

Practice News

July 2017

BLOOD TEST RESULTS – WHEN TO CONTACT THE SURGERY FOR RESULTS

To access test results please contact the practice after 2.00pm Monday to Friday (Much Wenlock), or Monday to Thursday (Cressage). Please allow at least 5 to 7 working days after you have had your blood test before contacting the Surgery to find out your blood test results. Thank you.

Think Twice – Before asking your GP to prescribe over the counter medicines such as paracetamol for common or short-term ailments.

NHS Shropshire CCG does not support the routine prescribing of medication that is available to buy over-the-counter for children or adults. The medications listed below are examples of medicines that should be purchased by the patient/ parent/guardian. However, pharmacies may be able to provide these items free of charge under the Pharmacy First scheme. This list is not exhaustive.

SHROPSHIRE CCG supports GPs to reduce their prescribing of these products because:

- They are widely available from supermarkets, pharmacies and some dispensing practices
- They are significantly more expensive when prescribed on the NHS
- Patients have a responsibility to manage self-limiting minor ailments at home.

The NHS belongs to everybody and the CCG must ensure that its resources are used in the best possible way for all patients.

Creams, Lotions, Drops and Suppositories

Tablets and Liquids

For further advice and information please speak to your local Pharmacist or visit:
[www.shropshireccg.nhs.uk/medicines- management.](http://www.shropshireccg.nhs.uk/medicines-management)

REQUESTING PRESCRIPTIONS

The Practice is receiving an increasing number of prescription requests over the telephone from patients who are contact the Practice at various times of the day. The Practice has a dedicated prescription telephone line between **10.30 am and 12.00 noon** each day. If you wish to request medication prescriptions by telephone please contact the Practice within this timeframe to prevent a delay in your request. An alternative for ease of access 24 hours a day, 7 days a week, 365 days a year is requesting your repeat medication via online patient access

Repeat prescriptions are issued at the doctors' discretion and are normally for patients on long-term treatment. Regular reviews are required for all patients on repeat medications. If your review is overdue you may be asked to see a doctor before further medications are issued.

At Much Wenlock - for Much Wenlock registered patients

You can request a repeat prescription by the following methods:

- Via Patient Access online - available 24 hours a day
- By Phone 01952 726011 between 10.30 – 12.00 Monday to Friday
- Post to Kingsway Lodge
- Fax to 01952 728479
- By hand

Your prescription can then be collected from the surgery or from the chemist, giving 48 hours' notice.

Cressage – for Cressage registered patients

We have our own dispensary, so enabling patients registered at Cressage to collect their medicines direct from the surgery. You can request a repeat prescription by the following methods:

- Via Patient Access online - available 24 hours a day.
- By telephoning 01952 511166 between 10.30 am and 12 noon Monday to Thursday.
- By post to Clifton Lodge.
- By fax to 01952 510760
- In person at the practice between 8.30am and 6.00pm.

Please allow two working days for processing your request. To ensure that we have your medication in stock we do ask that you collect your medication from the surgery after 2.00pm Monday to Thursday and before 12.30pm on a Friday.

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SUMMER HOLIDAYS, SUNSCREEN AND SUN SAFETY

Summer is here and we would like to let our patients know about sun safety during the summer months. Here is some advice to keep our patients sun safe in the UK and abroad during the summer.

Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday – you can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen
- Apply sunscreen at least 30 minutes before going out again just before leaving.

What factor sunscreen (SPF) should I use?

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 15 to protect against UVB
- at least four-star UVA protection

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard. Most people don't apply enough sunscreen. As a guide, adults should aim to apply around two teaspoons of sunscreen if you're just covering your head, arms and neck or two tablespoons if you're covering your entire body while wearing a swimming costume. Sunscreen should be applied to all exposed skin, including the face, neck and ears – and head if you have thinning or no hair – but a wide-brimmed hat is better. People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they don't take the right precautions so always protect yourself by being sun safe!

August Bank Holiday Closure

The Much Wenlock and Cressage Medical Practice will be closed on Monday 28 August 2017.

**SHOULD YOU NEED URGENT HEALTH CARE DURING THESE TIMES,
PLEASE CONTACT SHROPDOC ON: 0333 222 6655**

Both practices will open as normal on Tuesday 29 August 2017.