may not always be a Doctor!



Bev
Nurse Practitioner
(navy blue tunic)

management of chronic diseases i.e. CHD, asthma, COPD, diabetes, minor illness & injuries



Sue
Nurse
(light blue tunic)

wound dressings, cervical smears, vaccinations for adults & children incl travel & routine injections



Rachel
Nurse
(light blue tunic)

asthma checks (stable patients), cardio-vascular checks, health checks & vaccinations



Debra
Health CareTech
(mauve tunic)

BP monitoring
6 week baby checks
ECG's
24hr BP monitoring
new patient health checks



Alison
Health CareTech
(mauve tunic)

BP monitoring
6 week baby checks
ECG's
24hr BP monitoring
new patient health checks

MESSAGE IN A BOTTLE

Lions 'Message In A Bottle' scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location -the fridge.

The bottle is kept in the fridge where the Emergency Services will be able to find it in the event of being called to your home.

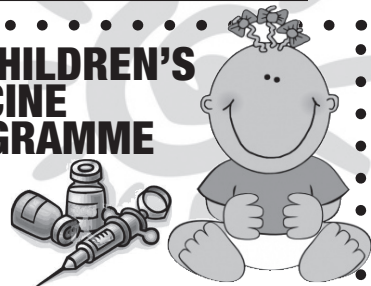
They will know you have a bottle by the two labels displayed on the inside of the front door or the main entrance to your home and the other on the door of your fridge.

The scheme is free to the user. Whilst it is focused on the more vulnerable people in our community anyone can fall downstairs so the scheme can benefit anyone, including you.

As a minimum it will save the Emergency Services valuable time identifying you and your emergency contacts by telling whether you have special medication or allergies. It is a potential life saver and provides peace of mind to users and their families. If you would like a bottle, please contact the reception team at the Medical Centre.



UK CHILDREN'S VACCINE PROGRAMME



May 2013 saw the introduction of the rotavirus vaccination for new born babies, from this date targeting infants at 8 weeks and 12 weeks.

The aim being to protect the smallest members of society from tummy upsets (gastroenteritis). This vaccine has been specially prepared for infants to swallow. It is safe to be given with other vaccines administered through injection.

The introduction of this new vaccine will mean some changes at the 13 months vaccination stage and at the teenage booster stage too.

The practice has instigated changes in the recall system to take into account these changes.

If you have concerns about vaccinations, please do not hesitate to see a member of the nursing team for further details.



Do you want to quit smoking?

Smoking Counsellor - Jill Ross

- from the North Yorkshire Smoking Cessation Team runs a clinic at the Medical Centre every Tuesday morning. Appointments can be booked at reception or phone: 0845 877 0025 for more details. You don't need to see a GP for a referral.

Both Calcaria and Kirkgate pharmacies offer smoking cessation support.

Please contact them to arrange an appointment.

Useful Contact Numbers:

Calcaria Pharmacy:
01937 832287

Kirkgate Pharmacy:
01937 832276

York District Hospital:
01904 631 313

Non Urgent Ambulance
Transport Bookings
0300 330 2000