

# DR CHITRE & DR DASARI'S SPRING NEWSLETTER 2023

## Welcome

*I hope you are all keeping well and welcome to our spring newsletter for 2023.*

## SELF CARE What is self-care?



***Self-care refers to the actions we take to recognise, treat, and manage our own health. It's about doing small, everyday things for yourself to keep healthy and happy.***

***What are the benefits:***

***Self-care is good for you and for the NHS. There are lots of benefits to self-care. We believe it's: Quicker No need to wait for a GP appointment. You can buy the medicines you need over the counter at your local pharmacy or supermarket and have them ready to use at home.***

***Easier:***

***Many treatments can be bought without the need for a prescription at your local pharmacy or supermarket, often for much less than a prescription charge. Also, many of these treatments are no longer available on prescription. Simple Advice and information about self-care is widely available online. You can also call into any pharmacy for advice on the best treatment for your minor illness.***

### **Considerate:**

**Self-care helps relieve pressures on GP practices, A&E and could potentially save the NHS around £136m every year. Where can I go for advice? There is lots of information now available to support self-care and to help manage minor illnesses. Here are our top suggestions:**

#### **The NHS Website:**

**The NHS website is the UK's biggest health website. It has lots of advice on illnesses and how to treat them. Visit [www.nhs.uk](http://www.nhs.uk)**

#### **Pharmacy-Refer:**

**Many minor ailments can be dealt with by your local pharmacy, please consider this option before contacting the surgery.**

**When calling the surgery, the reception team may offer to refer you to the pharmacy if your ailment meets the criteria. Or book an appointment with our surgery Clinical pharmacist.**

#### **HANDi App**



**This free app offers help and advice for parents and carers looking after children with the common childhood illnesses. This can be downloaded via the app store on iTunes and Google Play.**

#### **WALK-IN CLINIC SUMMERFIELD CENTRE**

**There are now Doctors appointments available at the Summerfield centre. The surgery can pre book the appointments through our clinical system. If the surgeries appointments are fully booked on the day the Receptionist will offer to book you in at the walk-in centre.**

## **HOME VISITS**



***If you require a home visit you must call us before 10:00am so the GPs can plan and assign the visits. Please be prepared to give the receptionist any relevant information. The Doctor may ring you first to find out more about the problem.***

## **BE KIND**

***All our staff are here to help you, please be patient when speaking to them. The surgery has over 6,400 registered patients which leads to a high demand for appointments, staff always do their best to book patients in with the appropriate Health Care Professional.***

## **Travel vaccines**



***If you are going abroad, please ensure you book in for your travel vaccines in sufficient time before you travel. Simply complete a travel questionnaire (available from reception or from our practice website under Clinics and Services > Travel Vaccination>Health travel questionnaire) and hand this into reception. One of our nurses will then confirm what travel vaccines you require (if any), and we will contact you to book your appointment (if required). Please note that not all travel vaccines are free on the NHS, and you may have to pay, the surgery offers NHS vaccines only. Private vaccines are accessible elsewhere which are at a cost to the patient.***

## **HAYFEVER—BE PREPARED**

***Hay fever season starts around March with tree, grass and weed pollen. Symptoms of hay fever include:***

- **sneezing and coughing**
- **a runny or blocked nose**
- **itchy, red, or watery eyes**
- **itchy throat, mouth, nose, and ears**
- **loss of smell**
- **pain around your temples and forehead**
- **Headache**
- **Earache**
- **feeling tired** *If you have asthma, you might also:*
- **have a tight feeling in your chest**
- **be short of breath**
- **wheeze and cough**



***Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks. There are many over the counter remedies for hay fever, please ask your pharmacist for advice as to what will help best with your symptoms. You only need to see the GP if your symptoms are not helped by medicines from the pharmacy.***

### **Patient Participation Group**



***The practice currently has a virtual Patient Participation Group and at present we have over 30 members.***

***The Practice Manager emails the surgery newsletter to all the members in the group along with a questionnaire to enable the patients to comment on the newsletter i.e., how helpful the information was, do they have any topics***

***they would like to have in the next newsletter, suggestions/comment etc. They are then asked to return the questionnaire via email to the Manager and she will then discuss any suggestions/topics to add to the next newsletter at the practice meeting.***

***Unfortunately, the response is quite low, and the practice would like to hear more from its members. If you are already a member or you would like to join our group, would you prefer to have meetings via Microsoft Teams? Please let the manager know your preference via email when returning your questionnaire.***

***Or if you are not a member and have taken a newsletter from our surgery, please ask at reception for an application form to complete and express your preference as to how you would like to be contacted via email or Microsoft Teams.***

***If the Manager has a good response for Teams meetings this will be arranged, and a link can be sent to the patients email to join the meeting.***

**COVID vaccine Spring Booster – Are available at the surgery for patients:**

- 1. Aged 65 years and over***
- 2. Immunocompromised***

***Patients will receive an invitation from the surgery. The vaccination Clinics will be at our NHS Tanhouse Surgery.***

**Long Term Conditions Reviews**

***Patients will be invited in their birth month for their review.***

**May 2023**