

Hampton Surgery MAY 2018

With the constant rise in patient's registering with the practice the demand on our clinician's time has increased considerably in the past couple of years. To try and manage the increase in workload the practice would kindly ask you to bear in mind the following when making requests.

- Prescriptions need to be ordered at least 48 hours in advance of when you require them
- Telephone Requests for non-urgent telephone conversations with a clinician will be returned within 72 hours
- Please allow up to 3 working days for the practice to produce such items as fit notes and referral letters
- For reports or forms that you need a doctor to complete please allow 14 working days
- Please remember that the practice only accepts requests for repeat prescriptions over the phone for housebound patients. You can re order your repeat prescriptions either by registering for an online account or by calling in to reception, dropping a note through the letter box when we are closed or sending a fax to 01675 443353. More information about online access can be found at the practice website www.hamptonsurgery.co.uk

We thank you for your support in these matters



Please note St Mary's Pharmacy is open at the following times:

Monday, Tuesday, Wednesday and Friday 9am-6pm

Thursday 9am – 1pm

Don't lose the chance to reduce your risk of cervical cancer

Smear test overdue? Book yours today.



Jo's cervical cancer trust

Information / Support / Advice

Helpline 0808 802 8000
jostrust.org.uk

Call 01675 442510 to book your appointment with the practice nurse

IF YOU OR SOMEONE YOU KNOW NEED THIS NEWSLETTER TO BE MADE AVAILABLE IN A BIGGER PRINT PLEASE CONTACT THE SURGERY ON 01675 442510.

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KOOTH provides an online mental health service for children, young people and adults. Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. For more information please go to www.kooth.com

Taking ANTIBIOTICS when you don't need them puts you and your family at risk

Keep Antibiotics Working



Many common infections are caused by germs called viruses. Antibiotic medicines do not kill viruses. Also, many infections caused by germs called bacteria do not need antibiotics. These infections often get better without antibiotic treatment. Excessive use of antibiotics may allow the germs to become resistant to the antibiotic medicines, so that they will not work when they really are needed. They may also sometimes cause side-effects. This is why antibiotics are not prescribed for many infections. Side effects from antibiotics can include the development of resistance to further antibiotic use for up to 12 months, which may mean they may not work if you have a life threatening infection

It can take much longer to recover from common infections that you would expect. For example a common cold can take about 14 days for you to feel completely better, 7-8 days for a sore throat and 21 days for a cough or bronchitis. Please bear this in mind before booking an appointment with a Doctor for help with these common infections.

Use the list of how to look after yourself and your family when have a common infection

Have plenty of rest.

Drink enough fluids to avoid feeling thirsty.

Ask your local pharmacist to recommend medicines to help your symptoms or pain (or both).

Fever is a sign the body is fighting the infection and usually gets better by itself in most cases. You can use paracetamol if you or your children are uncomfortable as a result of a fever.

Use a tissue and wash your hands well to help prevent spread of your infection to your family, friends and others you meet

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