

Sherbourne Medical Centre NEWSLETTER

NHS

SHERBOURNE
MEDICAL CENTRE

JUNE 2024

Treating your hayfever With OTC (over the counter) medicines

Hayfever is caused by the body reacting to pollen from grasses, flowers, trees and/or weeds as if it is harmful to the body. The body reacts by producing histamine. This causes the unpleasant symptoms we know as hayfever.

Symptoms can include some or all of the following:

- Itchy eyes/throat
- Sneezing, blocked/runny nose
- Watering, red eyes
- Headaches, blocked sinuses
- Shortness of breath
- Tiredness
- The sensation of mucus running down the back of the throat

How do I know if I have hayfever or a cold?

If your symptoms only last about a week it is/was probably a cold but if symptoms continue, then it is more likely to be hayfever. There isn't a cure for hayfever yet and you cannot prevent it, but there are some things you can do to help yourself.

Hayfever can be treated without seeing a GP.

If you are experiencing common seasonal hayfever symptoms you should not go to your GP to get a prescription. Instead, you can now buy Fexofenadine over the counter (OTC) medication from a local pharmacy or supermarket.

Your local pharmacist will be able to advise you on the most appropriate treatment and if and when you should see a doctor for your symptoms.

Some Do's and Don'ts to help:

DO

- Put Vaseline around your nostrils to trap pollen
- Wear wraparound sunglasses to stop pollen getting into your eyes.
- Shower and change your clothes after you have been outside to wash pollen off
- Stay indoors whenever possible
- Keep windows and doors shut as much as possible
- Vacuum regularly and dust with a damp cloth

DON'T

- Do not cut grass or walk on grass
- Do not spend too much time outside
- Do not keep fresh flowers in the house
- Do not smoke or be around smoke – it makes your symptoms worse
- Do not dry clothes outside – they can catch pollen

If your hayfever symptoms are not controlled after 2-4 weeks, you may need to try a different treatment or need to add in another treatment. Some trial and error may be required to find the best combination of tablet/nasal spray and eye drop for you.



40 Oxford Street
Leamington Spa
CV32 4RA

reception@sherbourne.nhs.uk

Tel: 01926 333500
www.sherbourne.nhs.uk

STAFF UPDATES

Sadly, Dr Pillai, Dr Mahmood, and Dr Patel will be finishing their placement with us in August.

We would like to thank them for their hard work and contributions and wish them all the best for the future.

Haley, our Registered Nursing Associate has permanently joined our team and will be working at the practice Tuesday-Friday.

We have also welcomed two new members to our reception/admin team: Anisa and Savvina.

PHYSIO EQUIPMENT AMNESTY

14th – 19th July 2024

Locate old physio equipment you may still have at home. Crutches, walking sticks and walking frames ONLY please!

Drop them off at your local Leamington Spa GP practice between the 15th – 19th July 2024

Feel happy knowing your equipment is going back to the NHS so it can be used by another patient who needs it!

SURGERY CLOSURES

The surgery will be closed on:

Monday 26th
August



PATIENT FEEDBACK SINCE SEPTEMBER



97.7%

0.8%

1.5%

Based on 959 responses

NUMBER OF CALLS ANSWERED IN LAST

30 DAYS

4,629

AVERAGE QUEUE
TIME IN LAST 30
DAYS

2 minutes
25 seconds

RESEARCH



Here at Sherbourne, we have been an active research practice for over 20 years. We rely solely on our patients volunteering, so please consider taking part.

Research Team:

Dr Zdravko Gechev and Tracey Murphy

Virology Study

Are you currently suffering from flu like symptoms that started less than 10 days ago?

If so, as part of a study by Oxford University to predict the prevalence of respiratory viruses across the UK, you may be eligible to take part in our clinical trial.

If interested, please contact our research team on 01926 333 525 or email research@sherbourne.nhs.uk

Serology Study

If attending the surgery for a blood test you are eligible for this study, and you may be asked for an extra blood sample for research purposes.

Dare-2-Think Study

If you are aged 55-73 diagnosed with Atrial Fibrillation and not currently taking blood thinning medication you could be eligible for this study.

This study looks at early introduction of anticoagulation medication to reduce the risk of stroke, premature death and dementia. The screening for this study is automated.

Eligible subjects will be contacted and invited to participate.

Asymptomatic Asthma Study

Do children and young people with mild asthma need to take inhaled corticosteroids daily or only on days when they need the reliever inhaler?

The study is sponsored by Alder Hey Children's NHS Foundation Trust.

Eligible subjects will be contacted and invited to participate.



A message from our PPG chair...

We continue to have good attendance at our PPG meetings and in addition to the usual members we had a couple of the GP Registrars, Dr Amna Mahmood and Dr Dhanya Pillai sitting in on our last meeting.

Medicines management and sustainability. We have started looking at the issue of medicines waste and the disposal of unused medicines. We found there is no way excess 'in date' medicines can be reused anymore. Unused medicines should be returned to a pharmacy but there seems to be limited capacity for this at the moment. For people on repeat prescriptions, it is important to check that all the items on the script are needed each time. As well as saving money for the NHS, there are also shortages of some medicines. Given the scale and complexity of the matter, we have raised this at a wider county forum with other PPGs and the Integrated Care Board

At the moment there appears to be one place locally where **empty** blister packs can be recycled and that is Aldi in Leamington. We will be looking to encourage some other venues to take them as well.

If you would like to join the PPG, please contact reception@sherbourne.nhs.uk

Richard Brooks (PPG Chair)