

OLD COULSDON MEDICAL PRACTICE



NEWSLETTER January 2020

Osteoporosis Presentation Monday, 30th March

The Osteoporosis Presentation by Dr Rizwan Rajak, clinical lead for Osteoporosis and Metabolic Bone Health and Rheumatology Musculoskeletal Ultrasound in the Croydon Health Service and NHS Trust, will take place on

**Monday, 30th March 2020
Commencing 7.00pm
at
Cameron Hall,
Old Coulsdon Congregational
Church.**

Osteoporosis can affect both men and women. Statistically, women are more prone to developing osteoporosis.

To give an idea of the number of patients attending, contact the practice after 12 noon or email haveyoursay1@live.co.uk if you would like to attend

Carer's Support Group

The Carer's Support Group meet informally at the practice to share experiences and information. If you are a Carer and would like to join us, meetings take place on the third Thursday of the month. Dates from January –

April are 16th January, 20th February, 19th March, 16th April from 2.00pm– 3.45pm in the practice meeting room.

If you require further information, contact 078717 02429.

Type 2 and You Diabetic Recall System

Patients who have Type 2 diabetes will now be recalled for review by their Birth month. If however, you are worried about your diabetes sugar levels, make an appointment to see either the Nurse or GP, do not wait for your review.

Flu Vaccinations

Patients over 65 years old who have not yet had a Flu Vaccination are urged to make an appointment. Appointments can be made up to the end of March.

New Practice Developments

A Pharmacist has been recruited to work across the five practices within the Primary Care Network that consists of Bramley Avenue, Woodcote Medical Practice, Mitchley Avenue Surgery, Selsdon Park Medical Practice and Old Coulsdon Medical Practice. The Pharmacist will be supporting GPs in each practice undertaking such things as medication reviews.

As part of the PCN work a Paramedic will also work across the group of practices supporting GPs, seeing patients with chronic long-term conditions and undertaking home visits.

Both the Pharmacist and Paramedic will work in weekly blocks across each of the five practices.

Common Cold

Cold symptoms come on gradually and can include

- A blocked nose
- A sore throat
- Headaches
- Muscle aches
- Coughs
- Sneezing
- Raised temperature
- Pressure in the ears and face

How you can treat a cold yourself

To help you get more quickly you need to

- Rest and sleep
- Keep warm
- Drink plenty of water to avoid dehydration
- Gargle with salt water to soothe a sore throat

GPs do not recommend anti-biotics for colds because they will not relieve your symptoms or speed recovery. Anti-biotics are only effective against bacterial infections and colds are caused by viruses.

The Pharmacist can advise you about a suitable linctus.

Be careful not to use cough and cold medicines if you're taking paracetamol and Ibuprofen tablets, as it's easy to take more than the recommended dose.

See a GP if

- If your symptoms do not improve after three weeks
- Your symptoms get suddenly worse
- Your temperature is very high or you feel hot and shivery
- You have a long-term medical condition
- You are concerned about your child's symptoms
- You have a weakened immune system, for example because you are having chemotherapy

Wash hands and surfaces thoroughly.

PPG Virtual Group

The PPG would like to increase the membership of the Virtual Group. To become a member, you need to have an email address that will enable information to be sent to you electronically.

If you would like to receive further information, email

haveyoursay1@live.co.uk

Contact Details

It's important that the practice has your contact details. If you have changed your telephone / mobile number, please advise reception.

Croydon Healthy Homes

Croydon Healthy Homes can help owners and residents renting from a private sector landlord access grant funding for energy improvements to their homes including efficient boilers and insulation. Their advisors can support residents use the heating system and other measures they already have fitted in their homes, to run in the most energy/cost efficient way for the needs of their household. They can fit FREE small energy measures such as LED bulbs, radiator reflector panels and draft proofing. Their advisors can also support residents find and switch to the best energy tariffs and ensure they are receiving all the support they are entitled to from their energy and water providers.

Full details of the service can be seen on their website/

www.croydon.gov.uk/healthyhomes

Support and advice for those affected by stroke

The My Stroke Guide can connect people affected by stroke with others through their online community and help you with

- Advice
- Information
- Videos
- Support

To find out more, contact the Stroke Association.

Stroke Helpline 0303 303 3100
Support Care Team 0300 330 0740

Patient Experience

The PPG are conducting a Patient Experience exercise weekly to identify any trends, The exercise will commence on Friday 17th January.

Patients will not be required to give their name or the reason for their visit to the GP or Nurse if asked to take part in the exercise by a member of the PPG.