

# Larne Family Practice - Practice News Letter (Summer/Autumn 2017)

## New Immunisations

Summer sees another change to our childhood vaccination programmes- From July the Meningococcal ACWY Vaccine programme which was introduced for all 14-18 year olds and for all first time university students aged between 19 and 24 will be continued and offered to anyone born between 2<sup>nd</sup> July 1996 and 1<sup>st</sup> July 2001. This vaccination will reduce the number of cases of Meningococcal and Septicaemia. If you or anyone you know falls into this group please contact Reception (028 2826 1910) for an appointment.

A Hepatitis B Vaccination is being introduced to the Baby Vaccine schedule from 1<sup>st</sup> July 2017. All babies born on or after 1<sup>st</sup> August 2017 will be given this vaccine, which will be included in the existing primary vaccine.

## Practice Website

Our website has been on-line for over two years now. **We would encourage all our patients to register for our On-Line Services.** Doing so will allow you to Order your Prescriptions, Arrange your own Appointments, Up-Date Your Details and submit regular reviews such as Asthma Reviews.

If you have not done so, why not check out our website [www.larnehealthcentre.co.uk](http://www.larnehealthcentre.co.uk), you will be amazed just how easy it is!

## Failing to Attend!

During Spring 2017 more than 200 patients failed to keep (DNA'd) their booked appointments with the GP and Practice Nurse!! This has a major impact on how the practice works, as it may prevent other patients from seeing a Doctor or Nurse on the day they need seen. Missed appointments are also a waste of resources, lead to an increase in waiting time for other patients and are frustrating for both staff and patients. **Please if you cannot keep your appointment, let us know!** We have a Policy in place and if you do not keep 3 or more appointments within 1 year (without genuine reason) you will be removed from our list!

## New Arrival!

Dr Crona Casey is our new GP Trainee. Dr Casey qualified in 2012/13 and will be joining us Full Time from August 2017 until August 2018.

## Routine Checks

For your convenience we have clinically trained our Administrative Team members Carly, Karen, Lee, Mandy and Rachael to perform a number of routine screening checks such as checking Blood Pressures, taking Blood Samples, checking weight and height measurements. The girls have a number of clinics throughout the week so contact reception to arrange an appointment.

## Forms To Be Completed

If you require the Doctor to complete a Form please allow **1 week before checking if it ready for collection.** There will be a charge attached to these requests and our Administrative Team can advise you of the fee.

## Self-Care

Self-Care encourages us all to look after ourselves throughout the year. As we all know most ailments, such as colds, sore throats, cough etc. are viral illnesses and can't be treated with antibiotics. These conditions can be easily managed at home with the following advice:-

Rest, drink plenty of fluids, take pain relief, such as Paracetamol or Ibuprofen (as per the instructions) and talk to your pharmacist about getting the relief you need. You should also keep the following guidance in mind if you do suffer any of these conditions.

## How long can I expect these symptoms to last?

Cold – 1-2 weeks

Sore Ear – 4-7 days

Sore Throat – 4-7 days

Sinusitis – 2-3 weeks

Cough – 1-3 weeks

## Minor Ailments

There are a number of different treatments **FREE** of charge directly from a pharmacy, without having to wait for on a prescription. The Pharmacist will determine if it is suitable to supply medication under the Minor Ailments or provide you with advice.

If you are suffering from any of the following conditions you should go directly to the Pharmacy for treatment:-

Vaginal Thrush	Threadworms
Oral Thrush	Athlete's Foot
Headlice	Groin Itch
Cold Sores	Diarrhoea
Mouthulcers	Ear Wax

**The NI Department of Health have recommended that practices do not prescribe medicines that can be purchased over-the-counter when they are being used to treat minor conditions or self-limiting illnesses. We will be applying these recommendations as appropriate.**

## Practice Closures Days / Afternoons

The Practice will be closed on the following dates:-

<b>Bank Holiday</b>	Monday 28 <sup>th</sup> August – All Day
<b>Training</b>	Wednesday 13 <sup>th</sup> September – Afternoon
<b>Training</b>	Wednesday 18 <sup>th</sup> October – Afternoon
<b>Training</b>	Wednesday 15 <sup>th</sup> November – Afternoon
<b>Training</b>	Wednesday 13 <sup>th</sup> December – Afternoon

**DALRIADA URGENT CARE – 028 2566 3500**