



MUNRO MEDICAL CENTRE NEWSLETTER

SUMMER 2023

On 5th July 2023 the National Health Service celebrated it's 75th Birthday. Treating over a million people a day in England, the NHS touches all of our lives. When it was founded in 1948, the NHS was the first universal health system to be available to all, free at the point of delivery. The practice was decorated with balloons and banners to celebrate the occasion.

Clinicians

We would like to welcome Dr Anighoro to the practice. He will be joining as a Registrar in August. He is a qualified doctor who is currently in his second year of GP training.

Congratulations to Melissa, who has completed her Masters in Advanced Clinical Practice and is now our very first Advance Nurse Practitioner. She is able to prescribe medication and deal with our more complex patients. She is wearing teal coloured scrubs.

Reception

Our Reception team have now been renamed Care Navigators to more accurately reflect the work they carry out in the practice. The Care Navigators are specifically trained to help you get the right care from the right healthcare professional.

Dispensary

Annual reviews are important to ensure your repeat medications are prescribed responsibly and safely. If you are asked to attend a review for long term disease, please ensure you book and attend your appointments and have the required blood tests. If you are overdue your annual review, we may have to restrict online ordering of medication until your review is attended.

If you pay for NHS prescribed HRT medicine 3 or more times in 12 months, an HRT PPC could save you money.

Each item on an NHS prescription usually costs £9.65. You can buy an HRT PPC for a one off payment of £19.30 (the cost of two single items). More information can be found at [NHS Hormone Replacement Therapy Prescription Prepayment Certificate \(HRT PPC\) | NHSBSA](#), or ask your Pharmacist.

Clinical Admin/Data

The results line is open between 1 pm and 3 pm Monday to Friday. Please be reminded that if you wish to know the result of a test, it is your responsibility to call our results line. Our Clinical

Secretaries

Most referrals to hospitals and external services require certain tests to be carried out in primary care prior to the referral being accepted. If you require blood tests or there is any other pre-referral

requirement, our clinician or our secretaries will arrange these for you. We will need the results before we can refer you on, so please ensure any tests are booked as soon as possible to avoid delays.

Pinchbeck Surgery

Our branch surgery in Pinchbeck has now been refurbished to create two consulting rooms. A variety of appointments are available on Monday – Friday. To book an appointment, please contact the main Munro Reception. Unfortunately, there is no room for a reception desk at the Pinchbeck Surgery

Spalding PCN

Munro Medical Centre and Beechfield Medical Centre work collaboratively as Spalding Primary Care Network. A number of healthcare professionals support the practice teams through the PCN, for example Clinical Pharmacists, an Occupational Therapist, Physician Associates and Mental Health Nurses. You may be offered an appointment with them as appropriate.

Patient Participation Group (PPG)

You may be aware of our “friends of the surgery” group. (PPG). We are currently trying to re-establish this after the covid pandemic. The group is currently “virtual” receiving a copy of the quarterly practice newsletter and advised of any upcoming changes to the services offered and their feedback is welcomed. If you think you might be interested in getting involved in the group, please email licb.ppg.mmc@nhs.net

Going out in the Sun

Hopefully the warmer weather will make an appearance this summer!

Hot weather can increase the risk of heart attack, stroke, lung problems and other diseases. Other people, babies and young children are more likely to be unwell from hot weather because their bodies are less able to regulate temperature. Stay well in the hot weather by drinking plenty of fluids, staying in the shade when the sun is at its hottest (11am – 3 pm) and limiting strenuous physical activity during the hottest part of the day.

Muddy Run

In June, a number of staff braved the muddy run in Stamford in aid of Cancer Research. An amazing total of £3689.42 was raised. Well done to everybody!