

KCPCC

Practice Newsletter

KIRKBY COMMUNITY
PRIMARY CARE CENTRE

Kirkby Community Primary Care Centre
Portland Street: Kirkby-in-Ashfield: Notts: NG17 7AE

NEWSLETTER Issue 7 – April 2018

Dear Patients

Welcome to our spring 2018 edition of our practice newsletter.

Hopefully you are aware that we are currently in the middle of a procurement process for the contract of GP services at KCPCC and will hopefully have good news for the next newsletter.

The Data Protection Law is changing in May to the General Data Protection Regulations (GDPR) which means there will be stronger laws protecting your personal data. You will have to give explicit consent for us to share your information with other healthcare providers.

If you currently receive text messaging to remind you for your appointments and would like to continue to receive them after May 25th, we need to have your explicit consent to do so, you may have received a text message asking you to OPTIN or OPTOUT this is the simplest way to give this consent.

More information regarding this will be made available in the coming months.

Happy reading

Donna Revill

Practice Supervisor



Primary Integrated
Community Services Ltd

CONTENTS

- Page 2 OUR NHS
- Page 3 Your medicine cabinet / Patient Group / On line service
- Page 4 Our clinical team / Surgery hours / Thank you

OUR NHS



NHS England recently carried out a public consultation on reducing prescribing of over-the-counter medicines for minor, short-term health concerns.

In the year prior to June 2017, the NHS spent approximately £569 million on prescriptions for medicines which can be purchased over the counter from a pharmacy and other outlets such as supermarkets.

These prescriptions include items for a condition:

- That is considered to be self-limiting and so does not need treatment as it will heal of its own accord;
- Which lends itself to self-care, i.e. that the person suffering does not normally need to seek medical care but may decide to seek help with symptom relief from a local pharmacy and use an over the counter medicine.

These prescriptions also include other common items:

- That can be purchased over the counter, sometimes at a lower cost than that which would be incurred by the NHS;
- For which there is little evidence of clinical effectiveness.

By reducing spend on treating conditions that are self-limiting or which lend themselves to self-care, or on items for which there is little evidence of clinical effectiveness, these resources can be used for other higher priority areas that have a greater impact for patients, support improvements in services and/or deliver transformation that will ensure the long-term sustainability of the NHS.



The costs to the NHS for many of the items used to treat minor conditions are often higher than the prices for which they can be purchased over the counter as there are hidden costs. For example, a pack of 12 anti-sickness tablets can be purchased for £2.182 from a pharmacy whereas the cost to the NHS is over £3.003 after including dispensing fees. The actual total cost for the NHS is over £35 when you include GP consultation and other administration costs.

A wide range of information is available to the public on the subjects of health promotion and the management of minor self-treatable illnesses. Advice from organisations such as the Self Care Forum and NHS Choices is readily available on the internet. Many community pharmacies are also open extended hours including weekends and are ideally placed to offer advice on the management of minor conditions..

The Royal Pharmaceutical Society offers advice on over the counter products that should be kept in a medicine cabinet at home to help patients treat a range of self-treatable illnesses.



BE PREPARED FOR COMMON AILMENTS BY KEEPING A WELL-STOCKED MEDICINE CABINET AT HOME.

This list, recommended by the Royal Pharmaceutical Society, will help you deal with most minor ailments.

Pain relief	Antihistamines	Oral rehydration salts
Anti-diarrhea tablets	Indigestion treatment	Sunscreen
Your first aid kit	Medicine safety	



Don't forget your local pharmacist can help with many ailments, such as coughs, colds, asthma, eczema, hay fever, and period pain. They can give advice or, where appropriate, medicines that can help clear up the problem.

Instead of booking an appointment with your GP, you can see your local pharmacist any time – just walk in.

PATIENT GROUP [PPG]



We are still looking for new members, so if you have an hour and half to spare once every two months please think about coming along to a meeting, the more voices the more effective we can be. Our meetings are usually held every other month on the first Wednesday at 10.30am but if you can't make that time, we also run an "on-line" group alongside the main PPG.

Contact Gail Harvey or Dawn Hare on 01623 434600 or email them on maccg.y05690@nhs.net for more details

ON-LINE SERVICE

We are encouraging Patients to register to use the **online access** to our services, there are appointments available in every session with a GP specifically kept open for **online** users to book. You can also cancel appointments and order your prescription – without leaving the comfort of your own home.



Take a look at our website: <http://www.kcpcc.co.uk/> We update the site with any news and updates – If there is anything you would like to see on our website let us know. If you would like a tutorial on how to access the on line service – please ask at our reception and we will do our best to release a member of staff to go through it with you.

OUR CLINICAL TEAM



Doctors

Doctor Hameed on Monday, Wednesday, Thursday & Friday

Dr Miah – Monday, Tuesday, Wednesday & Friday

Dr Tong – Tuesday

Dr Kerri Sallis [Clinical Lead] – Thursday morning

Saturday Clinics are run by Dr Singh, and these are by appointment only. No other services including prescription collection are available.

Advanced Nurse Practitioners,

Carol Pape - Monday, Wednesday, Thursday & Friday

Lea Watson - will be running the coil and implant clinic once a month

Practice Nurses

Tracey Hayes-Bradley – Monday to Thursday

Jamie Clarkson – Tuesday to Friday

They are all fully qualified in chronic disease monitoring. The nurses are now able to offer all new patients a health check after registration.

Health Care Assistant – Acecilia Lewsza

Phlebotomist – Emma Naylor

Pharmacist - Zara Hekmati

KCPCC clinical staff is supported by an administrative team who aim to ensure the smooth and efficient running of the practice.

SURGERY HOURS – We are open from 8:00am to 6:30pm.



Lines open from 8:00am to 6:30pm, Monday to Friday

Appointments & Cancellations call 01623 434600

NHS 111 non-emergency service call 111 24 hours a day, 365 days a year

A BIG THANK YOU TO THOSE OF YOU WHO KEPT APPOINTMENTS IN THE LAST 3 MONTHS.



We would like to thank all those patients that turned up for their appointments that were booked with our GP's, ANP's [Advanced Nurse Practitioners] & Practice Nurses in the three months [January to March].

The introduction of our new reminder service seems to be working really well if we haven't got your mobile number please let us have it so we can remind you of your appointment.

Sadly the numbers of patients who don't let us know if they no longer need their appointment are still too high [over 400 appointments were missed in the same period] and both patients and staff alike would appreciate getting the numbers of non-attenders down. **So if you can't make your appointment please ring us on 01623 434600 so that another patient can be looked after. You can also cancel Appointments 'ON LINE'.**

