

Patient Newsletter

Issue 38
Summer 2018

ROSEMARY MEDICAL CENTRE
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Staff



We warmly welcome back Dr Emma Evans who has returned from maternity leave and subsequent sabbatical. Our Registrar Dr Stanley, and our F2 Trainee, Dr Kim will both be leaving us at the end of July and we wish them well for the future. We have a new Registrar starting in August, Dr Farai Chimbwanda, who will be with us for one year.

Be Safe in the Sun!

We are in the middle of an unusually hot Summer! Please remember to wear sun-screen or cover up, and wear a hat if you are out in the sun for a prolonged period of time. Try and stay in the shade as much as you can, and drink lots of water to keep hydrated. With a few simple actions it's easy to protect your skin from sun damage and stay safe in the sun.



Cervical Screening Campaign

We are currently encouraging all eligible patients aged between 25 and 64 years to attend for regular cervical screening (smear test). This is a test to find early cell changes, which may go on to develop into cervical cancer if left untreated. Without screening, around 1 in 60 women will develop cervical cancer. Having cervical screening reduces the risk of developing cervical cancer. All women of any sexual orientation are at risk of developing cervical cancer. Our Nurses are very experienced and screen hundreds of women each year. We will ensure that your privacy and dignity are respected and that the procedure is as comfortable as possible. Please feel free to book a Nurse appointment to discuss any concerns you may have prior to attending for the actual screening test.

GP/Nurse Appointments at the Hospital

We can now offer you GP/Nurse appointments at the GP Hub at Poole Hospital a few days in advance if you need to be seen sooner than we have available at the Surgery. Please ask the Receptionist when booking your appointment

Opening Times July to September 2018

The practice will be closed for Mandatory Training on:

- ◆ Tuesday September 11th - 3.30pm to 6.30pm

Please call NHS111 if you have any urgent needs during these times.



Are Your Contact Details Up to Date?

Please let us know if you have recently moved house or changed your mobile phone number, or check to see if we have your mobile number. It is important for us to have your correct contact details in case we need to get in touch with you urgently.



Joke Corner!

Q: Why did the Doctor creep past the medicine cabinet?

A: He didn't want to wake the sleeping pills!

Sepsis Awareness

World Sepsis Day is being held on September 13th, with countless events in all parts of the world including on-line campaigns by Facebook, Twitter, Snapchat, Instagram etc. Sepsis arises when the body's response to an infection injures its own tissues and organs. Sepsis follows a unique and time-critical clinical course, which in the early stages is highly amenable to treatment through early diagnosis and timely and appropriate clinical management. Currently, sepsis continues to cause approximately between six and nine million deaths world-wide every year, most of which are preventable. Many surviving patients suffer from the consequences for the rest of their lives.

Most types of microorganisms can cause sepsis, including bacteria, fungi, viruses, and parasites. However, it may also be caused by infections with seasonal influenza viruses, dengue viruses, and highly transmissible pathogens of public health concern; such as avian and swine influenza viruses, Ebola, and yellow fever viruses.

Sepsis is a major cause of maternal and neonatal morbidity and mortality in low and middle-income countries and affects millions of hospitalized patients in high-income countries.

In the community, sepsis often presents as the clinical deterioration of common and preventable infections such as those of the respiratory, gastrointestinal and urinary tract, or of wounds and skin. Sepsis is frequently under-diagnosed at an early stage when it still is potentially reversible.

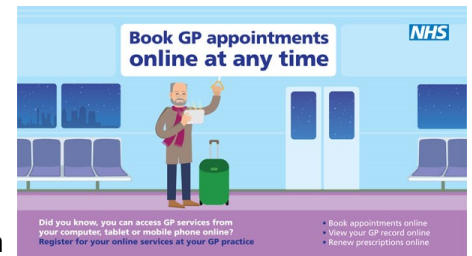
Online Access for Patients

Did you know that since April 2015, you don't have to wait on the phone to speak to your GP surgery? Just like online banking, you can look at your GP records on a computer, a tablet or a smartphone, using a website or an app. You can choose to:

- ◆ Book and cancel appointments with your doctor or nurse online, when it suits you.
- ◆ Order repeat prescriptions online. Some patients have found that they save money and time as they don't need to make a special trip to their surgery to order repeat prescriptions.
- ◆ Look at your GP records online. You can look at your records whenever you want, even from the comfort of your home, and find answers to questions you may have without ringing your doctor.

Online services are free to use and are just another way of contacting your surgery. You can still ring them or go to your surgery in person like you do now. You can also still request your full printed records from your surgery.

To register for on-line services with SystmOne On-Line, or the Evergreen Life App which you can add to your mobile phone and use wherever you are, you need to pop in to the surgery with some I.D., fill out a form, and the Receptionist will then give you your log-in details.



Electronic Prescriptions Direct To Your Pharmacy

The Electronic Prescription Service (EPS) means that instead of visiting your surgery when you want to collect a prescription, your GP can send it straight to a pharmacy of your choice. You may not have to wait as long to collect your prescription since the pharmacists will have had more time to prepare it for you.

All you need to do is pick your pharmacy of choice who will then be your 'nominated dispenser', then ask either your GP Practice or your chosen dispenser to add your nomination to your records. You may change your nominated pharmacy at any time, but you must inform your surgery to update your records in plenty of time before your next issue is due to reduce the risk of it being sent to the wrong place.

Also, if you move house to a different area you must remember to change your pharmacy to one nearer to where you are, otherwise your prescriptions will continue to be sent to your previous dispenser.



If you are on regular, stable medication you could potentially have 6 months worth of prescriptions issued and sent direct to your nominated pharmacy in one hit. This would save you having to request your medications yourself as each month you would just need to collect from your pharmacy as it will be stored on their computer system already, waiting for the next due date.