

# Aelfgar Newsletter

Prepared by Aelfgar Patient Group

## PRACTICE STAFF

**Senior Partner**

**Dr Elizabeth Clark (F)**  
(M.B. B.Ch. DRCOG. DFFP.  
JCPTGP)

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(M.B.B.C.H. BDc. (Hons),  
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**Dr David Gray (M)**

**Dr Sara Ramond-Stokes**

**Managing Partner**  
Mrs Rebecca Smith

## Other Medical Staff

**Dr Yerimah ST3 (12 months)**

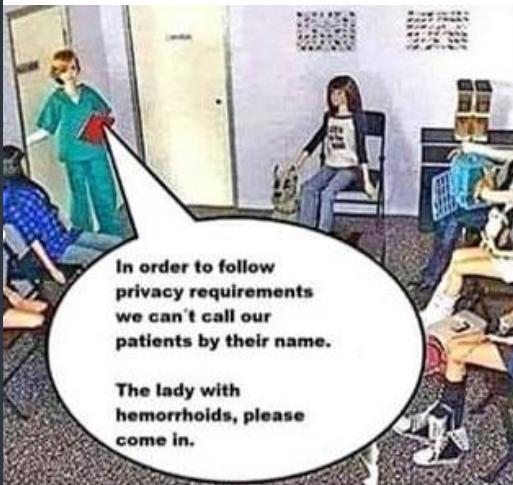
**Dr Davies April -July**

**Medical Students from August 2019**

**Physicians Assistant (PA)**

**Lisa Allman – Practice Pharmacist – Minor Ailments**

## Practice Nurses



## This Issue:

- Over the Counter drugs on Prescription.
- See the Right Person.
- “Fun”-gi Fact!

## Over the Counter Medicines and Prescriptions

You have probably seen news reports over the last few months about some medicines that are no longer available on prescription. Back in August 2018 the NHS agreed that a range of treatments that are available to buy in Pharmacies and Supermarkets would need to be purchased by patients rather than being prescribed on prescription. It includes medicines associated with a number of minor, short term conditions, which either get better by themselves or you can treat yourself.

The **annual prescribing cost for these items in Staffordshire alone is around £5 million** and it is thought that it would be better to spend the money on more serious health conditions. It will also help to relieve the pressure on GP surgeries as patients are encouraged to speak to their Pharmacist for advice and self-care when an appointment is not always necessary for minor conditions.

## Which conditions are included?

Acute sore throat, Conjunctivitis (infected eyes), Coughs, Colds, Nasal Congestion, Cradle Cap, Haemorrhoids (piles), Infant Colic, Mild Cystitis, Contact Dermatitis, Dandruff, Diarrhoea in adults, Dry/sore Eyes, Earwax, Excessive Sweating, Head Lice, Indigestion and Heartburn, Infrequent Constipation, Infrequent Migraines, Insect Bites and Stings, Mild Acne, Mild/Moderate Hay Fever, Mild Acne, Mild Dry Skin, Minor Burns and Scalds, Minor Aches and Pains (including Period Pain, Headaches, Back Pain etc), Mouth Ulcers, Nappy Rash, Thrush infections (including Oral and Vaginal Thrush, Athletes Foot, Sweat Rash and Ring Worm), Dental care and Teething products, Threadworms, Travel Sickness, Warts and Verrucae, Sun burn and protection and Vitamin supplements.

(These are examples and may not be the complete list.)

In the future you may notice that we will no longer issue some of these items on your prescription, but I hope you understand that this is not a decision that we have made at the practice, we are following national guidance. Please speak to a member of staff if you have any concerns.

# See The Right Person!

The Surgery employs many highly qualified and trained staff who can see and treat more common ailments. Please look through the list below to see which staff it might be more appropriate to see, leaving the **Doctors** able to see more patients with more complex medical ailments. This can also reduce the amount of time you wait for an appointment!

**Tegwen** (Advance Nurse Practitioner) can see, treat and prescribe for:

|                                    |  |
|------------------------------------|--|
| Coughs & Colds (Flu like symptoms) | Temperature  |
| Sore throats                       | Women's Health                                     |
| Rhinitis                           | Allergic reaction                                  |
| Aches & pains                      | Skin infection                                     |
| Skin rashes                        | Eczema   |
| Asthma/ chest infection            | Earache  |
| Conjunctivitis                     | Urinary symptoms, such as cystitis, blood in urine |

Our **Practice Nurses, Lynne and Julie**, can treat you for:

|               |                           |
|---------------|---------------------------|
| Ear syringing | Removal of stitches       |
| Dressings     | Holiday Vaccinations      |
| Swabs         | Depo injections           |
| Pill checks   | Smears                    |
| HRT checks    | Reviews- Diabetes, Asthma |

Our **Healthcare Assistants** will see you for:

|                           |                               |
|---------------------------|-------------------------------|
| Blood test                | NHS health check              |
| BP checks                 | Weight check                  |
| B12 Injections            | Review prelims- Diabetic, CHD |
| Smoking Cessation         | Flu/pneumonia jabs            |
| New patient health checks |                               |

Our **Practice Pharmacist Lisa**, who can also issue prescriptions, will see you for:

|                       |                            |
|-----------------------|----------------------------|
| Medication reviews    | Asthma reviews             |
| Hay fever / Allergies | Flu/pneumonia vaccinations |



## “Fun”gi Fact!



Mushrooms are already a good source of Vitamin D but by exposing them to UV light you can increase the concentration of vitamin D in them. Therefore, if you slice them up and put them out in sunlight before you cook with them you will be receiving a good source of Vitamin D!!