Claremont Bank Surgery Newsletter July 2019

**Preventing heat exhaustion and heatstroke**

There is a high risk of heat exhaustion or heatstroke during hot weather or exercise.

To help prevent heat exhaustion or heatstroke:

* drink plenty of cold drinks, especially when exercising
* take cool baths or showers
* wear light-coloured, loose clothing
* sprinkle water over skin or clothes
* avoid the sun between 11am and 3pm
* avoid excess alcohol
* avoid extreme exercise

**Contact Details**

Please can you inform us if your contact details change. From time to time we may have to speak to you urgently and this can be very difficult if we don’t have an up to date telephone number, either a land line or mobile number, or both, is very helpful.

If you move home you MUST bring in a proof of new address with your name on it, for example a utility bill. Patients who move outside our catchment area will be asked to register with a new GP that’s closer to their new address.

**Medication Reviews**

It is important to keep up to date with medication reviews, to ensure you are on the most beneficial medication and dose.

Reviews can be in depth and can take up a whole appointment slot. Please make medication review appointments separately from any other problem you may have. Medication reviews can be done over the telephone providing you are up to date with blood tests and have provided a recent blood pressure reading



Claremont Bank Surgery Newsletter

**Fax Switch off**

Just a reminder that as of the 31st of July 2019 we will be switching our fax machine off to reduce our paper waste.

Instead of the fax we will be using a surgery e-mail as a way of communication.

July 2019

**Patient Communication**

The practice has implemented the following actions:

* Adding a large print footer on all letters sent to patients to ask them to contact the surgery if they have a preferred communication need.
* Communicating to all staff how they can translate documents to different languages if necessary.
* Ensuring all staff are familiar with Language Line Solutions – telephone translation service.
* Putting up Dementia friendly signage.
* Making Makaton sign language available at Reception.
* Giving hearing loop training for all staff members.
* A training session in Deafness Awareness and British Sign Language Training for the administrative team.

**Travel Health**

If possible, see the GP or a private travel clinic at least 8 weeks before you are due to travel.

Some vaccines need to be given well in advance to allow your body to develop immunity.

And some vaccines involve a number of doses spread over several weeks or months.

You may be more at risk of some diseases, for example, if you're:

* travelling in rural areas
* backpacking
* staying in hostels or camping
* on a long trip rather than a package holiday

**Cervical Screening**

Cervical screening isn’t a test for cancer; it’s a test to check the health of the cells in the cervix. Most women’s test results show that everything is normal, but for around 1 in 20 women the test shows some abnormal changes in the cells of the cervix.

All women who are registered with a GP are invited for a cervical screening:

* **Aged 25 to 49**­ – Every three Years
* **Aged 50 to 64** – Every five Years
* **Over 65** – Only women who haven’t been screened since aged 50 or those who have recently had abnormal tests

If there are some abnormal cells, most of them won’t lead to cervical cancer and the cells may go back to normal on their own