

Much Wenlock & Cressage Medical Practice

# Practice News

July 2016

## Annual General Meeting of Patients' Voice Group

The May meeting of the Much Wenlock & Cressage Patients' Voice was preceded by the group's Annual General Meeting where the Chairman reported that the group had now been in place for five and a half years and much had been achieved over that time. NHS Healthchecks have been re-established in the Practice, the group have contributed to various patients' surveys, and members of Patients Voice informed the Care Quality Commission report. There was an on-going focus on the appointment system and a continuing contribution to the use of IT by the practice.

The following members were re-elected to their posts:-

Chair: Mr D Price

Vice Chair: Mr G Bailey

Secretary: Mr B Nelson

Patients within the Practice may wish to note that there are additional vacancies for representatives within the group. Anyone interested in finding out what this entails should initially get in touch with the group's secretary, Brian Nelson, on 01743 761447 or via [nelson@wroxeter.net](mailto:nelson@wroxeter.net).

Summaries of Patients' Voice meetings are available on the Practice website [www.muchwenlockandcressagemp@nhs.net](http://www.muchwenlockandcressagemp@nhs.net).

## Practice Staff Training Afternoon Closure

The Practice will be closed for staff training from 12.30 to 6.00pm on Tuesday 5<sup>th</sup> July. Should you need urgent health care during this time please contact Shropdoc on 0333 222 6655.

## ***Are you a housebound patient?***

A patient of the Practice is growing flowers and has very kindly offered to provide small flower arrangements or bunches on a regular basis for **housebound patients**. If you are interested in taking up this very kind offer, please leave a message for Melanie Jones at the Practice and she will pass on your details.

Much Wenlock & Cressage Medical Practice

# Practice News

July 2016

## **Taking Medication - When Not To**

As GP's we are frequently emphasising the importance of taking your prescribed medication as advised, on a regular basis and finishing your course. However, there are occasions when your health would benefit from stopping medication for a short period.

If you suffer from an acute illness such as a urine tract infection, chest infection or gastroenteritis, you are at much greater risk of serious kidney damage if you are also on certain medications or have other conditions e.g. diabetes, heart disease or liver disease.

### **When you are unwell with any of the following:**

- Vomiting or diarrhoea (unless only minor)
- Fevers, sweats and shaking

Then STOP taking the medicines listed below and **restart** when you are well (after 24 – 48 hours of eating and drinking normally)

If you are in any doubt, contact your pharmacist, or the Practice.

To avoid dehydration you should drink more fluids.

### **Medicines to stop on sick days:**

❏ ACE inhibitors: Medicine names ending in "pril"  
*e.g., Lisinopril, Perindopril, Ramipril*

❏ ARBS: Medicine names ending in "sartan"  
*e.g., Losartan, Candesartan, Valsartan*

❏ NSAIDs: anti-inflammatory pain killers  
*e.g., ibuprofen, diclofenac, naproxen*

❏ Diuretics: Sometimes called "water pills"  
*e.g., Furosemide, Spironolactone, Indapamide, Bendroflumethiazide*

❏ Metformin: *A medicine for Diabetes*