



Chineham Medical Practice Newsletter

Issue 7: Winter January 2016

Practice Team News

Welcome to the Winter edition of the Chineham Medical Practice newsletter.

Good luck and best wishes to Dr Green who left the practice at the end of November 2015 and will be emigrating to Australia. Dr Green first came to the practice in 2011 as a GP Trainee and became a GP Partner in November 2012.

Dr Teresa Harper joined the practice in October 2015 and will be available on a Tuesday and Wednesday mornings and all day Friday.

We are a training Practice, which means that fully qualified doctors, who have usually completed their 4 years of training in hospital medicine spend up to 18 months working in a practice to develop their skills in general practice. Our GP Registrars are Dr Jess Mongan, Dr Lakshman Jayanthan and Dr Jo Wright.

Antibiotics



The best way to treat most colds, coughs or sore throats is to drink plenty of water and rest. There are many over the counter remedies to ease the symptoms. All colds and most coughs and sore throats are caused by viruses. Antibiotics do not work against infections, such as colds, caused by viruses. Viral infections are much more common than bacterial infections.

Antibiotics are important medicines used to treat infections caused by bacteria. Bacteria can adapt and find ways to survive the effects of an antibiotic. They become 'antibiotic resistant' so that the antibiotic no longer works.

Missed Appointments

Between January and December 2015 1,941 appointments were wasted due to people failing to attend or cancel their appointment. This is equivalent to approximately 120 GP/nurse sessions (60 days).

Missed appointments, or Do Not Attends (DNA's) cost the NHS approximately £300M a year. A 2015 survey estimated 17M GP appointments are missed each year

Out of Hours



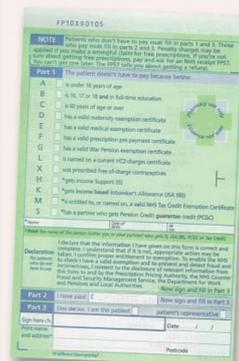
**when it's less
urgent than 999**

For urgent advice or appointments outside of normal working hours please dial 111. This number is available 24 hours a day, 7 days a week and is free from any phone, this is including mobile phones.

You can also book appointments with us at the surgery online. You must be registered beforehand in order to use the online service.

Please visit our website at www.chinehamsurgery.co.uk or alternatively ask one of the receptionists for more information on making online appointments

Prescriptions



Please note we DO NOT accept requests for prescriptions over the telephone. If you are on regular medication you can request further repeat prescriptions online, in writing (by hand or post) or you can ask a pharmacy to request them on your behalf.

Prescriptions will be available for collection 48 hours after the request has been received. Some of our local Pharmacies collect repeat prescriptions from the surgery daily and will have the medicines ready for collection from the Pharmacy 72 hours after the request has been received at the surgery. Prescriptions can be sent direct to the pharmacy of your choice.

Please let us know if you would like to use this service.

Have you Seen?

Have you seen the patient campaigns in the waiting room? The Patient Participation Group (PPG) have recently launched information campaigns in the waiting room. Campaigns have included Antibiotics, Dementia and Hay-fever. Coming soon will be information on Stress & Anxiety, Alcohol, Mental Health and Vaccinations. These are designed to be informative and are for patients.

Is there a campaign you would like to see included? Is there a specific topic you would like more information on? Please let one of the receptionists know and this can be included in the forthcoming campaign list.

For more information on many of the topics covered in these campaigns please visit the NHS Choices website at www.nhs.uk NHS Choices helps put *you* in charge of *your* healthcare.

Upcoming NHS Campaigns

DRY January: Friday, January 1, 2016 to Sunday, January 31, 2016

Alcohol Concern's Dry January is the annual campaign where we challenge people to give up alcohol for the 31 days of January.

<https://www.alcoholconcern.org.uk/what-we-do/campaigns/dry-january/>

Cervical Cancer Prevention Week: Sunday, January 24, 2016 to Saturday, January 30, 2016

Public knowledge and understanding of cervical cancer prevention, the causes of cervical abnormalities and cervical cancer and treatments is generally low. The week aims to help raise awareness of cervical cancer and how it can be prevented through a range of initiatives and awareness events throughout the UK.

<http://www.jotrust.org.uk>

National Heart Month: Monday, February 1st, 2016 to Monday, February 29th, 2016

National Heart Month raises awareness of the UK's biggest killer - cardiovascular disease - every February. Get involved, wear red.

<http://www.bhf.org.uk/>

World Cancer Day: Thursday, February 4th, 2016

The good news is that approximately 40% of cancers are potentially preventable. We invite you to join us in marking World Cancer Day on 4 February by promoting our exciting new campaign and spreading the message that cancer can be prevented too.

<http://www.worldcancercampaign.org/>

Tinnitus Awareness Week: Monday, February 8th, 2016 to Sunday, February 14th, 2016

Tinnitus Awareness Week will be the focus of a UK campaign in which the BTA aims to encourage better tinnitus awareness.

<http://www.tinnitus.org.uk/>

Practice Stats

Practice Population (as of December 24th 2015)	11,777
Number of Appointments (Calendar Year 2015)	63,947
Number of Missed Appointments (Calendar Year 2015)	1,941
Number of Telephone Calls Received (Calendar Year 2015)	40,182

Contact Us

If you need to make an appointment or speak to a doctor or nurse, please contact us on **01256 479244**.

You can also make a routine appointment for an adult using the online booking service. Ask our receptionists for more information or visit the website:

www.chinehamsurgery.co.uk

You can also get news and updates about the practice on our Facebook page:

www.facebook.co.uk/chinehamppg

or use your smartphone to like our page here:

