



Aylmer Lodge Cookley  
Partnership

## **Summer Newsletter 2019**

### **Cervical Smears**

Uptake for booking and attending appointments for Cervical Smears is at an all-time national low yet there are more than 3,200 women diagnosed with cervical cancer every year in the UK and 900 die annually. All women aged 25 to 49 are invited for a screening test every 3 years and those aged 50-64 are invited every 5 years. If you have received an invitation, please book in with the Practice Nurse.

### **Changes to Medication Categorisation As of 1<sup>st</sup> April 2019**

If you take Pregabalin or Gabapentin please be aware that these medications are now Controlled Drugs as of the 1<sup>st</sup> April. The brand names for these medications include Lyric, Alzain and Neurontin.

This means:

- Prescriptions will expire 28 days from the date of the prescription being issued.
- Any pharmacy owings must be collected by the expiry date.
- Quantities will be reduced to a maximum of 30 days.
- Emergency supplies and loans cannot be made from pharmacies if you run out.

However, Electronic Prescribing for Controlled Drugs is also being introduced in the future so if you are not tagged to a chemist doing so would be beneficial as it may be faster and safer for the prescribing of these medications.

### **Electronic Prescribing**

If you have regular prescriptions then the Electronic Prescribing Service will be able to save you time by sending your prescriptions to your chosen chemist like an email saving you from unnecessary trips to the Practice.

### **Improved Online Access**

Register for online services! This allows you to book and cancel appointments and order repeat medication. Please speak to one of our Receptionists who will be able to help you.

### **Patient Participation Group**

The next Patient Participation Group meeting is 4<sup>th</sup> September at 4.30pm at the practice. The Patient Participation Group is open to all registered patients at Practice and all are welcome to attend. If you are interested in becoming a member of our Patient Group, please talk to one of the Receptionist's or to one of the Patient Group representatives who support the practice on a Monday and Tuesday morning and can be found in the waiting area.

### **Target Training Dates**

The Cookley Medical Centre will be closed for training from 2pm on Tuesday 15<sup>th</sup> October. This training enables us to continue to develop and update our services to you.



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### **Extended Access/8-8**

Extended Access/ 8-8 is a service that offers appointments with a healthcare professional on an evening or at the weekend. There are evening and weekend appointments available – please ask the Receptionist.

### **Unattended Appointments**

When a patient fails to attend an appointment a note is made in their medical record. If the patient fails to attend 3 appointment in 12 months, the Practice Manager will write to the patient informing them this will be brought to the attention of the Partners where the usual course would be to remove the patient from our practice list unless the patient is able to provide a valid explanation in support of them remaining on the list.

If you do need to cancel an appointment please give at least 24 hours' notice.

**In the last 3 months we have had a total of 576 appointments not attended**

### **GP Training**

You may be aware that we are a training practice. That means that we have GPs in training at the Practice that are supervised by a qualified trainer. You may be given an appointment with a GP in training – If you are, rest assured that the GP in training is supervised appropriately and according to their qualifications and length in training. GPs at the practice currently in training are: Dr Hutchinson and Dr Shah. Both Doctors are qualified but have chosen to work in General Practice – this requires further training. Your appointment may be slightly longer than a standard appointment. Your Doctor may be joined by their trainer at some point during the appointment.

We also host Medical Students who spend blocks of 6 weeks at a time with us and are closely supervised by a tutor who is a member of the Practice's clinical team.

### **New Staff**

We have two new receptionists – Megan and Donna. We also have a new GP in training – Dr Shah.

### **Are you a Carer?**

Please complete one of the Worcestershire Association of Carers leaflets if you are a carer. We will then be able to offer you a free flu vaccine annually (unless you already have one). We may also be able to offer you more convenient appointments.

### **Staying Safe in the Sun**

Please make sure that you apply a high factor sun cream regularly during hot weather (especially to children) and remember you can still get sun burn on a cloudy day.

Take care with insect bites – if you have any unusual swelling, redness and pain – please see your pharmacist who will advise you whether a GP appointment is necessary.

It is also important to keep hydrated. Please ensure that you drink plenty of fluids and keep a watchful eye out for elderly friends and relatives, who may not be drinking enough.