

THE BRIDGES MEDICAL PRACTICE


The Bridges
Medical Practice
SPRING 2024

WELCOME TO OUR SPRING NEWSLETTER

Spring is here, and I'm sure we are all eager for some warm sunshine.

During this season, many people link it with tidying up and decluttering their living spaces, a tradition called 'spring cleaning'. Why not take this chance to assess your medications and determine what is necessary and what you no longer require.



OUR NEW STAFF

Dr Elizabeth Lyne
GP Partner

Dr Rumnique Hullait
GP Trainee

Stephanie Codd
GP Assistant

MEDICATION WASTAGE

Ordering medications that you do not use anymore cost the NHS £300 million every year.

Even if you never open them, once you leave the pharmacy your medicines cannot be recycled or used by anyone else. This means that any that are returned are destroyed.

HOW CAN YOU HELP

- Check what medications you still have at home before re-ordering
- Discuss your medications with your GP or Pharmacist on a regular basis
- Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need
- If you do not need the medication please don't order it, if you need the medicine in the future you can still request it
- Please also remember your medicines are prescribed only for you. It's not safe to share them with anyone else

NHS
£300,000,000
MEDICATION
WASTAGE!

NHS

Repeat prescriptions?

**Thank you for only
ordering what you need**

If you have enough medicine at home, there's no need to order now – you can request more in future.



Stay Well



Stay Safe



Stay Green

Speak to your pharmacist if you have any questions.
You're making a big difference to your health and community.

**Only order
what you need.**

Scan to find out
more information



nhs.uk/yourmeds

Electronic Prescription Service (EPS)



When placing an order for your prescriptions, it is important to understand the sequential process involved. This is why we kindly request 48 hours notice from you.

Upon receiving your request, our receptionist initiates the prescription preparation phase and forwards it to the GP. The GP then reviews your medical records to ensure the prescription is safe for you. Once approved, the GP electronically endorses the prescription, which is subsequently transmitted via the Electronic Prescription Service (EPS) to your designated pharmacy.

Your nominated pharmacy then downloads and fulfils the prescription accordingly.

Ways to order your prescriptions

You can order repeat prescriptions via SystmOne, (please speak to a receptionist who can give you access for this). You can also download and use the NHS App www.nhs.uk/nhs-app

Many pharmacies also offer an ordering service. Please speak to your chosen pharmacy to arrange this.

Please be aware the surgery is unable to take prescription requests over the telephone.

It's back!

A Day in the Life of.....

We have decided to bring back our "A Day in the Life of..." series. We believe it is essential and engaging for patients to get acquainted with the staff at the GP Surgery and understand their roles.

Emergency Care Practitioner (ECP)



Jay is our Emergency Care Practitioner. He assists the On Call Doctor seeing urgent conditions both in the surgery and in patient's homes. He also visits patients for routine reviews.

Jay has many years experience working for the Ambulance Trust before joining the practice in March 2015.

A Day in the life of Jay... Our Emergency Care Practitioner

I start work a little later in the morning at 10.30am. I work Mondays, Tuesdays and Wednesdays. The only exemption to this is if there is a monthly Multi-disciplinary Team meeting (a team meeting where patient's cases and their care plans are discussed), which starts at 8.00am.

Most of the patients that I see are housebound and very frail/vulnerable. This often requires a more holistic approach as they may have significant mobility concerns, be cognitively impaired or have limited support networks. This can be variable as well as an acute illness or injury and can significantly change their normal baseline.

I tend to keep a log of my patients I have current concerns with. This is what I normally do at the start of my day - reviewing notes as other services may be involved, or sometimes calling patients back to review them. I also catch up with any outstanding referrals or other admin in this time.

Once the home visits have been triaged for the day, I take any visits that are relevant for me and then add extra visits from any outstanding tasks or chronic reviews required. There is always a long list of flu vaccinations that need doing at this time of year as well! I always print the visits paperwork off myself, as I like to go through the notes first to get a good understanding of the patient's individual needs and situation.

Visits can take differing amounts of time. Some can be reasonably simple and be sorted quite quickly, but others can take up to a couple of hours, especially when doing Dorset Care Plans or multiple chronic disease reviews. Any late visits are also called through to me as well, which are normally mainly acute problems.

After the visits, I head back to my office and complete the notes and referrals, as well as phoning carers, other services or family. I also pop in and see the Duty GP if I need any prescriptions or further guidance. I finish at 6.30pm, although I do normally work on until all my visits and admin are completed.

THE SURGERY WILL BE CLOSED ON:

EARLY MAY BANK HOLIDAY
Monday 6th May

SPRING BANK HOLIDAY
Monday 27th May

IF YOU NEED MEDICAL ADVICE OR ATTENTION
PLEASE RING 111

FOR LIFE THREATENING EMERGENCIES
PLEASE RING 999