



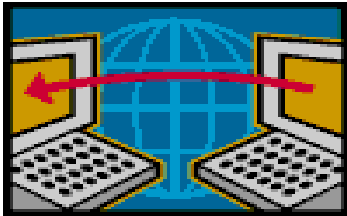
SURGERY NEWS

Summer Edition - 2014 Practice Manager—Andrea Smyth

ONLINE PATIENT ACCESS

Have you got Internet access? Would you like to order your repeat medications through a secure internet service, not only order your medications but to be able to book your own appointments to see the Doctor as well? Nurse Appointments aren't available.

If this is a service which you would like to use, please speak to the reception team who will be happy to help.



DO NOT WASH RAW CHICKEN

Don't wash raw chicken before cooking. Splashing can spread campylobacter on to surfaces, clothing and equipment which can lead to serious illness. Thorough cooking kills campylobacter.

Campylobacter is the most common cause of food poisoning in the UK.



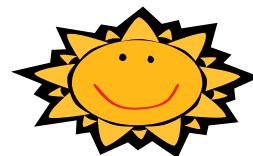
SKIN PROTECTION - COVER UP AND BE COOL

It is not cool to be hot and burning. Your skin can be irreparably damaged and leaving the skin unprotected in the sun can cause skin cancer, as well as sunburn and sunstroke.

Just walking around town in a T-shirt or shorts exposes the skin to the harmful effects of ultra-violet radiation. Children are particularly susceptible. So be wise. Use a good sun cream with a very high Sun Protection Factor (SPF), recommended SPF is 50 and make sure that it is correctly applied so that it gives the protection against the Ultra-violet. Drink plenty of water to stay hydrated. Wear a wide brimmed hat – very important for children, and wear loose fitting clothes which cover the shoulders and arms, particularly at the hottest part of the day around 12 noon.

Sunburn hurts you.

Skin cancer can kill you.



YOUR GP CARES

Have you struggled to get an appointment today? If so, you are not alone.

Demand for GP services is increasing. In England alone, it is estimated that at least 340 million patient consultations are now undertaken every year, up to 40 million since 2008. There are more patients to see, more test results to read and more paperwork. Yet there are still the same number of hours in the day. Many GP surgeries are simply overwhelmed.

Your GP practice team care about the current situation and want to work with patients and government to find solutions and provide a better service.

The BMA is calling for long term sustainable investment in GP services now to:

- Attract, retain and expand the number of GP's
- Expand the number of practice staff
- Improve the premises that GP services are provided from

Show your support for your local GP surgery. Join the campaign at bma.org.uk/YourGPcares

Tell @The BMA on Twitter why you care about your GP practice
#YourGPcares

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