

Newsletter Date: May 2018
Issue 4

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Harford Health Centre Newsletter

HAYFEVER MANAGEMENT



Hay fever is an allergic reaction to pollen which is a fine powder from plants.

Please do the following to help minimizing your symptoms:

- ◆ 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've 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 cut grass yourself or walk on grass that has been freshly cut.
- ◆ Don't keep fresh flowers in the house as flowers have pollen.
- ◆ Don't dry clothes outside – they can catch pollen

Speak to your pharmacist for advice and treatments such as antihistamine tablets, eye drops or nasal sprays to help with your symptoms

If you need these medicines on repeat scripts please speak to the reception for advice.

See a GP only if:

- ◆ Your symptoms are getting worse
- ◆ Your symptoms don't improve after taking medicines from the pharmacy

MEDICATION REVIEWS



Are you under treatment for any long-term condition?
Are you taking multiple medicines regularly?
Do you have any concerns about the effects or side effects about your medicines?
Are you getting more medications than you require on a monthly basis?

Medication review appointment:

- Your opportunity to voice any concerns and to check if there's any side effects.
- To do blood tests and to check BP, weight, height etc.
- To identify any medicines that are no longer needed or any that need the dosage changed to address your current needs.
- You may have another medicine prescribed to you, in which case you need to be sure that both medicines are working well for you when used together.

To let the Independent Prescriber know that things are going well.

Take charge of your repeat prescriptions – Talk to your pharmacy so that they **ONLY** order for you what is **NEEDED** by you



We want to hear your views and be part of our plans here at the Surgery.

Our next Forum will be held on: **Thursday 12th July 10.30 - 11.30am at Harford Health Centre**



Please ensure that you have enough medication to last over the bank holiday. If you need medical assistance you can contact Out of hours or NHS 111. For emergencies go to A&E

SURGERY TRAINING DATES



DIABETES AND RAMADAN

The surgery will be closed on the following dates from 1pm for staff training and will re-open as normal the following day.

- Tuesday 22nd May 2018
- Thursday 7th June 2018
- Tuesday 3rd July 2018
- Thursday 2nd August 2018
- Tuesday 11th September 2018

If you've got diabetes you need to be ready for Ramadan, Ramadan requires long hours of fasting. Fasting when you've got diabetes, especially for such long periods, can be dangerous and cause problems for you health. If you want to fast during Ramadan make sure you speak to your diabetes team so they can help you decide if it's safe to do so. If they're happy for you to fast they'll be able to help you manage your diabetes through Ramadan.

For more information you can contact the Diabetes UK helpline:
Telephone: 0345 123 2399 Mon - Fri 9am-6pm
Email: helpline@diabetes.org.uk
Go to www.diabetes.org.uk/helpline

Click and easy
 GP online services
 You can now book appointments, order repeat prescriptions and even access your GP records online. It's quick, easy and your information is secure.
 Register for online services at your GP surgery or to find out more visit nhs.uk/GPonlineservices

Long waiting times on the phone or at the surgery? And you just need a routine GP appointment, need to order more of your repeat medication or view results from your recent blood test?

Well now you can....you can do all of this online anywhere and anytime. You can speak to reception for more details, but if you want to sign up now just bring with you 1 proof of photographic ID and we can set you up straight away.

THE NHS FRIENDS AND FAMILY TEST



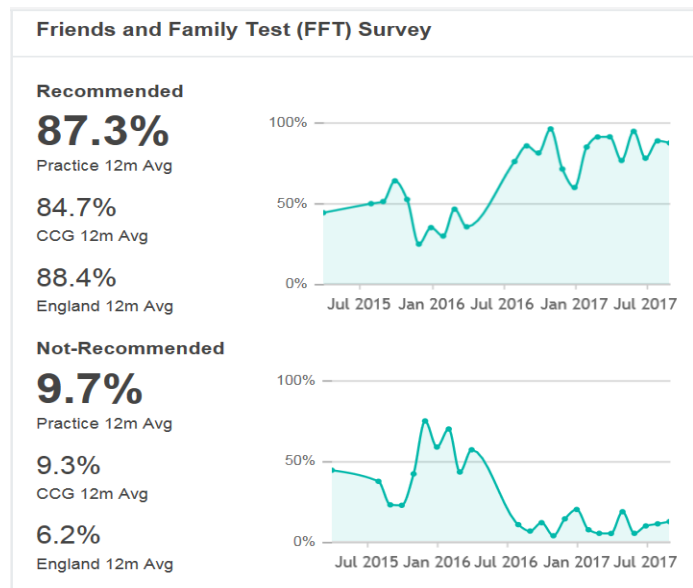
We would like you to think about your recent experience of our service.
 How likely are you to recommend our dental practice to friends and family if they needed similar care or treatment?

Extremely Likely	Likely	Neither likely or unlikely	Unlikely	Extremely Unlikely	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
😊	↔			☹️	?

Thinking about your response to this question, what is the main reason why you feel this way?

We always want to hear from you, every time you visit the surgery, please could you fill out one of the forms at the reception and hand it in.

Friends and Family Test results



Source: Edenbridge



Web GP is another way to get medical advice. You fill out a questionnaire based on your medical query and the surgery will contact you within 2 working days with advice.
 Visit: harfordhealthcentre.nhs.uk to start using this.