Meadowbridge SURGERY

March 2024

Highlights

Pharmacy First Services -Patient Information for certain ailments

Bank holiday Closure

Flu vaccine 50 - 65 year olds

Practice Statistics for February 2024

The Little Orange Book - How to look after those pearly whites

Whitehead Storehouse emergency food supplies to those in genuine need



Patient Facing Services

To register for Patient Facing Services, email reception.z00382@gp.hscni.net with your full name, date of birth and address and we will send you a registration token with all the instructions you need.

Users can request prescriptions, request daily triages (until capacity is full) and send non urgent instant messages.

62% of our patients are already registered. 5,676 out of 9179 patients are using the service regularly.

Falls - Patient Advice Booklet

Falls are a common occurrence for many individuals. The incidence of falls increase as people get older, mainly because of long term health problems which increase the risk of falling. Falling is not simply a consequence of ageing.

If you fall, you are advised to report the fall to your doctor so that the cause of the fall can be investigated. Many falls may seem to be a simple trip, but there can be other factors present which explain why you fell and therefore treatment may be available. This booklet will explain some of the actions you can take yourself to reduce your risks.

Go to https://www.meadowbridgesurgery.uk/falls-prevention-advice/ for more information.

Meadowbridge Surgery Patient Information Pharmacy First Services

- Emergency Hormonal Contraception: This service provides Sexual Health Advice including risks of STIs and how to get tested,
 emergency contraception and if clinically appropriate 3 months' supply of desogestrel bridging contraception, safe-guarding, and
 signposting. The service is available to women and young people aged 13 years and above. Further details (including a providers
 list) are available at Pharmacy First: Emergency Hormonal Contraception Business Services Organisation (BSO) Website
 (hscni.net)
- UTI service for female patients aged 16 to 64 years: This service facilitates the assessment and treatment of women aged 16-64 years presenting with symptoms of uncomplicated LUTI. Further details are available at Pharmacy First: Service Uncomplicated Urinary Tract Infections (UTI) in women aged 16-64 years Business Services Organisation (BSO) Website (hscni.net) Resources include: Training materials for GP practice staff and GP flowchart outlining the exclusion criteria (attached for convenience)
- Sore Throat PILOT service: There are only 42 pharmacies providing this pilot service until the end of March 2024. See attached list of providers. This service offers assessment and where appropriate treatment to patients aged 5 years and above who present to the pharmacy with symptoms of painful, inflamed sore throat. Further details are available at Pharmacy First: PILOT service Sore throat Business Services Organisation (BSO) Website (hscni.net)
- **Everyday Health Conditions:** The box below outlines the conditions available and a protocol for GP practice reception staff is available on the PCI at https://bso.hscni.net/wp-content/uploads/2022/11/PF-Service-Receptionist-Protocol-everyday-health-conditions.pdf

Conditions:		Acne	Athlete's foot	Diarrhoea (acute)
Ear wax	Groin area infection	Haemorrhoids	Head lice	Mouth Ulcers
Oral Thrush	Scables	Threadworms	Vaginal Thrush	Verrucae

Further details available at Pharmacy First: Everyday Health Conditions - Business Services Organisation (BSO) Website (hscni.net)

SURGERY CLOSURE



The surgery will be closed on

Monday 18th March 2024

and will reopen on Tuesday 19th March 2024.

Please ensure medications are ordered in a timely manner and please allow 72hrs for prescriptions to be sent to your nominated pharmacy.

For medical attention during the surgery closure contact Dalriada Urgent Care on 028 2566 3500

Flu Vaccine for 50 - 65 year olds

All patients aged between 50 and 65 years of age are being invited to receive their flu vaccine at Meadowbridge Surgery

To book an appointment, go online via patient facing services or alternatively, contact the surgery after 9.30am on 02893353454.



Eligible patients can receive their flu vaccine here at the surgery until the end of March 2024.

Covid vaccines are no longer offered at the Meadowbridge, however, eligible patients who have yet to receive their vaccine can go to https://www.nidirect.gov.uk/articles/flu-vaccine#toc-0 to find out where they can avail of this service.

www.meadowbridgesurgery.co.uk

Patients can sign up to receive the practice newsletter to their email each month.

Go to the home page and select Surgery News. Scroll to the bottom of the page, where you will be asked to provide an email address.

IN FEBRUARY 2024; 10 NEW PATIENTS SIGNED UP TO RECEIVE OUR BULLETIN TO THEIR EMAIL ADDRESS EACH MONTH



PRACTICE STATISTICS

February 2024



Appointments booked in the Treatment Room

192



Appointments booked and not attended by patient



Daily Triage Slots actioned by a Clinician

2,274



Hospital letters actioned by Practice staff



Prescription requested



Incoming Telephone Calls to the Practice

PRACTICE STATISTICS

February 2024



20,133

General Administration
Tasks



Home Visits by a GP



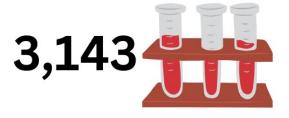
Face to Face Surgery consultations



Triage Telephone calls from Patients



Triage Telephone calls to Patients



Patient results reviewed

#LITTLE ORANGE BOOK

For more information go

https://meadow bridgesurgery.c o.uk/website/Z0 0382/files/Little-Orange-Book-

1%20(1).pdf

TEETH AND TEETHING

USUALLY MANAGED AT HOME WITH SELF CARE

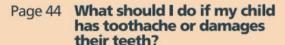
Page 42 How to look after your children's teeth to stop them getting rotten



- Page 43 **Teething**
- Page 43 **Seeing a dentist for the first time**

WHEN YOU MIGHT NEED TO SEEK HELP FROM YOUR GP OR 111

Page 44 What is Tooth Decay?





Page 44 When to seek urgent help



If your child has sweets as a treat, it's better for their teeth if they eat them as their one extra sugary snack in the day instead of spreading them out into lots of smaller snacks throughout the day.

How to look after your children's teeth to stop them getting rotten



SELF CARE

Children should have their teeth brushed for 2 minutes twice a day, morning and night. Download free 'Brush DJ' app from NHS app library for advice and 2 mins. of music to help brushing.

- Remember to 'spit don't rinse' at the end of brushing.
- Children up to age 7 should have their teeth brushed for them or be supervised by a parent or carer.
- Use a thin smear (under 3 years) and pea-sized amount (over 3 years) of toothpaste with at least 1000ppm fluoride (ask dentist/pharmacist if unsure).
- Whole pieces of fruit and unsweetened milk have natural forms of sugar and don't cause decay.
- Sugar (causing decay) is found in lots of food/drink (including 'healthy foods' like fruit juice and yoghurt), check ingredients for things ending in 'ose', such as glucose and corn syrup which are all sugars.
- Your child should only have sugar four times a day including meals and drinks; three meals and one extra snack containing sugar and only water or milk to drink except at meal times.



www.whiteheadstorehouse.com



Whitehead Storehouse exists to provide emergency food supplies to those in genuine need.

We provide support to the following areas: Whitehead / Ballycarry / Islandmagee

If you are, or know someone in need who could benefit from a food delivery contact us on 0759 621 3763, via our Facebook page or email: whiteheadstorehouse@gmail.com

All contact will be treated with the strictest confidence

You can donate non-perishable food to the Storehouse at:

Any Church, The Spar on Edward Road, The Spar in Ballystrudder and Whitehead Community Centre



Call us on: 0759 621 3763