

Beeches Green Surgery Practice Newsletter



Spring 2019 – Issue No. 7

Staff News



We are happy to announce we have appointed a new health care assistant to join our team. Jo has settled in well and we are delighted to have her!

We also welcomed two medical students, George & Flora to our team as part of their GP training.

Sadly we had to say good bye to Dr Susan Mills who went off on her well deserved retirement after over 30 years of GP work. She will be sorely missed by both the staff here and the patients but we all wish her the very best and relaxing retirement! We also sadly said goodbye to Dr James Gough and wish him all the best for the future!

Change of prescribing for over the counter medications

On 31st May 2018, a range of medicines that are available to buy over the counter from pharmacies and supermarkets stopped being routinely prescribed in GP surgeries. These are medicines associated with a number of minor, short term health conditions, which either get better by themselves or you can easily treat yourself. This includes, for example, medicines for coughs, colds, infrequent cold sores of the lip, mild to moderate hay fever, mild cystitis, nappy rash, warts and verruca's, earwax and head lice. Gloucestershire Clinical Commissioning Group (CCG) have made this decision following a national consultation and NHS

England guidance which recommends this change. The annual prescribing cost for these medicines in Gloucestershire is around £2 million which the CCG feels could be put to better use to support more serious health conditions. Costs to the NHS are often higher than those over the counter when other fees are included such as those for dispensing or medical consultations. The CCG also hope that this change will help ease some of the pressure on GP surgeries, so doctors and other healthcare professionals can concentrate on patients with more serious or long term conditions. There are exceptions to the change, which include:

- Patients prescribed an over the counter medicine for a long term or more complex health condition.
- Where a doctor considers that a patient's wellbeing could be affected due to health, mental health or significant social vulnerability.

A full list of exceptions to the change can be found at: www.gloucestershireccg.nhs.uk/otc The average cost of many of these medicines will be around £2 to £3. The price of these items may vary slightly, but will range from around 35p (for a small pack of paracetamol) to around £5 (for a bottle of branded cough medicine). Community Pharmacies can advise you on minor ailments that can be treated by yourself. They are experts on medicines and can signpost you to other services if needed.

Discreet receptionists

Occasionally it may be necessary for the receptionists to discretely ask what the appointment you are requesting is for (such as for a nurse appointment or an emergency appointment for that day) this is only to ensure we direct you to the right clinician who is able to help you.

Missed Appointments

During the month of March, we had 174 missed appointments with both doctors and nurses, where patients did not turn up for their booked appointment. If you cannot make your appointment, please do give us a call so we can offer this appointment to somebody else.

Healthy Lifestyles



“Small changes to how we live can have a big impact on our health and wellbeing.

*If you live in Gloucestershire, our team is here to support you for **FREE**. We work with you to identify and help you achieve small changes that can make a big difference.”*

Get free support with small changes in:

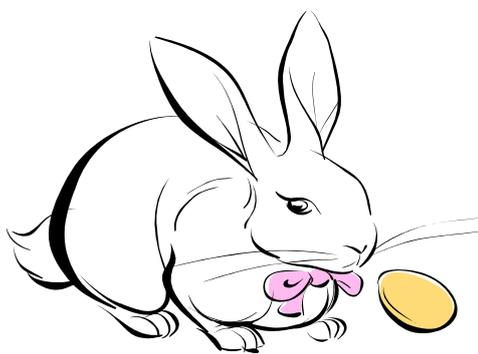
- Stop Smoking
- Healthy Eating
- More Active
- Alcohol
- Pregnancy Services
- Well Being
- Gambling

Please ask your GP for a referral or alternatively visit: <https://www.hsglos.org/about-us/contact-us/>

0800 122 3788

glccg.hsglos@nhs.net

Easter Opening hours



The surgery will be closed over Easter bank holiday on Friday 19th and Monday 22nd. We hope you have a lovely Easter!

Immunisations and vaccinations clinics

We run the following Immunisation and vaccination clinics here at the surgery:

- Childhood immunisations clinic
- Flu
- Shingles
- MEN ACWY
- MMR
- Travel (please allow 6-8 weeks before you are due to travel to enable us enough time to order any vaccines in you may need for that destination)