

Think Pharmacy First

During winter GP Surgeries usually experience increased patient demand. This has many causes, including cold weather and peaks of common virus's which can also affect the staff team.

Patients are encouraged to **'think pharmacy first'** this winter for fast advice and treatment for a range of common conditions such as:

- Aches and pains - back pain, headache, period pain, teething
- Allergies - bites and stings, hay fever, skin reaction
- Colds and flu – cough, congestion, sore throat, fever / temperature (including fever following immunisation)
- Ear care – earache, ear infection, ear wax
- Eye care - bacterial conjunctivitis, styes
- Gastrointestinal care – diarrhoea, constipation, indigestion, haemorrhoids (piles)
- Head lice
- Mouth care - cold sores, oral thrush, ulcers
- Shingles – 18 years and over
- Sinusitis – 12 years and over
- Sore throat – 5 years and over
- Skin care – impetigo, athlete's foot, contact dermatitis / atopic eczema, nappy rash, warts, and verrucae.
- Uncomplicated urinary tract infections (Women 16 to 64 years)
- Vaginal thrush

Visiting or speaking to the Pharmacist first for common ailments such as those listed above, helps alleviate the pressure on the appointment system at the Practice and ensures care is given to the patients that need it most.

Coming Soon...

During November the Practice will be having a new telephone system installed. We hope that there will be as little disruption as possible to the services and the day to day running of the Practice whilst we migrate over to the new system.

Review of the current appointment system is underway; further details will be provided in the next few months on the Practice website.

A BIG Thank You

Thank you to the Patient Voice volunteers who gave up their Saturdays to help with the Flu Clinics held at William Brookes in October. Your help and support during the clinics are most appreciated – thank you.