

Spring / Summer 2019

Newsletter from Park House Medical Centre

Patient Participation Group

PPG

The PPG is a group of patients who meet every 2/3 months to support the surgery, exchange thoughts and ideas with the Practice Manager as to how services may be changed or improved for the benefit of the patients.

If you would like to provide any feedback about the practice to the PPG or if you wish to join the group then please log on to the Park House web site

www.parkhousemedicalcentre.com and click on "Have Your Say" then click "Patients Group"

Alternatively you can leave your details with a member of the surgery staff and then one of the PPG members will contact you direct.

The next PPG meetings are:

- Monday 13th May at 4pm
- Monday 15th July at 4pm
- Monday 16th September at 4pm
- Monday 18th November at 4pm

Meetings are held at the practice and last approximately 1 hour. Providing you are a patient at Park House Medical Centre.

You are most welcome to attend.



PRESCRIPTIONS

Please note that items such as gluten free foods, certain emollients, creams, hay fever medication, aspirin or paracetamol and vitamin tablets are no longer available on prescription.

EXTENDED HOURS

Working alongside other local surgeries patients will now be able to access late evening and weekend appointments. If these times are more convenient for you please mention this to reception when you wish to make your next appointment

ANNUAL REVIEW

To ensure all patients with long term conditions receive the best care at Park House the surgery will contact you on or just before your birthday each year to invite you in for a full medical review. This not only gives us the opportunity to confirm we have your personal information up to date but to also address any concerns you may have regarding your health and at the same time review your medication.

DIABETES

For those patients with diabetes and/or their carers this surgery holds a meeting every 3 months. The purpose is to provide health information and tips on how best to manage the condition as well as to share your own personal experiences and get help and support from both health professionals and other patients.

*The next meetings for this year will be held at **Park House at 6.30pm***

- 10th June 2019
- 10th August 2019
- 2nd Dec 2019

HAY FEVER

DO NOT's:

- Cut grass or spend too much time outside.
- Avoid keeping fresh flowers in the house, smoking or being around people who are smoking – it makes your symptoms worse.
- Try not to dry clothes outside – they pets can carry pollen indoors



DO's

- Put Vaseline around your nostrils to trap pollen.
- Wear wraparound sunglasses to stop pollen getting into your eyes.
- Shower and change your clothes after you have been outside to wash pollen off.
- Whenever possible keep windows and doors shut.
- Vacuum regularly with a vacuum cleaner with a special HEPA filter and dust with a damp cloth.
- Buy a pollen filter for the air vents in your car

Speak to your pharmacist if you have hay fever. They can give advice and suggest the best treatments like antihistamine drops, tablets or nasal sprays to help with your symptoms.

If your symptoms do not improve or get worse after that then please make an appointment to see one of our nurses.

Information taken from:

<https://www.nhs.uk/conditions/hay-fever/>

Further information from:

<https://www.allergyuk.org/information-and-advice/>

FOREIGN HOLIDAY VACCINATIONS

You should get advice **at least eight weeks before** you are due to travel as some jabs need to be given well in advance. The Practice Nurse will be able to give you general advice about travel vaccinations and travel health, such as protecting yourself from malaria.

You will be required to complete and return a travel questionnaire a minimum of 2 weeks before your appointment.

Alternatively, you can visit a local private travel vaccination clinic for your UK boosters and other travel jabs.

TravelDoc™ Nottingham - Tel: 0115 947 5498

Not all vaccinations are available on the NHS, even if they're recommended for travel to a certain area.



Private Travel Vaccinations

You're likely to have to pay for travel vaccinations against:

- Hepatitis B when not combined with hepatitis A
- * Japanese encephalitis and tick-borne encephalitis *
- * Meningitis vaccines *
- * Rabies * and * Tuberculosis (TB) *
- Yellow fever (*vaccines are only available from designated centres*)

For advice on cost please contact the surgery.

Free Travel Vaccinations

The following travel vaccinations are usually available free on the NHS:

- Diphtheria, polio and tetanus (combined booster) * typhoid *
- * Hepatitis A – including when combined with typhoid or hepatitis B *
Cholera

These vaccines are usually free because they protect against diseases thought to represent the greatest risk to public health if they were brought into the country.