

## THE BLACKDOWN PRACTICE SUMMER NEWSLETTER 2015

### Sharing Health Information with other Professionals

As part of an initiative by the Northern, Eastern and Western Devon Clinical Commissioning Group, the practice has recently expressed an interest to share health records with Devon Doctors Limited and other GP practices that may need to provide care for our patients out of hours. The benefits of sharing health records will:-

*Provide up to date and accurate information about your health, medication and treatment to other healthcare professionals.*

*Help you to receive safer and more effective care and better advice*

*Save you having to repeat your medical history so often*

The information to be shared includes your name, address, date of birth and a summary of your health information which includes:

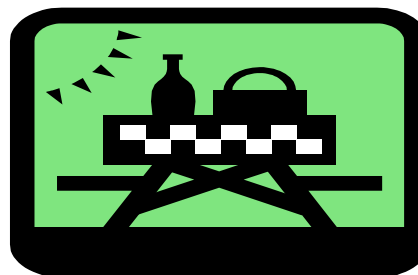
*Diagnoses and test results*

*Any allergies you have*

*Medication and other treatment*

You will always be asked by the clinician who is treating you for your permission before your health record can be viewed.

Sharing will not take place until we have adequately communicated the relevant details to our patients as we want to ensure that you are well informed about what sharing health records means for you. This will include how to opt out if you do not wish your health record to be shared in this way. Further information will be available from Reception in due course. [course.e.iewed](mailto:course.e.iewed).



### August Bank Holiday

The Practice opening hours over the bank holiday are as follows:-

Sat 29th Aug	Open*
Mon 31st Aug	Closed
Tue 1st Sep	Open as usual

\*We will have a few extra 'book on the day' appointments - please phone before coming to the surgery.

The Out of Hours message will be activated once our appointments are full.

If you have an urgent medical need, which cannot wait until the surgery re-opens, please telephone **NHS 111**.

### Warning

Practices in the area have reported that patients have been contacted by individuals who say they are representing their GP surgery and are trying to sell them medication that they need. This is a scam. If you receive a similar call, please do not give out any personal financial or medical details over the telephone.

### Repeat Prescriptions over the Bank Holiday

Please help us during this busy time by ordering your medicines early.

Please refer to the relevant bank holiday repeat prescriptions poster in the dispensary.



### Half Day Closing

The practice will be closed from 1pm on the afternoon of Thursday 23rd July for staff training (the branches will close at 12.30pm). Please phone **NHS 111** if you have an urgent medical need which cannot wait until the surgery re-opens.

[www.theblackdownpractice.co.uk](http://www.theblackdownpractice.co.uk)

## Practice Team update



As many of you are aware, Dr Donald McLintock retired in mid May. However, please do not be surprised if you do see him from time to time at the practice as he will be providing locum cover when necessary. In the meantime, Dr Sean Nolan is providing locum cover until the new partner, Dr Greg Barnes, joins the practice in September.

At the end of May we were sorry to say farewell to one of the Healthcare Assistants, Katherine Conneeley. She will be sorely missed however we are pleased to welcome Alex Fewings who has been appointed in her place.

Karen Clark, a long standing member of the admin team, has recently left after 25 years to take on new adventures, mainly of the travelling kind. We wish her well for the future.

Practice Nurse Joy Childs has reduced her hours and is no longer running practice nurse clinics but remains as part of the Long Term Conditions project. In order to provide enough nursing appointments, experienced Practice Nurse Sarah Olive has joined the team for one day a week.

Due to planned staff retirements, there have been a number of changes to the dispensary and reception teams. We are pleased to welcome Quita West, Gemma Travers and Kate Drummond to the reception and dispensary teams.



**Top tips:**

### skin for summer

**prepare your**

People with fair skin that burns easily, lots of freckles, moles, a history of sunburn or a family/personal history of skin cancer are more at risk of skin cancer and need to take extra care in the sun.

- Avoid burning. Getting a painful sunburn just once every two years can triple the risk of melanoma, the most serious type of skin cancer. When it comes to sun exposure, little and often is best. You would never need to burn to get enough vitamin D.
- Don't spend any longer in the sun than you would without sunscreen. The summer sun is most damaging to your skin in the middle of the day. Seek shade, particularly between 11am and 3pm.
- Protect children and young people. Keep babies under six months out of direct sunlight.
- Cover up with clothing, e.g. sunglasses, hat and t-shirt.
- Sunscreen should not be used as an excuse to stay out in the sun. Instead, it offers protection when exposure is unavoidable. Use at least SPF 15 sunscreen, choose a broad-spectrum brand that has a four or five star rating, reapply regularly and generously.
- Get to know your skin and check it regularly. Any change in a mole, freckle or normal patch of skin that occurs quickly, over weeks or months, should be taken seriously – show it to your GP without delay.