

Park Lane Surgery
Park Lane, Allestree, Derby, DE22 2DS
www.parklanesurgeryallestree.co.uk
Tel: 01332 552461

Important information from Malcolm Gallon, Practice Care Coordinator:

- Royal Derby will no longer accept outpatient referrals for crutches or walking sticks. Look in charity shops, or Argos has them for £12.99.
- **Lighthouse** on London Road is good for second hand zimmers, wheeled walkers, sticks and other walking aids.
- **Red Cross 01332 348165** will loan wheelchair (while application is being processed), hire for weekends/days and sell reconditioned chairs for a donation based on what the buyer thinks is a decent donation to them.
- **DCC Adult Social Care** no longer charge

Self-Care *refers to the actions we take to recognise, treat and manage our own health. It is about doing small, everyday things for yourself to keep healthy and happy.*

It is **Quicker**....No need to wait for a GP Appointment. You can buy the medicines you need over the counter at your local pharmacy or supermarket and have them ready to use at home.

It is **Easier**....Many treatments can be bought without the need for a prescription at your local pharmacy or supermarket, often for much less than a prescription charge.

It is **Simple**....Advice & Information about Self-Care is widely available online. You can also call any pharmacy for advice on the best treatment for your minor illness.

It is **Considerate**....Self-Care helps relieve pressures on GP practices, A&E and could potentially save the NHS around £136m every year.

Online Self-Care advice for minor illnesses:

www.nhs.uk www.nhs.uk/oneyou
www.nhsstaywelllderbyshire.co.uk
www.livewelllderby.co.uk

Getting to know your surgery.....

What happens when you request a prescription.....

Hand in a **Repeat prescription** or **request online:**

Goes to 1 of the 4 Prescription Clerks. If they can process, it is printed, signed by a GP, filed at reception for you to collect or sent electronically to your chosen pharmacy.
Ready, in 2 working days.

If prescription needs **re-authorisation** it goes to one of the GPs after their morning surgery; it is printed, signed, filed at reception for you to collect or sent electronically to your chosen pharmacy.

Ready in 2 working days.

Your prescription is
Reviewed Annually. You may need to see your GP to discuss options.

The Medicines Management Pharmacist, from the CCG, visits the Surgery every two weeks:

1. Checks prescriptions against NICE Guidelines & NHS 'Allowed list', investigates any 'Discontinued' drugs.
2. **If change is suggested....**Your GP always has to agree to any change.

**Changes to your prescription are
never made without discussion
between you and your GP.**

**Your Pharmacist will also review
and talk through your medication in
detail and CONFIDENTIALLY.**

**We now have a more User Friendly website.....it can help you in all kinds of
ways, investigate at www.parklanesurgeryallestree.co.uk**

Do you know what is available to you?

Aortic Aneurysm Screening: Men and Transgender (male to female), will be invited at **65**. You can self refer if over 65 particularly if have family history of AA.

Cervical Screening: Women and Transgender (female to male) invited at **25**. (Not before 25 currently). Letter will tell you when due; you have to make the appointment. (Also screens for **Human Papilloma Virus**.)

Bowel Cancer Testing: 'Poo on a stick': Every 2 years, everyone **60-74**. Maybe 50 in future.

New Bowel Cancer Test - being phased in - a one off colonoscopy at age 55. You will be invited.

NHS Health Checks: Everyone **40-74** invited every 5 years. Expect a letter from your GP.

Breast Screening: Women and Transgender (female to male) starts at **50**.

Blood Pressure Clinic: You will be contacted at the appropriate time if you are on the register.

Asthma Review: You will be contacted at the appropriate time if you are on the register.

See **Patient Information leaflets** on the **Surgery On-Line Service** for further information.

Since 2003 we have had trainee doctors at the Surgery and I wanted to take this opportunity to thank you for your part in their training. Those first students are now specialists and GPs in the NHS. Graduate entry (GEM) students are here on Thursday mornings during their first 18mths pre-clinical years. We also take 4th year and final year students for 4 weeks of General Practice from Nottingham University. With longer life expectancy for the population more doctors are needed; both Derby and Nottingham have larger student intakes this year and community & GP based placements are becoming an increasingly important aspect of the medical education curriculum.

We are fortunate to have some expert patients at the practice who give their time. They come in especially for teaching purposes when students, in the early years, are working on a particular system i.e. respiratory, cardiac or neurology. The trainee doctors also do a family study to understand the many ways the NHS delivers care to a patient and their immediate family. The students give us excellent feedback from their experiences with us and this is very much due to the time and interest you have given to them over the years. We appreciate your contribution in making our trainee doctors' experience at the practice a welcoming and rewarding one.

Dr Isobel Parkes

Success...Attending Diabetes Self Help Group....Group supports diet, reduced carbohydrate & lifestyle change. **Monthly-every 4th Tuesday 7:30pm at the Darley Abbey Scout Hall**

J lost 2 & a half stone, borderline diabetic 48 to Non Diabetic, 34. K's insulin now lasts 3 weeks...the same phial used to last 1 week. L is no longer a diabetic. Weight reduced from 94kg to 85.5kg & HBA1c is down to 37 (5.5) from 47 (6.4). All in a year. Surgeon doing hip replacement commented that this helped recovery immensely. Diabetes Nurse wrote: Patient M, completely turned things around, lost weight, normal blood glucose levels. Determination to succeed down to the support from group. Thankyou.

Helpful notes from the Surgery:

Unwell & Cannot Work:

You should **Self-Certify for up to 7 days:** You do not need a 'fit note' for these 7 days. (Used to be called a 'sick note'). **Going for surgery?** The Hospital should give you the **'fit note'**. You only need to visit GP if you need longer than their note says.

How about coming along in 2020 and have your say at the Patient Participation Group? Come to the AGM on Tuesday 3rd March at 6:30pm; learn about the practice working as a part of the Primary Care Network of 11 practices and plans for Health Care. Or PPG meetings, 18th May, 24th August and 30th November.