



March/April  
2019

# Bourn Surgery Newsletter

[www.bournsurgery.nhs.uk](http://www.bournsurgery.nhs.uk)

**Gransden Surgery: Gransden Surgery has restarted on Tuesdays, but there will be no Surgery on Tuesday 23rd or 30th April.**

**Please ensure you book with Reception if you wish to attend Gransden Surgery.**

## **Over the Counter medications:**

We would like to bring your attention to guidance from the NHS and Cambridgeshire and Peterborough Clinical Commissioning Group regarding medications that are available over the counter without a prescription. This includes commonly-used hayfever medications that many people will be starting to use this Spring. Health professionals are asked NOT to prescribe these medications in the vast majority of cases. The following is NHS-issued information regarding this:

“GPs, nurses and pharmacists will not generally give you a prescription for certain medicines that are available to buy in a pharmacy or supermarket, even if you qualify for free prescriptions.”

This applies to many conditions, a full list of which can be found at [nhs.uk/OTCmedicines](http://nhs.uk/OTCmedicines). The NHS website [nhs.uk](http://nhs.uk) also has plentiful information and advice on treating minor health conditions.

For hayfever specifically, the NHS advises that community pharmacists can offer advice on how to avoid triggers and how to treat your hayfever. Many treatments are available at little cost from a community pharmacy (Cetirizine and Loratadine).

The NHS explains that the need to reduce prescriptions for over the counter medications is due to cost; “The NHS has been spending around £136 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket, such as Paracetamol. By reducing the amount the NHS spends on over the counter medicines, we can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.”

You may still be prescribed a medicine that is available over the counter if;

- You need treatment for a long-term condition.
- You need treatment for more complex forms of minor illnesses.
- You need an over the counter medicine to treat a side-effect of a prescription medication, or symptom of another illness.
- The medicine has a licence which does not allow it to be sold over the counter to certain groups of patients.
- The health professional prescribing thinks a patient cannot treat themselves.

Information leaflets are available from Dispensary and in the waiting room.

## Mobile Phone numbers

Despite repeated calls for up-to-date telephone numbers and contact details, we still experience regular problems when trying to contact patients regarding their health and finding that we have no method of doing so. Not only could this potentially place a patient at risk, it is time-consuming and frustrating for our staff. We would ask all patients to please ensure that we have up-to-date contact details for you.

In addition, please remember that patients can register for online access to their medical record and the ability to order medications online and book appointments. If you have not already registered, please do so with Reception. You will need to have proof of ID to do so.

## Bourn Surgery website

Our website continues to be updated, and we have a vision of making this a comprehensive and useful source of information and advice for our patients. It is a work in progress, but huge improvements have already been made. Please take a look, and feel free to let us know what you think!

## Changes to the GP Contract

Some of you may have read about some significant changes to the General Practice contract that come into force on the 1st of April. In brief, all GP practices hold a contract with the NHS to provide primary care services. This is an annually-negotiated contract, and normally makes only minor changes each year. This year however, the NHS GP contract is significantly changed, and is being heralded as putting more money and resources into General Practice. This is vital and welcome, but as ever there are strings attached.

The Government is keen that GP practices form into 'Primary Care Networks' covering populations of 30,000-50,000 patients. To give you a sense of perspective, Bourn Surgery cares for 6,000 patients.

As with so much Government policy, details are fairly scarce for now but time-scales are tight. These Networks are due to be operational from the summer, with the additional resources for General Practice being funnelled through these new entities.

At Bourn Surgery we are working hard to try and make this requirement a reality in our area. We are hopeful that the changes we need to make can be designed in a way that benefit our patients and improve the service that we are able to offer. We are also hopeful that we will be able to continue to offer primary care services to our patients in the same way that we always have at Bourn Surgery.

As the new systems form and become apparent, we will update you on our new Primary Care Network formation, and how we hope this will benefit us all.

### Reception

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

### Dispensary

- **Mon-Fri:** 8.30am-1pm,  
2pm-6pm

### Out of Hours

- **01954 719313 and listen to the automated message.**