

Whitefield Health Care

NEWSLETTER

SPRING 2017

**Are the contact details we hold for you up to date?
Please let us know if you move house or change your
phone number.**

Staff update from Whitefield Health Care

Blood Pressure

*Did you know we have
a machine in reception
that will measure your
height, weight, pulse and
blood pressure.*

*Please hand the slip into
reception who will enter
the readings onto your
record and pass to the
nurse for review.*

No appointment needed!



dreamstime.com

Leah Martin our healthcare assistant will be leaving us in May to begin her maternity leave and will return in February next year. We would like to wish both Leah and the baby all the very best.



Tasneem, one of our clinical support workers will be taking bloods whilst Leah is away and is already trained and gaining experience.

Patients needing their blood pressure checked will be asked to use the machine in reception and to provide reception with the results. Reception will record the reading onto the patients notes and pass the result to a nurse to be checked.

Courtney Power has been with us for the last 12 months as an apprentice and will be joining the team as a clinical support worker from April. She will be working at both Whitefield Health Care and Richmond Medical

in Accrington.

Sr Shirley Boden joined us in November last year and is working alongside Jackie to improve the nursing services that we currently provide. She is also working between Whitefield Health Care and Richmond Medical.



Dementia Friends

Staff here at Whitefield have all registered as Dementia Friends and the surgery has lots of information for both people with dementia and the people who care for them.

Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of

dementia. It aims to transform the way the nation thinks, acts and talks about the condition.

Whether you attend a face-to-face Information Session or watch the online video, Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about the Dementia Friends programme to

visiting someone you know living with dementia, every action counts.

**Find out more at
www.dementiafriends.org.uk**



Struggling to get an appointment?

Not every ailment needs to be seen by the GP. Many can be dealt with just as effectively by our Clinical Pharmacist, one of our nurses, the local Pharmacy 1st Scheme or self-management at home. These measures have been introduced over the years, not to block your access to the GP, but to help GPs concentrate on the patients whose problems can not be dealt with elsewhere. If used well the system also reduces waiting times at the practice because more people can be seen across the team than can be seen by the GPs alone. Insisting on always seeing or speaking to a GP, even when you

could easily self medicate or obtain advice for a pharmacist or nurse prevents this system from working effectively.

Our clinical support workers will ask you brief details of your symptoms and signpost you to the most appropriate place for advice or treatment.

Please work with them helping to achieve a more balanced approach to your healthcare.

Pharmacy 1st Scheme

Allergies

Bites or Stings

Hayfever

Colds, Flu and Nasal Congestion

Conjunctivitis

Constipation

Diarrhoea

Fever (temperature)

Indigestion or Heartburn

Pain Relief

Vaginal Thrush

Electronic Prescribing

REMEMBER YOU CAN ARRANGE FOR YOUR REPEAT PRESCRIPTION TO BE SENT TO THE PHARMACY OF YOUR CHOICE ELECTRONICALLY

There is no longer a need to come to the surgery to collect your repeat prescription and then take it the pharmacy to be dispensed.

Instead you can arrange for it to go electronically. To use this service you must first 'nominate' your

pharmacy by letting them know that you would like to use the electronic prescribing service. They will then arrange this on your behalf.

The next time you order your repeat medication from us it will be sent to your chosen pharmacy for you to collect. You could even ask the pharmacy to deliver it for you if you prefer.



Want to lose weight?

If you want to lose weight but don't know where to start, then Up and Active have the support to help you all the way. Contact them today to get started, there really are no excuses.

www.upandactive.co.uk

01282 661226



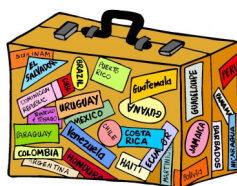
Are you travelling abroad soon?

If you are travelling abroad and need injections you should book an appointment with one of our nurses ideally 4 weeks before you travel.

If you need malaria treatment please ask your pharmacy or one of our nurses.

Remember to take and apply sun creams, boil water or use bottled water and keep safe.

Check out websites for travel advice specific to your destination.



www.whitefieldhealthcare.co.uk



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