

# HOUGHTON CLOSE SURGERY

## Closure Dates for Training

Bank Holidays

Good Friday 10<sup>TH</sup> April

Easter Monday 13<sup>TH</sup> April

We are also shut for training days on the below dates in the afternoon:

Thursday 27th Feb

Thursday 19th March

## Vacancies

The Surgery currently has the following vacancy:

### **RECEPTIONIST / ADMINISTRATOR**

Application form and job specification available on request

lorraine.riley@nhs.net

Closing Date: 20<sup>th</sup> March 2020

## SHINGLES

### **Are you aged between 70-79 years old?**

If you are aged between 70 and 79, you are eligible for a free vaccination as part of the national shingles immunisation programme. Please phone in or ask reception about booking the Shingles vaccination.

For more information on the shingles vaccination please visit the below website.

[www.shinglesaware.co.uk](http://www.shinglesaware.co.uk)

## Coronavirus

The NHS in Bedfordshire and Public Health England (PHE) are extremely well prepared for outbreaks of new infectious diseases. The NHS has put in place measures to ensure the safety of all patients and NHS staff while also ensuring services are available to the public as normal.

The risk to the general public is moderate. If you have arrived back to the UK from mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau within 14 days, follow the specific advice for returning travellers.

Anyone who has travelled to China or places listed above in the last 14 days and develops symptoms of cough or fever or shortness of breath, should immediately:

- Stay indoors and avoid contact with other people as you would with the flu
- Call NHS 111 to inform them of your recent travel to the country

### **Everyone is being reminded to follow Public Health England advice to:**

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are unwell.



In 2020, May Day would have taken place on **Monday, May 4**. But to celebrate the 75th anniversary of VE Day, the government pushed back the bank holiday to **May 8, a Friday**. Announcing the change, Business Secretary Greg Clark said: “VE Day marked a historic moment in not only our nation’s but the world’s history.

### **Missed appointments**

Should you no longer need your appointment this can be cancelled online, by phone or via the MJOG text reminder service.

There were 115 patients that did not attend their appointment in January which = 20 hours of missed appointments!

### **NHS APP**

If you’re a patient at our practice you can now use the new NHS App, a simple and secure way to access a range of NHS services on your smartphone or tablet. You can use the NHS App to check your symptoms and get instant advice, book appointments, order repeat prescriptions, view your GP medical record and more. If you already use the Systmonline App you can continue to use it. You can use the NHS App as well. Ask at reception for more details.

For more information go to [www.nhs.uk](http://www.nhs.uk)

### **Is it time to think about a holiday this year?**



We offer a full travel advice and immunisation service. If you are travelling abroad please complete and submit the travel form in plenty of time (**at least 6 weeks** in advance to allow sufficient time for vaccinations to be administered and effective) before your journey.

For more information on vaccinations please go to:

<http://www.travelhealthpro.org.uk> (go to country information page)

### **Over the counter medicines**

Your GP, nurse or pharmacist will not generally give you a prescription for medicines for minor health concerns that are available to buy in a pharmacy or supermarket, even if you qualify for free prescriptions.

This includes hayfever treatments such as antihistamines, eye drops and nasal sprays, sun protection products, mild sunburn remedies, travel sickness, insect bites and stings and short term painkillers such as paracetamol and ibuprofen.

The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns and if your symptoms suggest it is more serious, they'll ensure you get the care you need.

Please help the NHS to use resources sensibly. For full list of medicines included in this list and further information please visit: <https://www.nhs.uk/common-health-questions/medicines/why-cant-i-get-prescription-over-counter-medicine/>



## **Bedoc Extended Access Service**

This service provides GP and other primary care clinician appointments in the evening and on weekends to extend the access to GP services. The Service is delivered between 6.30pm and 8pm on weekdays, as well as weekends and Bank Holidays.

Please note that the clinicians providing extended hours for Bedoc are from a pool of GPs, Nurses and Health Care Assistants from across the local area and are not specifically clinicians currently employed by either Flitwick or Asplands Surgeries.

The surgeries we can book into are:

Flitwick Surgery

Asplands Medical Centre, Woburn Sands

## **Want to make an appointment with the Extended Access Service?**

Contact your practice to request an appointment in the Extended Access Service that runs in the evenings and at weekends. Appointments can be booked in advance and some appointments will be available to book on the day, either via your own practice or via NHS111. This is not a walk-in service so patients need an appointment to be seen by a GP or other Healthcare Professional. If you need to cancel an extended access appointment, please contact your surgery during normal opening hours. If you need to cancel an appointment outside of normal opening hours, please text **07395 642714** giving your full name, date of birth, and the date and time of your appointment.

## **Medicine Sick Day Guidance**

Dehydration is due to a loss of fluid from your body. Vomiting, diarrhoea and fever (high temperature, sweats, shaking) can make you dehydrated. If you are sick once or have diarrhoea once, then you are unlikely to become dehydrated. Having two or more episodes of vomiting or diarrhoea or having a prolonged fever can lead to dehydration. Taking certain medicines when you are dehydrated can result in you developing a more serious illness.

### **Medicines that make dehydration more likely are:**

Diuretics - sometimes called “water pills” eg Furosemide, spironolactone, Bendroflumethiazide.

### **Medicines that can stop your kidneys working if you are dehydrated are:**

ACE inhibitors - Medicine names ending in “pril” eg Lisinopril, perindopril, Ramipril  
ARBs - Medicine names ending in “sartan” eg Losartan, candesartan, valsartan  
NSAIDs - Anti-inflammatory pain killers eg Ibuprofen, diclofenac, naproxen

### **Medicines that make you more likely to have a side effect called lactic acidosis if dehydrated are:**

Metformin - A medicine for diabetes  
SGLT2's - Medicine names ending in “gliflozin” eg Canagliflozin, Dapagliflozin, Empagliflozin

If you take any of these medicines and if you develop a dehydrating illness, then it is important that you discuss your condition with a medical professional. This may be your GP, Nurse or Pharmacist. You may be advised to discontinue taking medications which lower your blood pressure for a short time and a blood test will be arranged to check your kidney function. Remember to keep drinking small amounts of fluid regularly on your sick days too. If you are only passing small amounts of urine you may need admission to hospital and you should alert your GP to this. Please do not delay calling your GP or the out of hours service if your urine output decreases to only small volumes.

## A day in the life of a GP

Welcome to my working day. I'm a GP working in the UK, we thought this would be a good insight for you to have a read and understand what goes on in the surgery on a day to day basis.

07:00 - Arrive at work.

07:00-07:45 - Review blood results that have come in overnight. Normally around 10-20 sets of results.

07:45 - 08:30 - Write any urgent referral letters that are due from the previous day's consultations.

08:30 - 08:45 - Sign prescriptions that have been requested that morning.

08:45 - 09:00 - Quick coffee before surgery starts.

09:00 - 13:00 - Morning surgery

13:00 - 15:30 - Process messages, incoming hospital letters (normally 15-20), prescription requests (often 30-40) and blood results that have arrived in my inbox over the morning. Write referral letters from morning surgery. Quick lunch then out on home visits.

15:30 - 18:00 - Afternoon surgery

18:00 - 18:45 - Process messages, letters, prescription requests and blood results that have arrived in my inbox over the afternoon. Write referral letters from afternoon surgery. Telephone calls to patients with various clinical queries. Make sure inbox tray is empty before leaving.

19:00 - Leave for home

We also need to find time to dictate requests for letters and complete Insurance reports; attend meetings related to running the Practice, as well as working in conjunction with other surgeries as part of the Primary Care Network; plus teaching the GP trainees as well as keeping 'up-to-date' ourselves.

## IF YOU WERE RUSHED INTO HOSPITAL, HOW MUCH WOULD THE DOCTOR KNOW ABOUT YOU?

We would encourage all patients to consider opting in to the Enhanced Summary Care Record, also known as the Summary Care Record with additional Information – but you need to take action to make this happen, please ask at reception to add this onto your record.

It will contain additional information on your key medical problems, for example, if you have Atrial Fibrillation or Diabetes, this will be a 'problem heading' on your medical records and will then show on your Enhanced Summary Care Record. This additional 'problem' based information is particularly helpful in an emergency situation, which is typically when the Summary Care Record is accessed, and will enable those healthcare professionals to have as much key information available to them as possible at that critical point in time.

  
Luton and Dunstable  
University Hospital  
NHS Foundation Trust

B.C.S.G

B R E A S T C A N C E R  S U P P O R T G R O U P

Have you been  
affected by  
breast cancer?

**We are a small friendly group who have all had breast cancer and we offer:**

- Mutual support
- The chance to meet new friends
- Opportunities to socialise

**Meeting at  
Hospital**

19.00-20.30  
December 3rd 2019  
2020  
February 4th  
April 7th  
June 2nd  
August 4th  
October 6th  
Contact Breastcare nurses

**Meeting at  
Barton Mills**

14.00 Saturday  
2020  
January 11th  
March 14th  
May 9th  
July 11th  
September 12th  
November 14th

Contact Sue White 07771 558810

*We look forward to meeting you*