



SUMMER 2017

Dysart Surgery Newsletter

Welcome!

Welcome to the first newsletter produced by the Dysart Patient Participation Group (PPG). In this newsletter you will find general information about the Dysart Surgery, and updates to the practice.

We hope to include health related items that we hope will interest you. In this edition there is information about antibiotics – including a crossword.



The Dysart Surgery Patient Participation Group is

- Patient led
- Self-organising
- Supported by practice staff

We work with GPs and practice staff to

- improve communication with patients
- promote health and wellbeing
- ensure practices remain accountable and responsive to patients
- provide feedback to the practice about the patient experience
- meets every 2-3 months

Dysart Surgery Contact details

Telephone: 020 8464 4138

Reception: 020 8464 0718

Fax: 020 8464 9248

Out of hours: 111

Email:
brocg.dysartreception@nhs.net

WOULD YOU BE INTERESTED IN JOINING THE PPG?

PLEASE ASK AT RECEPTION

Electronic Patient Access



Calling the practice? Don't want to sit on hold?
 You can book your GP appointments online.
 Please use this link to register:
<https://patient.emisaccess.co.uk/register/create-account/2018>



Welcome to Patient Access

Patient Access lets you use the on-line services of your local practice. These may include arranging appointments, repeat medication, secure messages, medical record and updating your details.

Register

Have a letter from your practice?
Click register below and enter the details.

No letter but would like an account?
Click to register to see if Patient Access is available to you.

[Register](#)

Sign in ? Help

User ID [Get my User ID](#)

 Password

I forgot my [User ID](#) or [Password](#)

Remember my User ID
Requires cookies ?

[Sign in](#)

Patient Access app for your mobile
Free on Android and iOS

This site uses encryption
[How can I tell that this site uses encryption?](#)

Help with Patient Access
[View our most frequently asked questions](#)
[View the current status of the Patient Access Service](#)

Did you know?

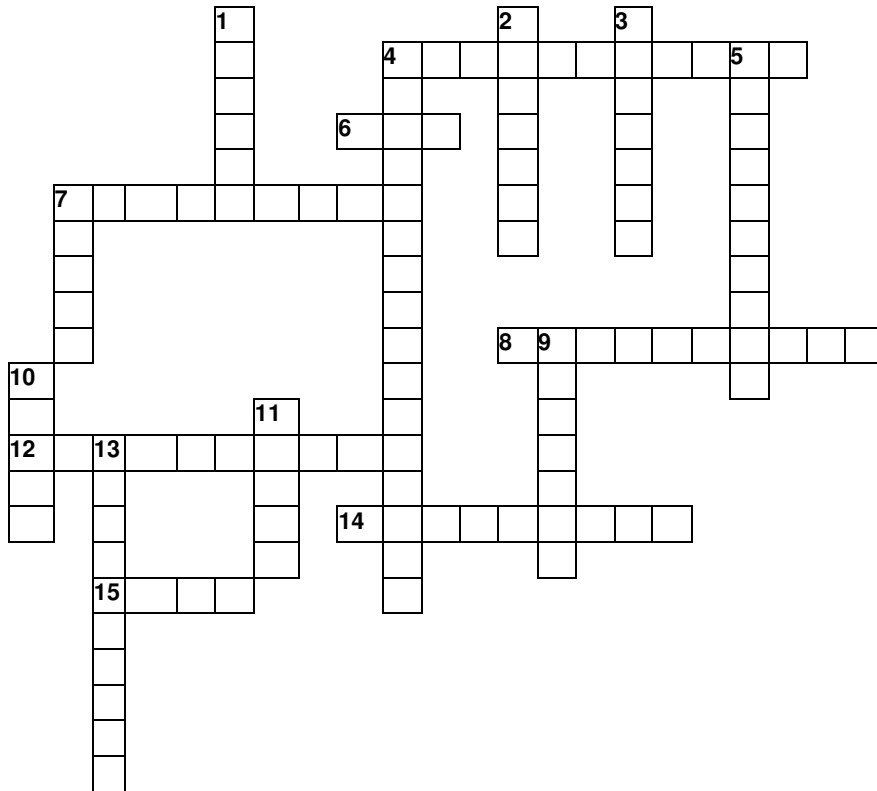
Dysart Surgery provides text message appointment reminders to patients! Not getting them? Check reception have your mobile number





Crossword

Antibiotics are used to treat or prevent some types of bacterial infection. They work by killing bacteria or preventing them from reproducing and spreading. But they don't work for everything.



Across

- 4. Urinary tract infections are often treated with this type of drug (11)
- 6. Someone who treats sick animals (3)
- 7. A common respiratory infection treated with antibiotics (9)
- 8. A type of antibiotic (10)
- 12. What does taking antibiotics when you don't need them help bacteria to develop? (10)
- 14. A side effect of some antibiotics (9)
- 15. You should always take antibiotics as directed, true or false? (4)

Down

- 1. A normal symptom of the common cold (6)
- 2. Ear ache is normally caused by? (7)
- 3. Professionals who normally prescribe antibiotics for humans (7)
- 4. Discoverer of penicillin (9, 7)
- 5. Respiratory infection that doesn't need to be treated with antibiotics (6, 4)
- 7. The form that antibiotics are normally prescribed in for adults? (5)
- 9. Otis media is the medical name for which common childhood infection? (3, 4)
- 10. Form of antibiotics often given to children (5)
- 11. If you develop phlegm at the end of a cold you should consult your GP, true or false? (5)
- 13. A common unpleasant condition normally caused by a virus (4, 6)

Answers are on page 6

Extra services run by the Dysart Surgery



Dysart Surgery CQC overall rating OUTSTANDING



- Family Planning and Sexual Health
- Immunisation
- Minor Surgery
- Health Promotion

Blood Clinic

Weekly phlebotomy clinics are held at the surgery on a Tuesday & Thursday morning. Booked appointments only

Health Visiting Services

Health Visiting Services are held at the surgery. If you would like to book an appointment please contact the health visitors on: 020 8313 1917

NHS Health Checks (40-74)

If you are aged between 40 and 74 years you can book a free health check at the surgery

Over 75s Free Health Check

Please book an appointment with the Health Care Assistant for your health check Blood Pressure, Weight & Height

Bromley Working for Wellbeing

You do not need to see a GP to access this service you can refer yourself by calling: 0300 003 3000

You can now pop into the surgery to have your BP, weight and height checked at a time that's convenient for you during surgery hours. Please ask the receptionist for a token.



**Can you believe
Flu season
is only a few
months away!**



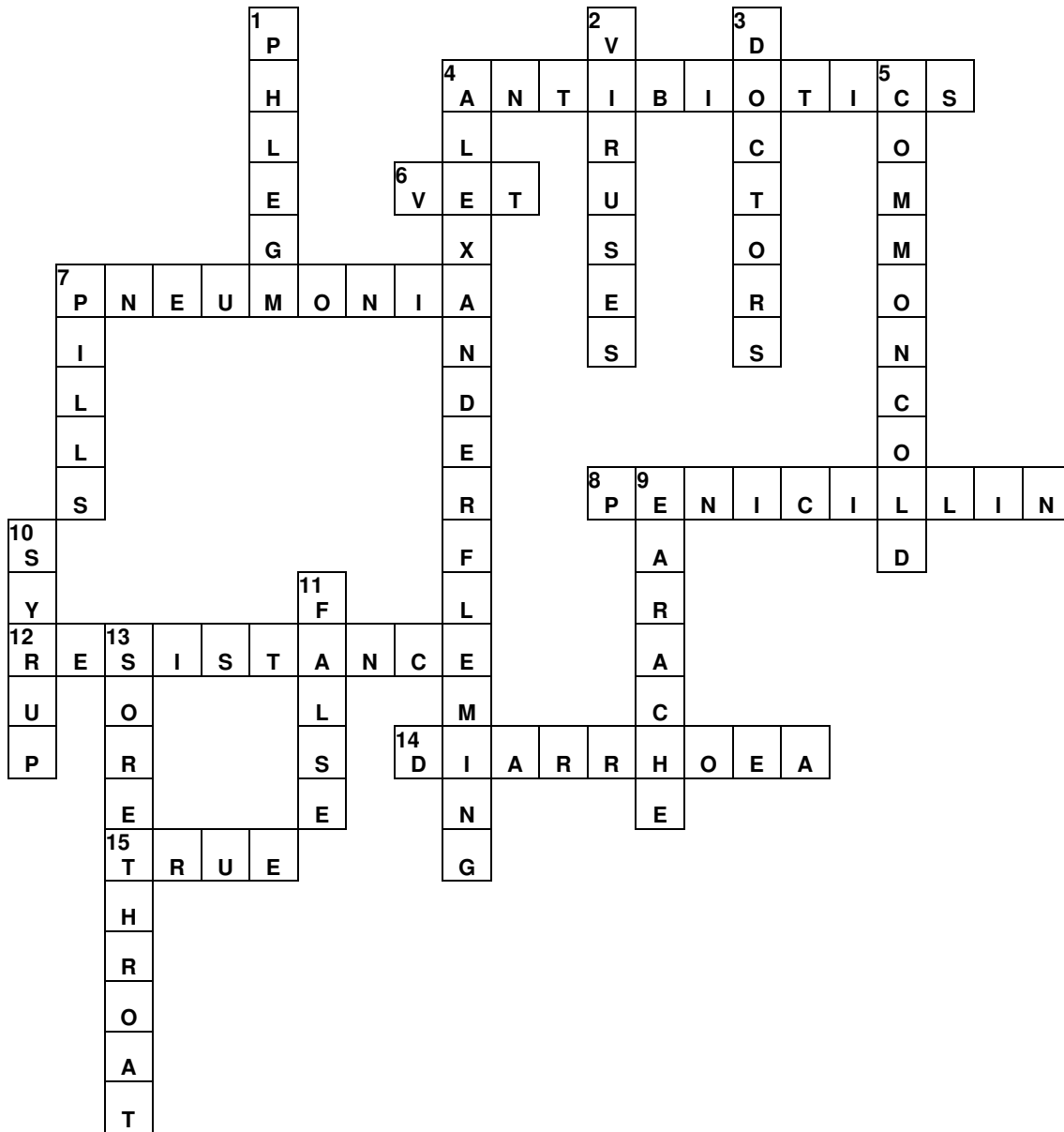
In 2017/18, flu vaccinations will be offered under the “NHS flu vaccination programme” to several groups:

In 2017/18 the following are eligible for flu vaccination:

- people aged 65 years or over (including those becoming age 65 years by 31 March 2018)
- all children aged two to eight (but not nine years or older) on 31 August 2017 (with LAIV)
- all primary school-aged children in former primary school pilot areas (with LAIV)
- those aged six months to under 65 years in clinical risk groups
- pregnant women
- those in long-stay residential care homes
- carers

Frontline health and social care workers should be provided with flu vaccination by their employer. This should form part of the organisations’ policy for the prevention of transmission of infection (flu) to help protect patients, residents, and service users as the national flu immunisation programme 2017/18

Answers!



Antibiotics are important medicines that are used to treat infections caused by bacteria. Bacteria can adapt and find ways to resist the effects of an antibiotic – becoming ‘antibiotic resistant’ – meaning that the antibiotic no longer kills the bacteria. The more often we use an antibiotic the more likely that the bacteria will become resistant to it.

Antibiotics don’t work against infections caused by viruses, such as colds and flu. These common viral infections often get better without antibiotics. Ask your pharmacist about how you can treat your symptoms and pain using over the counter medicine.



Proposed changes to prescribing guidance

NHS Bromley Clinical Commissioning Group is proposing to no longer support the routine prescribing of self-care medications for health supplements and short lived illnesses that will get better over time. This proposal aims to help reduce the costs of prescribing medicines which can be purchased directly from pharmacists and at the supermarket and so more of their time is spent with patients who have complex health needs. This is a national direction of travel and other CCGs in London have either implemented similar changes or are planning to. GPs will still make a clinical judgement when considering if it is acceptable or appropriate to ask a patient to purchase their medication. Patients with long term chronic treatment such as regular pain in osteoarthritis, frail or housebound patients would still be able to be prescribed these medicines on the NHS.

The proposals are currently being developed and will be discussed in public at the CCG's Governing Body meeting on 20 July at 2pm in the Bromley Council's Council Chambers. Following that discussion, there will be an engagement period of 10 weeks to gather views from patients and the public. Information on the engagement process will be posted on the CCG's website and sent out to GP practices and pharmacists. More information will be available once the public engagement process has started. If you have any questions, please email kelly.scanlon@nhs.net

Kelly Scanlon

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NHS Bromley Clinical Commissioning Group