



Flu Jabs – Have you booked your appointment ?



It's that time of year again when we are asking you to ensure that you have booked your appointment for your flu jab. The practice has a wide range of appointments for you to book a convenient time and day for your jab. Posters are displayed within the practice and further information is available on the website for those who are eligible.



The 'Common' Cold

A cold is a mild viral infection of the nose, throat, sinuses and upper airways. It can cause a blocked nose followed by a runny nose, sneezing, a sore throat and a cough. In adults and older children, the cold will usually last for about a week as the body fights off the infection. Colds in younger children can last up to two weeks. There is no cure for a cold, although you can usually relieve the symptoms of a cold at home by taking over-the-counter medication, such as paracetamol, and drinking plenty of fluids. Antibiotics will not make you better. You can help to prevent spreading and catching a cold by catching coughs and sneezes in a tissue and binning it immediately, washing hands regularly and not sharing drinks, food and cutlery with others.

When to see a GP - You only really need to see your GP if:

- your symptoms persist for more than three weeks
- you have a high temperature (fever) of 39°C (102.2°F) or above
- you cough up blood-stained phlegm (thick mucus)
- you feel chest pain
- you have breathing difficulties
- you experience severe swelling of your lymph nodes (glands) in your neck and/or armpits

See your GP if you're concerned about your baby, an elderly person, or if you have a long-term illness, such as a chest condition. You can also phone NHS 111 for an assessment.

Reference:

<http://www.nhs.uk/conditions/Cold-common/Pages/Introduction.aspx#close> on 21.10.14

Attendance at Accident & Emergency

For July & August 2014 - 261 Aelfgar patients attended the Accident & Emergency department, which **cost the practice £25,551.00**. Whilst we acknowledge many attendances are deemed necessary we would urge our patients to ensure that this is the correct way to obtain your treatment. Many pharmacies, minor injury centres and now NHS 111 can offer a wide range of advice and help, which will often result in you obtaining your treatment quicker and saving you the time of sometimes an extremely long wait.

Wasted Appointments

Between April and August 2014 the practice had 193 people fail to attend for their appointment, which equated to **32 hours of wasted time for our clinicians**.

This broken down means **2 hours per week were wasted by patients failing to turn up**.

Please ensure that even at short notice you cancel your appointment, it can be used by someone else.

Staff Corner

As part of our ongoing training practice role, Dr Matt Roughley has been working at the practice from August but will move onto his next post in December. Dr Kieran Galvin will join us to replace Matt in December through to March.

Charlotte Jackson a Medical Student from Keele University has been with us for the past 15 weeks and, will shortly be returning back to Keele to continue with her training.

The practice would like to welcome back Charley to our reception team who has now returned from her maternity leave.

The partners would like to thank all of our patients for their continued support with our training practice commitments it is very much appreciated.

XMAS HOLIDAYS THE SURGERY WILL BE CLOSED

CLOSED—Thurs 25.12 and Fri
26.12.14

Surgery Reopens Mon 29.12.14
(please refrain from routine appts on
this day)

CLOSED—Thurs 01.01.15
Surgery Reopens Fri 02.01.15
(please refrain from routine appts
on this day)

If you feel your call is an emergency you can either telephone the surgery where you will be automatically transferred to the 'Out of Hours' Service, alternatively phone NHS 111 for advice.

All our very best wishes to you for a happy, healthy and prosperous Christmas and 2015.



New law on driving having taken certain drugs July 2014

Key messages

- A new law on driving after taking certain drugs (including some medicines – see below) is coming into force in March 2015
- This law states that it is an offence to drive with certain drugs above specified levels in the body, whether your driving is impaired or not
- If you are taking these medicines according to the advice of your prescriber or leaflet in the package and your driving is not impaired, then you are not breaking the law
- If you are found to be driving with any of these medicines above the limits in your body, you could be guilty of breaking the law.
- Keep taking your medicines as prescribed
- Check the leaflet that comes with your medicines for information on how your medicines may affect your driving ability
- Do not drive after taking your medicines until you know how they affect you
- Do not drive if you feel drowsy, dizzy, unable to concentrate or make decisions, or if you have blurred or double vision
- If your driving is impaired then you are guilty of breaking the law

Which drugs?

The list of drugs includes certain medicines that are sometimes abused, such as medicines used to treat:

- extreme pain (morphine, diamorphine, ketamine)
- anxiety or inability to sleep (diazepam, clonazepam, lorazepam, oxazepam, temazepam)
- drug addiction (methadone)
- attention deficit hyperactivity disorder, also known as ADHD (amphetamine)
- multiple sclerosis (nabiximols)

For further information on this new law, go to:

www.gov.uk/government/collections/drug-driving