

Sherbourne Medical Centre NEWSLETTER

NHS



SHERBOURNE
MEDICAL CENTRE

MARCH 2024

Introducing Pharmacy First Launched 31st January 2024

The new Pharmacy First service adds to the existing consultation service and enables community pharmacies to complete episodes of care for 7 common conditions following defined clinical pathways.



Pharmacy

What is Pharmacy First?

If you are experiencing any of the below symptoms you can present to any participating pharmacy without needing to see a GP. Pharmacists can prescribe antibiotics and antivirals where clinically appropriate.

This new service is expected to free up GP appointments for patients who need them most and will give people quicker and more convenient access to healthcare.

What conditions can be treated at my pharmacy?

Your local pharmacy can now supply prescription-only treatment, if they believe you need it, for the following conditions:

- ❖ Sinusitis (aged 12 +)
- ❖ Sore throat (aged 5 +)
- ❖ Earache (aged 1-17 years)
- ❖ Infected insect bite (aged 1 +)
- ❖ Impetigo (aged 18 +)
- ❖ Shingles (aged 18 +)
- ❖ Uncomplicated urinary tract infections (women aged 16-64)

Providing high quality health and care services

For the 7 common conditions, pharmacists will follow a robust clinical pathway which includes self-care and safety-netting advice and, only if appropriate, supplying prescription only medicines without the need to visit a GP.

These clinical pathways have been developed with input from various experts including practising GPs, pharmacists, and antimicrobial resistance specialists as well as representatives from national organisations such as the National Institute for Health and Care Excellence (NICE) and UK Health Security Agency. This ensures that the steps we take together match the care patients would receive in general practice and follow the latest national guidelines.

Please visit: www.nhs.uk/service-search/pharmacy/find-a-pharmacy to find your local pharmacy and the services they offer.



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Leamington Spa
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reception@sherbourne.nhs.uk

Tel: 01926 333500
www.sherbourne.nhs.uk

STAFF UPDATES

Sadly, our practice nurse Audrey is leaving the practice later this month.

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

We have two new Doctors that have recently joined our team, Dr Rai and Dr Patel.

MENTAL HEALTH AWARENESS WEEK 13-19th May 2024

Being active is important for our mental health. But so many of us struggle to get enough exercise. We know there are many reasons for this, so this Mental Health Awareness Week we want to help people find moments for movement in their daily routines. To find out more visit:

www.mentalhealth.org.uk/campaign/s/mental-health-awareness-week

SURGERY CLOSURES

The surgery will be closed on:

Friday 29th March
Monday 3rd April
Monday 6th May
Monday 27th May



PATIENT FEEDBACK SINCE SEPTEMBER



97.5%



1.5%



1%

Based on 1146 responses

NUMBER OF CALLS ANSWERED IN LAST

30 DAYS

5,099

AVERAGE QUEUE
TIME IN LAST 30
DAYS

4 minutes
18 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...



I'm pleased to report that 12 patients attended our last PPG meeting on 30th January along with Dr Bal and Dr Oliver as well as the Practice Manager Natalie Gould. It was great to see the start of a regular Newsletter and we agreed to explore ways to expand its distribution as we all felt it was a good way to communicate with patients.

We discussed topics and future priorities for the group. These included:

Support for wellness and fitness - Looking at ways to prevent ill health and promote good health. We agreed to check out what is available and ways to promote it to patients. One example to share was 'Fitter Futures Warwickshire' <https://fitterfutures.everyonehealth.co.uk/>
Medicines management and sustainability - It is acknowledged that there is a significant amount of waste with prescription medicines. Some patients end up keeping excess repeat medication, frequently past their use by date. It was agreed to explore ways to assess the scale and cost of this. At the same time check how easy it is to safely dispose of unused medicines or even recycle any that is within date. Also to see what options there might be to recycle empty

used blister packs. As this seemed a big topic we would explore collaborating with other surgeries.

Survey of patients - Later in the year we will conduct a survey to check the views and experiences of patients. If you have any particular areas you would like included in the survey please let us know.

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

Richard Brooks (PPG Chair)