



January/February
2017

Bourn Surgery Newsletter

Great Gransden Clinic: There will be no Gransden Clinic on Tuesday 24th January.

Non-Emergency Hospital Transport:

The service to access non-emergency transport to hospital, for those unable to travel by private or public transport, has been changed. This is now organised by the patient, or their representative, directly with the East of England Ambulance Service NHS Trust (EEAST). EEAST will provide non-emergency patient transport services to hospital or treatment centres for NHS-funded care. However, this will only be provided to those patients who “would otherwise be unable to travel **due to medical reasons**”, such as patients who need assistance, patients who may suffer severe side effects following treatment, or those who would be unsafe travelling alone. The telephone contact for the Patient Transport Service is: **0845 603 8117** (Mon-Sun 8am-6.3pm). If you are not eligible for patient transport, then the Ambulance Service will provide you with information about possible alternatives and financial assistance. Reception have copies of the EEAST leaflet, as well as information on the local village transport services.

Diabetes Prevention Programme:

The risk of developing Type 2 Diabetes can be significantly reduced by patients making positive changes to their diet, weight and the amount of physical activity they do.

We are very excited to be able to access this newly-launched service for those patients found to be at increased risk of diabetes. This would normally mean a raised blood sugar reading found during a blood test or NHS health check. We are now able to refer anyone with an HbA1c of 42-47 who does **not** already have diabetes, to receive specific health and lifestyle advice to reduce the possibility of developing Type 2 Diabetes. There are a range of group and individual interventions, offered at a range of locations, and a range of times (including evening and weekends). If you think you are in the at risk group, please do contact the surgery to ask for a referral. Or, if you have not yet had an NHS Health Check, or last had one more than 5 years ago, why not take this opportunity to book in with our nurses!

More information about the scheme can be found at: **www.preventing-diabetes.co.uk**, or by emailing: **info@preventing-diabetes.co.uk**, or by calling: **0800 043 9806**

Minor Eye Conditions:

If you have a problem with your eyes you can be assessed and treated by the Minor Eye Conditions Service. This is a free NHS service available from a number of local optometry practices (Opticians). Problems they can review include:

- Red eyes, dry eyes, gritty and uncomfortable eyes
- Watery eye
- Irritated/inflamed eyes

- Ingrown lashes
- Some types of flashes and floaters
- Recent and sudden loss of vision

You can make an appointment directly with the opticians. A full list is available from Reception but includes:

- Adlam and Coomber, St Neots, 01480 472051
- Gathercole and Ward, Huntingdon, 01480 453208
- Boots Opticians, Lion Yard Cambridge, 01223 360006
- Specsavers in Huntingdon, St Neots or Cambridge

Home Medicine Cabinet:

The current cold-and-flu season is a perfect time to think about what you keep at home in your medicine cabinet. Even minor illnesses can be disruptive to everyday life, but being prepared can make a difference. The following list, as recommended by the Royal Pharmaceutical Society, is not exhaustive, but is a useful starting point.

Pain Relief: Medications such as Aspirin, Paracetamol and Ibuprofen are highly effective for minor aches and pains, as well as reducing the aches, pains and high temperatures associated with colds. Aspirin must not be given to children under 16.

Antihistamines: These are useful for treating allergies, insect bites, stings. They come in the form of creams to apply to the skin (topical treatment) or tablets (oral treatment). Some antihistamines may cause drowsiness; please discuss with a pharmacist as there are some non-sedating anti-histamines.

Oral Rehydration Salts (ORS): Fever, diarrhoea and vomiting make us lose water and minerals, and cause dehydration. If you have these symptoms, and are unable to continue your normal diet, ORS can help to restore your fluid and mineral balance, which relieves some discomfort and nausea, although do not fight the underlying illness.

Anti-diarrhoea tablets: These can quickly control the symptoms of diarrhoea caused by food poisoning or a stomach virus, although do not treat the underlying cause. These must not be given to children under 12; speak to a GP or pharmacist for advice.

Indigestion relief: These help neutralise stomach acid, which can relieve stomach ache, heartburn or trapped wind. They can be chewable/dissolvable tablets, or liquids.

Sunscreen: In addition, avoid the sun at its hottest between 11am-3pm.

Always follow the dosage as stated on the medicine packet, and keep medicines out of the sight and reach of children. If you have any questions then your local pharmacist will be able to help. Pharmacies can also safely dispose of expired medications.

Reception

- **Mon-Fri:**
8.30am-1pm, 1.30pm-6pm
- **Appointments:** 01954 719469
- **Emergencies:** 01954 719313

Dispensary

- **Mon-Fri:** 9am-1pm,
3.30pm-6pm

Out of Hours

- 01954 719313 and listen to the automated message.