



Practice Newsletter Spring 2022



Dear Patients,

Welcome to our Spring/Summer Edition of our practice newsletter. With warmer days and lighter evenings, hopefully you are able to get out and enjoy our beautiful surroundings even more. Just take care to avoid sunburn, heatstroke, and the adders!!

The author Fennel Hudson wrote “May, more than any month of the year, wants us to feel most alive”

“Spring being a tough act to follow, God created June” said Al Bernstein. Let’s hold that thought as we enter what will hopefully be a lovely summer.

July is named after one of my favourite historical figures, Gaius Julius Caesar. It didn’t end terribly well for him: having declared himself ‘dictator for life’ he was promptly murdered by his own senators. He was however an accomplished author and military tactician. Contrary to popular belief, he wasn’t born by Caesarean section (the operation would have been invariably fatal to the mother at that time) as it is well documented that he spent his early childhood in Rome being brought up by his dear old mum.

Following that eclectic trivia, may we wish you health and happiness over the coming months. We hope not to see you in the surgery! With the cost of living rising, when doing your weekly shop, I would recommend looking for any offers, particularly in the fruit aisle. As they say, an apple a day.....

Dr Hill

The NHS App

Did you know that you can get full access to your medical record through the NHS App?

You can order prescriptions, view test results and more!

We advise all patients to download this app and request full access. This can be done on our website via this link—<https://www.royalmanorhealthcentre.nhs.uk/navigator/register-for-online-services/>.

Up To Date Details

Do we hold your up to date contact details?

Even if you think nothing has changed recently its worth ensuring we hold the correct details.

It is very important that we hold your up to date contact details including next of Kin and other family members.

You can update you details on our website via this link—<https://www.royalmanorhealthcentre.nhs.uk/triage/change-of-personal-details/> or via the NHS App.

If you have any trouble accessing these, our Administrators are always here to help you.

Prescriptions

Please make sure you order your medication in plenty of time

You may not be able to order some prescription items if:

- you need a medicine review
- it's too early to order your medicine
- it's an acute (short-term) or one-off prescription
- it has already been requested

you have a repeat dispensing prescription

You can contact your GP surgery to book a medicine review or to find out when you can next order your prescription.

Only order items that you require that month, over ordering items that are not used is wasting NHS money.

★ Useful Links

Who can get free prescriptions - NHS (www.nhs.uk)

Save money with a prescription prepayment certificate (PPC) - NHS (www.nhs.uk)

Medication Reviews

Dear Patients,

All routine medication reviews are now being completed by Birthday Month.

Prior to your medication being reviewed, you will receive a letter or text message asking you to book an appointment. During this appointment you will have a blood test, a blood pressure check and an up to date weight will be recorded. These tests are highly important for us to ensure that your medication is being safely prescribed.

Once you have attended this appointment, the results will be reviewed by a clinician who will update your medication accordingly. You do not need an appointment for this part. If your test results need any action or there is any change to your medication, one of the team will be in touch with the details.



Missed appointments during March, April & May

Nurses: 335 missed appointments = 67 hours 55 minutes

GP's: 78 missed appointments = 15 hours

Nurse Practitioners: 110 missed appointment = 30 hours 55 minutes

