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**Kings Medical Centre Practice Newsletter**

**Kingsmedicalcentre.co.uk**

**January 2024**

**Repeat Prescriptions**

Did you know each year £300m of unused prescribed medicines are thrown away. Please visit our Website for more information

Medicine waste can be reduced if we all;

Only order the medication you need

Talk to you Pharmacist/GP on a regular basis to review medication

Open your medication bag at the pharmacy, give back any medications that are not required.

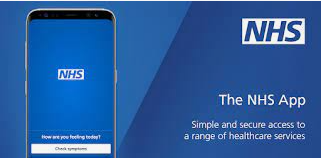
**Improving access to Primary care**

**We have: Stopped patients needing to call the practice back if no on the day appointments were available.**

**We:** **Tell patient on their first contact with the surgery (after Triage) how their case will be managed**

**We have: fully integrated the patient triage system in to our everyday working**

**We have: worked together with the PCN and local Pharmacies to increase the number of appointments**



**Patient Requests**

Contacting us is now easier,3 Quick and Simple steps;

1. Click on the link;  [https://florey.accurx.com/p/F81169](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fflorey.accurx.com%2Fp%2FF81169&data=05%7C01%7Cgary.thorogood1%40nhs.net%7Cbc207985c80b4b585ee908dbf278284f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638370370105959431%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=FZIApCR%2BTb2Cfk%2FcbkOFzcuKOklQCyje7l2RNc%2F7Zxg%3D&reserved=0)
2. Add your request details
3. Submit it to us

Your request will be reviewed by a doctor, you will receive a same day response and won’t be asked to call back.

You can still call us if you prefer. ***We have reviewed and processed 5500 requests in the last 90 Days***

***No registration required for to use this service***,***You can submit requests from 7:30am-16:30pm M,Tu,Th,Fr.  7:30am-11:30am Wed***. ***For more details please visit our website (kingsmedicalcentre.co.uk)***

**What’s New?**

Pharmacy First Scheme

Patients can now get treatment for seven common conditions directly from their local pharmacy, without the need for a GP appointment or prescription.

The Pharmacy First scheme was launched by the government and NHS England on 31 January 2024 to give patients quick and accessible care and ease pressure on GP services

Pharmacy First will enable community pharmacists to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat seven common health conditions without the need to visit a GP.

**What are the seven common conditions?**

* Sinusitis
* Sore throat
* Earache
* Infected insect bite
* Impetigo (a bacterial skin infection)
* Shingles
* Uncomplicated urinary tract infections in women.

You can get treatment for these conditions by walking into the pharmacy or contacting them virtually. GP receptionists, NHS 111 and providers of emergency care will also be able to direct patients to pharmacies, that offer the service, if contacted.

The pharmacist will be able to speak to you privately in a separate consultation room. They may perform an examination or ask to access your medical records. The pharmacist will be able to recommend the best course of action on an individual patient basis, including by issuing prescriptions for antibiotics or antivirals where necessary.

By reducing the number of patients with common conditions, needing blood pressure checks or oral contraception visiting a GP, Pharmacy First aims to free up 10 million GP appointments a year by next winter for more complex diagnosis.

This will give GPs time and space to see patients with more complex conditions.

Four in five people in England can reach a community pharmacy within a 20-minute walk and there are twice as many pharmacies in the most deprived communities, making access to care quicker and more convenient.

**Out of hours appointments**

We appreciate that some of our appointment times are not suitable for all our Patients. Evening and Saturday appointments with GP’s, Nurses, Pharmacists and Paramedics are now available through the Practice reception team. This gives will give Patients greater flexibility.

**Visit our Website**

Please visit the Practice website

<https://www.kingsmedicalcentre.co.uk/>

Take a look at our Health & Wellbeing page. We have information on Gut health, low carb diets and community schemes aimed at bringing people in the community together.

**Healthy Gut**

In this first newsletter we have included a link provided by Dr Tranmer which related to Gut health and its benefits

<https://www.kingsmedicalcentre.co.uk/website/F81169/files/Healthy%20Gut,%20Healthy%20You!.pdf>