

# **BALLASALLA MEDICAL CENTRE** **DRS BLACKMAN, DRANSFIELD & FARRANT** **NEWSLETTER**

## **DR BLACKMAN**

As you may know, Dr Blackman is currently off on sick leave and we do not have a date for her return to work as yet. We have locum doctors in place to cover the clinics and we will try to keep disruption to a minimum. I'm sure you all join us in wishing her a speedy recovery and we want to thank you for your patience.

## **CONGRATULATIONS!!**



Mel, our practice nurse, recently passed her prescribing course which means she is now able to offer more triage for the GPs and can often prescribe for you directly now.



## **KEEP CHILDREN SAFE IN THE SUN**

- Babies under 6 months should not be exposed to direct sunlight and applying sun cream is not recommended by the Department of Health.
- Use a parasol, umbrella or even the shade of a tree at peak times.
- Your child should wear a broad-brimmed or legionnaire style hat.
- Loose fitting clothing keeps children cool and offers protection, tightly woven fabric even more. Sun-protective swimsuits are ideal. Don't forget to protect the neck.
- Apply sun cream when they are vulnerable to sun exposure. Put on more after swimming even if it says it is waterproof. Apply frequently and generously using factor 15 or higher.
- Use 100% UV-blocking wrap-around sunglasses or goggles. Look for CE, BS or UV 400 label.
- Cloudy days, cool winds, water or snow can all be dangerous if you take no precautions.

## **DO YOU HAVE WORK OR HOBBIES THAT TAKE YOU OUTSIDE?**

### **IF SO ASK YOURSELF THE FOLLOWING?**

- If you spend the day in the sun apply sun cream frequently and generously and cover up.
- If you work in extreme heat remember to drink plenty of non-alcoholic fluids.
- Do take your breaks in the shade.
- If you travel in open vehicles you are still exposed to the sun so apply sun cream and cover up.

Skin cancer numbers are doubling every 10 years - do you know what skin changes to look for and how or where to access help and advice?

**If your shadow is longer than you you're Safe in the Sun**

**BE SAFE IN THE SUN**

### **TRAINING PRACTICE**

We are currently in the process of becoming a GP training practice. We believe this will enhance the quality of the medical care that we can provide at the practice. It should also enable patients to see a wider range of clinicians whilst allowing the surgery to benefit from fresh ideas and approaches brought by young enthusiastic doctors. You will, of course, always be able to see your chosen GP if you wish.

We are hoping to be approved to train Foundation Grade Doctors who have been qualified for 1 year, and some medical students. This will help these clinicians complete the final stages of their training before they embark on fully independent practice.

On occasion you may be asked to give your consent for the GP to video your consultation or for a medical student to sit in on a consultation. This is a valuable tool helping the doctor to improve his/her consulting skills. The tapes, once viewed by the trainer, will be deleted.

### **SMS MESSAGING FOR APPOINTMENT REMINDERS**

We now regularly have 60 to 70 missed appointments each month which causes delays to the time you have to wait to see a GP. We are always looking for ways to improve the patient attendance numbers. One of the ways we are looking at is sending out text reminders a day or two before your appointment is due. We would have to gain permission from patients and there may be cost implications for the practice. Please make sure your text or e-mail details are up to date and let us know what you think of this idea at reception or via our website.

### **YOUR INFORMATION**

We need to hold personal information about you on our computer system and paper records to help us look after your health needs. Please help us to keep your records up to date by informing us of any changes to your contact details or circumstances. You can do this through Patient Access, at reception, by e-mail or through our website.

# HELPERS OF BALLASALLA SURGERY (HOBS)

*Do you value your small village Practice?*

**Then this is your invitation to join our patient group – learn how the business runs, ask your questions and give feedback. Ask at reception for your name to be added to our mailing list. *We are always on the lookout for more helpers and people to come to the meetings with fresh ideas and a willingness to take part.***

*We need your support to preserve our practice.*

*Please complete the attached slip and return it to reception if you would like to be invited to the next meeting. Or email us at [ballasallamedicalcentre.gov.im](mailto:ballasallamedicalcentre.gov.im)*

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I would like to be involved with HOBS. Please send me an invitation to the next meeting.

Name \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

Contact No(s). \_\_\_\_\_

E-mail address \_\_\_\_\_