

ONLINE APPOINTMENTS

As of Monday 1st July 2019, All practices must ensure at least 25% of appointments are available for online booking. To comply with these new guidelines set by NHS England the practice will now offer approximately 150 appointments available for online booking per week; These will be spread throughout the clinics across each and will include appointments with the GP's, Practice Nurse and HCA's.

The Practice now has 6 different types of appointment slots available for online booking, they are all 10 minutes in duration and have been clearly labelled to allow patients to identify the most suitable appointment type for them as well as reducing the likelihood of booking in to an unsuitable clinic. The 6 different types of appointment slots are as follows;

'Appointment - Online Appt with GP / ACP'

- These are your 'General Appointments' with the Doctors or ACP

'Blood Pressure Check - Online Appt with HCA'

- Available in every HCA clinic throughout the week up to 14:30; this is in case any blood samples need to be taken and sent to the hospital laboratory.

'Blood Test - Online Appt with HCA'

- Available in every HCA clinic throughout the week up to 14:30; blood samples need to be taken and sent to the hospital laboratory before 14:30.

'INR - Online Appt with HCA / Practice Nurse'

- Anti-Coagulation test and dosing; if you are seeing the HCA, you will be contacted with you dosing and advice later that same day.

'Smear Test - Online Appt with Practice Nurse'

- It is advised you book in for your Smear Test when you are 'mid-cycle'.

'Travel Vaccine - Online Appt with Practice Nurse'

- Ensure to checked the required vaccinations for the areas you are travelling to prior to booking; please contact the surgery if unsure.

If you require an appointment for multiple tests, please contact the practice where reception can arrange a double (20 minute) appointment.

Get the NHS App



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NHS APP

The NHS App is the first app from the NHS for patients across England. The NHS App can be used to:

- **Book or Cancel Appointments**
- **Order Repeat Prescriptions**
- **View Limited Parts of Your Medical Record**
- **Check Your Symptoms and Get Advice**
- **Register to be an Organ Donor**
- **Choose how the NHS uses Your Data**

The NHS App gives you more control over your health and care, use it wherever you are, at any time of the day or night.

It puts information about your health and treatments at your fingertips. This means you can see it when speaking to a health and care professional, for example.

A digital front door to the NHS: The NHS App has been designed with patients and healthcare professionals to be your digital front door to the NHS. It is quick and easy to use and will be adding new features in the coming months.

Apps are not for everyone, so the NHS App won't replace existing services. You can still contact your practice in the usual ways if you prefer.

For more information please collect an information leaflet from reception or visit www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app

SUN PROTECTION

Advice for adults and children on sunscreen and sun safety in the UK and abroad. Sunburn increases your risk of skin cancer.

Sunburn does not just happen on holiday, you can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan - a tan does not protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.



Search 'NHS Wi-Fi'

SUN SAFETY TIPS

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

- Spend time in the shade between 11am and 3pm.
- Make sure you never burn.
- Cover up with suitable clothing and sunglasses.
- Use at least factor 30 sunscreen.
- Remember to take extra care with children.

For more information on sun protection and safety for hot weather please visit www.nhs.uk/live-well/healthy-body

USING SUNBEDS

The British Association of Dermatologists advises that people should not use sunbeds or sunlamps. **Sunbeds and lamps can be more dangerous than natural sunlight** because they use a concentrated source of UV radiation. Health risks linked to sunbeds and other UV tanning equipment include:

- Skin cancer
- Premature skin ageing
- Sunburnt skin
- Eye irritation

It's illegal for people under the age of 18 to use sunbeds, including in tanning salons, beauty salons, leisure centres, gyms and hotels.

HAY FEVER MEDICATION

The NHS are no longer routinely prescribing treatments for items which can be bought from a Supermarket or Pharmacy.

Please do not ask for the following Hay Fever treatments to be prescribed;

Chlorphenamine (Pirton), **Cetirizine** (Zirtek, Piriteze),
Loradine (Clarityn), **Steroid Nasal Spray** (Beconase)

The following Hay Fever treatments are Pharmacy Only;
Steroid Nasal Spray (Pirinase), **Acrivastine Tablets** (Benadryl)

Remember

You can save money by buying your medication as the generic - shops own brand - version.

The Practice would like to reiterate that this is a decision which has been made by NHS England and has been implemented nationwide not just locally.

INFLUENZA CLINICS

This year we are administering TWO different types of flu vaccines, These are called 'Tri' and 'Quad' Vaccines. The 'Quad Flu Vaccine' is for patients under 65 years of age. The 'Tri Flu Vaccine' is for patients age 65 years of age and over. This vaccine is the most suitable for this age bracket and has been recommended by NHS England

HCA Lisa Goodwin and AHCA Jayne Smith will be administering and running the influenza clinics. The Practice Nurse Julie Fidler will only be administering influenza vaccines to Pregnant Women, Children and patients booked in for appointments regarding long term conditions.

Patients eligible for the Influenza Vaccine will be contacted from Mid-August. Influenza Clinics will begin towards the end of September.

The practice pre-orders influenza vaccines for eligible patients one year in advance, **by having your pre-ordered Influenza Vaccine administered at the practice, you are supporting your surgery** and reducing the likelihood of services being withdrawn from the practice in the future.