



Bedlingtonshire Medical Group
Patient Participation Group (PPG)
www.bedlingtondoctors.com

Newsletter Winter 2018

Farewell

Jason Finley has now left for pastures new, he has commenced a new career and is currently training as a Fire Fighter. Joyce Humble, Practice Nurse has retired and Ellen Hall is currently on maternity leave. We wish them all well.

Welcome

Noreen Duncan has returned and is now working with the Practice as a Health Care Assistant.

See your local community pharmacist to help you diagnose and treat your minor illnesses

Think PharmacyFirst 

Pharmacy First

Instead of booking an appointment with your GP, you can see your local pharmacist any time by just walking in.

If you need advice your local pharmacist can help. Pharmacists are experts in the use of medicines and are able to diagnose and offer treatment for a range of minor illnesses and ailments immediately, without the need to make an appointment. They are open long hours, at weekends and evenings and there are many pharmacies on the local high street and in supermarkets. They can give advice, or where appropriate, medicines that can help to clear up the problem and offer a range of branded or non-branded medicines. If you have any questions about the differences between these products they would be happy to talk to you.

Which illnesses are included?

The service includes the following illnesses:

- Aches and pains
- Bites and stings
- Chicken pox
- Colds
- Cold sores
- Colic
- Conjunctivitis
- Constipation
- Cystitis in women
- Diarrhoea
- Ear wax
- Eczema or dermatitis
- Haemorrhoids
- Hay fever
- Head Lice
- Mouth ulcers
- Nappy rash
- Teething
- Threadworm
- Thrush
- Verrucas
- Warts

As well as free medical advice, your local community pharmacy can now also provide free medication for some illnesses and minor ailments under a scheme called **Think Pharmacy First**. **Think Pharmacy First** allows people who receive free prescriptions to go straight to their pharmacist to receive treatment without needing to visit their GP to get a prescription first. The scheme is available to adults who are entitled to free prescriptions on the grounds of low income and their children along with all people aged 60 or over.

General Health Advice: There are some minor illnesses which we can all treat ourselves, but sometimes we don't know how long they should last or when to ask for help. **Here's a handy list of some of the main illnesses and what you can expect:**

ILLNESS	LASTS ON AVERAGE	WHAT CAN YOU DO TO EASE SYMPTOMS
Middle ear infection	4 days	<ul style="list-style-type: none"> • Have plenty of rest and drink lots of fluid • Ask a pharmacist to recommend medicines to help your symptoms • Fever is a sign the body is fighting infection and usually gets better by itself. Paracetamol or ibuprofen can help reduce fever. • If symptoms persist, please contact your pharmacist or GP • For further advice on self-care, please visit: www.nhs.co.uk and www.patient.co.uk
Sore throat	7 days	
Common cold	10 days	
Sinusitis	18 days	
Cough or bronchitis	21 days	
Upset stomach, diarrhoea and vomiting	2 days	

NHS CHILD HEALTH

It's a real worry when children become ill. Understandably, we don't want to take any risks. Parents and carers can now find NHS advice at their fingertips to help look after their children's health. 'Looking after your child's health.' is an important NHS guide for parents and carers of children aged 0-5 years. The app gives easy to understand guidance on childhood illnesses, recognising when your child is unwell, and advice on when and where to seek further treatment.

Download the free NHS app today! Just search for 'NHS child health' on Google Play or Apple's App Store.

Happy New Year to all our patients

