

**BIRLEY HEALTH CENTRE  
NEWSLETTER**

**MAY 2019**

### **PRESCRIPTIONS**

We ask for 2 working days when processing prescriptions within the practice. Some pharmacies ask for a further 2-3 days to dispense the items. Please take these timings into consideration when ordering medications. You may like to contact the pharmacy directly if you are unsure if an item is ready.

### **MEDICATION CHANGES**

If you take Pregabalin or Gabapentin please be aware that these medications became Controlled Drugs from 1st April. The brand names for these medications include Lyric, Alzain and Neurontin, this means;

- Prescriptions will expire 28 days from the date of the prescription being issued.
- Any pharmacy owings must be collected by the expiry date.
- Quantities will be reduced to a maximum of 30 days.
- Emergency supplies and loans cannot be made from pharmacies if you run out.

However, Electronic Prescribing for Controlled Drugs is being rolled out so if you have not 'tagged' a chemist, doing so would be beneficial as it may be faster and safer for the prescribing of these medications.

If you are collecting in person we ask that you bring ID with you.

Sheffield CCG have advised all Sheffield practices that certain items are to be bought over the counter rather than being provided on prescription. These include;

- Paracetamol.
- Cetirizine.
- Ibuprofen gel.
- Eye drops.
- Nasal sprays.

### **ONLINE SERVICES**

We have a range of online services available to use. Just ask at reception and we can guide you through the set up process. Once you have a login you can book appointments, update your contact details and view your medical records for example.

Additional online services such as apps are available through the [www.nhs.uk/apps-library](http://www.nhs.uk/apps-library) website. Take a look, many are free of charge and can provide a quick reminder of how to keep well.

There is also a free online counselling service for young people available at [www.kooth.com](http://www.kooth.com)

Information is also available in reception if you'd prefer, please ask.

### **PHYSICIAN ASSOCIATE**

We have introduced a new clinical role within the practice of Physician Associate (PA).

Katy Lawson-Matthew joined us in February and is working alongside the Doctors as part of the BirleyHC care team.

Our PA can see patients that have minor illness including babies and pregnant women and undertaken medication reviews.

We plan to develop this role further in time, watch this space for future news.

### **MISSED APPOINTMENTS**

Appointments with clinicians are always in high demand. In March we could have offered an extra 28 Doctor, 11 Nurse Practitioner and 52 Practice Nurse appointments if everyone that didn't need their appointment had let us know.

Please remember to ring the health centre and cancel if your appointment is no longer needed.

## SEPSIS IN ADULTS IS A SERIOUS CONDITION

that can initially look like flu, gastroenteritis or a chest infection. Sepsis affects more than 250,000 people every year in the UK.

The UK Sepsis Trust registered charity number (England & Wales) 1158843

Seek medical help urgently if you develop any or one of the following:

**S**lurred speech or confusion  
**E**xtrême shivering or muscle pain  
**P**assing no urine (in a day)  
**S**evere breathlessness  
**I**t feels like you're going to die  
**S**kin mottled or discoloured

**JUST ASK**  
**"COULD IT BE SEPSIS?"**  
IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

## CERVICAL SMEARS

Uptake for booking and attending appointments for Cervical Smears is at an all-time national low yet there are more than 3,200 women diagnosed with cervical cancer every year in the UK and 900 die annually. All women aged 25 to 49 are invited for a screening test every 3 years and those aged 50-64 are invited every 5 years. If yours is due, please book in with a practice nurse here at BirleyHC or one of the hubs.

## EXTENDED ACCESS HUBS UPDATE

From the 1<sup>st</sup> May Phlebotomists are available at the hubs working alongside the usual Healthcare Assistants. Phlebotomists can undertake blood tests and blood pressure checks. Healthcare Assistants can also perform ear syringing.

There are currently 6 hubs around Sheffield, offering appointments after 6.30pm and at the weekends. Please see the following website for full details.

[www.primarycaresheffield.org.uk/extended-access/patients](http://www.primarycaresheffield.org.uk/extended-access/patients)

## ZERO TOLERANCE

We would like to remind all users of the medical centre that we operate a zero tolerance policy for aggressive and abusive behaviour. We ask that you treat all staff and each other respectfully. Thank you.

## DR BOYLE

Dr Boyle would like to thank all staff and patients who have supported him and his family within the last year. Michael's daughter Laura was 24 when she died through a complication of Epilepsy.

The diagnosis was SUDIP (Sudden Unexpected Death in Epilepsy).

Together, we raised £2,500 for St Wilfred's Day Centre where Laura enjoyed volunteering, helping people who were in difficulty. She also enjoyed volunteering for St Luke's and other charities.

Dr Boyle returned to the practice in June 2018 and continues to provide clinics and support the training of new doctors.

## HOW TO GET IN TOUCH

If you would like to contribute to the newsletter, have comments or feedback about the services the practice offers please get in touch.

Either complete a friends and family questionnaire (available in the waiting room).

Email the practice [sheccg.BirleyHC@nhs.net](mailto:sheccg.BirleyHC@nhs.net)

Or speak to a member of staff either in person or by telephone.