

Meadowbridge SURGERY



Meadowbridge Surgery



reception.z00382@gp.hscni.net



www.meadowbridgesurgery.co.uk

FEATURES

Meadowbridge Website Analytics

Find out how many of you are online and how it's being used.

June Practice Statistics

Practice figures on workload generated throughout the month of June.

Do I Keep my Child Off School?

When to send your child back to school after an illness or condition.

Child Anxiety - Top Tips for Parents

Coping strategies, advice and information for parents dealing with child anxiety.



ONLINE TRIAGE REQUESTS

Online Triage slots are available Monday - Friday from 8.30am. These online slots can be accessed via Patient Services. The number of slots released each morning depends on the GP capacity available for that particular day. If capacity for that day has been reached and triage closes early prior to 10.30am, online slots will no longer be available for patients to book.

Patients are encouraged to include their contact number and triage information within the slot for the Triage GP to deal with. We understand that these slots do disappear very quickly and the slot may actually be booked by another patient when entering your information into the slot. Therefore we encourage patients to have their information for the GP already typed out prior to 8.30am and upon booking, the information can be pasted into the appointment slot quickly, providing the GP with all the information they need as well as securing a booking.

Patients can register for patient services by emailing our non urgent email address; reception.z00382@gp.hscni.net

IN 1 WEEK

31st May 2024 - 7th June 2024



Health and
Social Care

312 GP Surgeries held

202,221 patient consultations

JOIN US ON FACEBOOK!

We've gone live on Facebook with our very own surgery page! Log in, follow us and share the page with your friends and family.

With our new page up and running, we aim to support our patients as well as helping those in the community with advice and support posted daily.

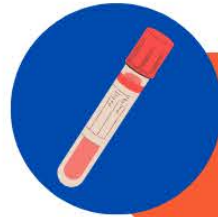


Pharmacy First Services



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 are available at [Pharmacy First : Emergency Hormonal Contraception - Business Services Organisation \(BSO\) Website \(hscni.net\)](https://www.hscni.net/pharmacy-first/emergency-hormonal-contraception).



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](https://www.hscni.net/pharmacy-first/uti-service)



Everyday Health Conditions: The box below outlines the conditions which you can speak to your local pharmacist about and receive free treatment for.

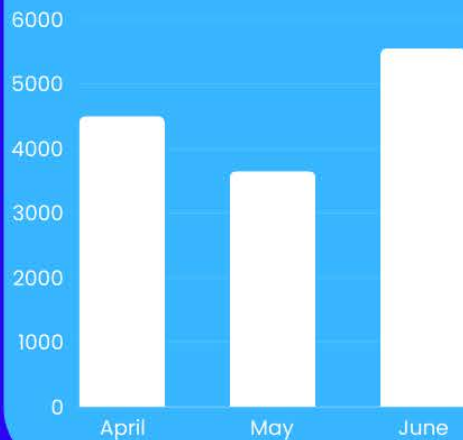
<u>Conditions</u>		Acne	Athlete's Foot	Diarrhoea
Ear Wax	Groin Area Infection	Haemorrhoids	Head Lice	Mouth Ulcers
Oral Thrush	Scabies	Threadworms	Vaginal Thrush	Verruca
Further details are available at; Pharmacy First: Everyday Health Conditions - Business Services Organisation Website				

WEBSITE ANALYTICS

Total
Patients

9,208

Website views
May - June
2024



62.55% patients Registered for Online Services
5765 out of 9208



Patients signed up to Monthly
Newsletter Aug 23 - June 24

Users Genders



Female 3150

Male
2516



Whooping Cough

A HIGHLY CONTAGIOUS AND SOMETIMES SERIOUS BACTERIAL INFECTION

The Public Health Agency (PHA) is urging pregnant women and the parents of young children to book an appointment for the pertussis vaccine to help protect their children after a significant rise in cases of whooping cough.

There have been 769 confirmed cases of whooping cough (pertussis) so far this year in Northern Ireland compared with just two between 2021 and 2023.

Whooping cough can spread very easily. It is best to call your GP practice or GP Out of Hours service before you go in person. This will help to reduce it spreading to others. In an emergency, dial 999.

WWW.PHASITE/WHOOPING-COUGH

WWW.NIDIRECT.GO.UK/CONDITIONS/WHOOPING-COUGH

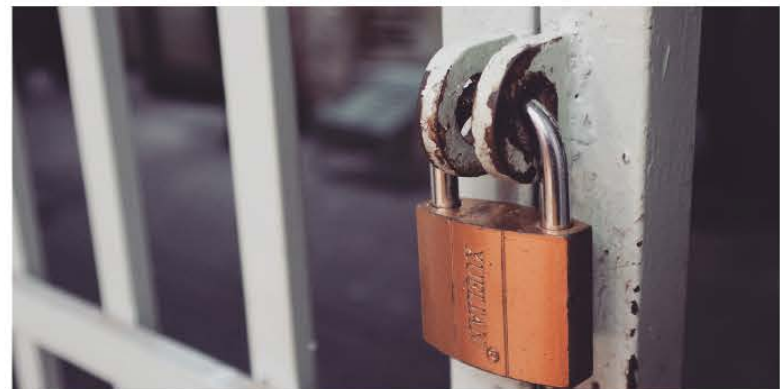


Patient Advice and Support

FURTHER INFORMATION TAB

Find advice and patient support available on the further information tab, located on our website, covering a range of conditions.

WWW.MEADOWBRIDGESURGERY.CO.UK



Practice Closure

FRIDAY 12 JULY 2024

The practice will be closed on Friday 12th July 2024 and will run an emergency only service on Monday 15th July 2024. Please ensure medications are ordered in a timely manner and please allow 72 hours for prescriptions to be delivered to your nominated pharmacy.

PRACTICE STATISTICS



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16,753

Incoming Telephone
Calls to the Practice

4,262

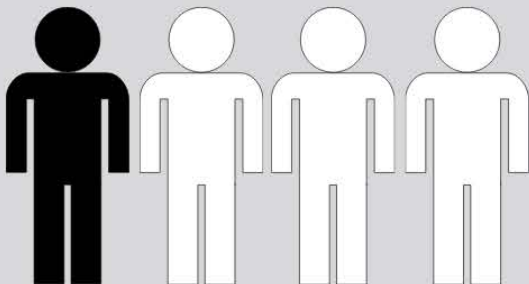
Prescription Items
Requested

16,929

General Administration
Tasks

3,384

Patient results
reviewed



116

Appointments booked, not
attended and wasting the
opportunity of being offered to
another patient.

2 minutes

42 seconds

Average patient waiting time
on Incoming Telephone Lines

PRACTICE STATISTICS



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3,104

Face to Face Surgery
consultations

733

Triage Telephone
calls to Patients

1,247

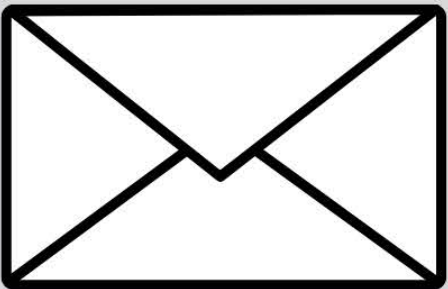
Appointments booked in
the Treatment Room

2,092

Daily Triage Slots actioned
by a Clinician

66

Home Visits by a GP



2,023

Hospital letters
actioned by Practice
staff



Do I need to keep my child off school?

Do I need to keep my child off school?



Chicken Pox Until all spots have crusted over	Conjunctivitis No need to stay off but school or nursery should be informed	Diarrhoea & Vomiting 48 hours from last episode	Glandular Fever No need to stay off but school or nursery should be informed	Hand, foot & mouth No need to stay off but school or nursery should be informed	Impetigo Until lesions are crusted & healed or 48 Hours after commencing antibiotics
Measles or German Measles 4 days from onset of rash	Mumps 5 days from onset of swelling	Scabies Until after first treatment	Scarlet Fever 24 hours after commencing antibiotics	Slapped Cheek No need to stay off but school or nursery should be informed	Whooping Cough 48 Hours after commencing antibiotics
Flu Until recovered	Head Lice No need to stay off but school or nursery should be informed	Threadworms No need to stay off but school or nursery should be informed	Tonsillitis No need to stay off but school or nursery should be informed		

Child Anxiety - Top Tips

Healthy Coping Strategies



Talk to your child about their fears & worries. Learning a list of strategies to use in a moment of anxiety can help children to cope such as deep breathing, using a stress ball, writing it down or counting to 10.

Respect Your Child's Feelings



Listen and empathise when your child expresses their fears and worries. Avoid saying things such as, "There is nothing to worry about/You will be fine." Let them know you understand how they are feeling.

Stay calm



Children pick up on their parent's emotions. If you're feeling anxious, your child could experience an increase in their own anxiety. Slow down your speech, take deep breaths to relax, & ensure your body language & facial expressions show that you are calm.

Focus on the positives



Children who are anxious can get lost in negative thoughts, self-criticism and worry about future events. Focus on your child's positive qualities; the more regularly you do this the more that it will encourage your child to focus on the positives.

Don't avoid things just because they make a child anxious

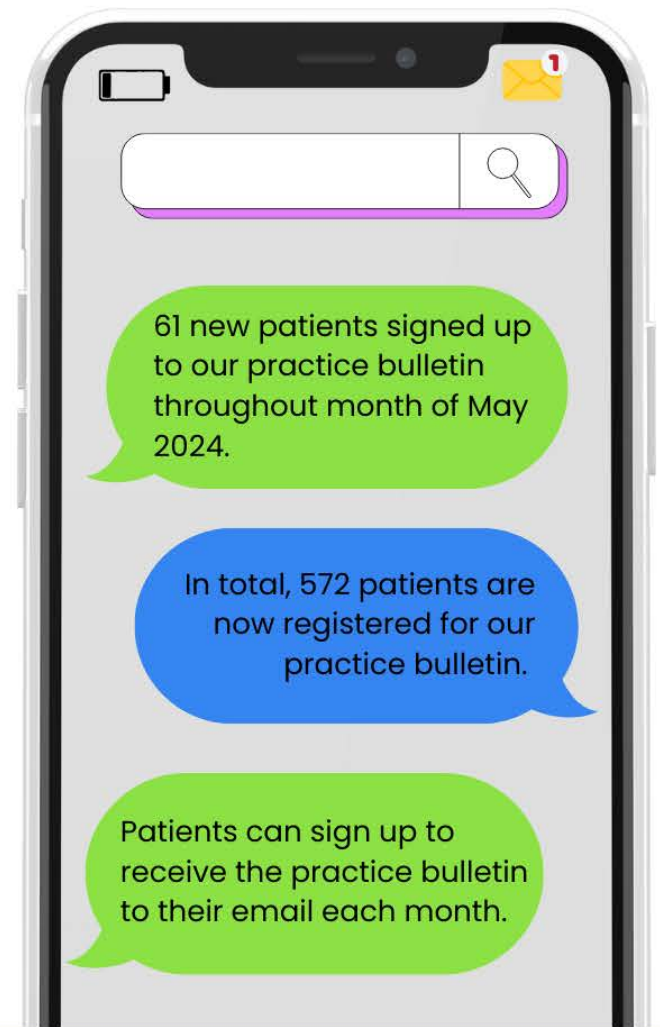


Avoidance teaches children that the best way to control anxiety is to avoid whatever triggers it. Encourage your child to identify their triggers and use coping strategies as a way to overcome anxiety.

Encourage your child to express their anxiety



Validate your child's feelings by saying things like "You seem worried. What are you worried about?" teaching them that anxiety is a completely 'normal' emotion and that it won't last forever.



SIGN UP FOR OUR NEWSLETTER

www.meadowbridgesurgery.co.uk

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

Did you know...



The Government gives this practice just £107.57 for each patient, whatever their health needs. That's less than the cost of a TV licence.

This means we're only given 30p a day for every patient registered with us – less than the cost of an apple.



GPs want the same things that you do.

We believe nobody should struggle to see their family doctor.

We believe general practice deserves **a bigger slice** of NHS funding so we can train and hire more GPs, deliver the services you require and make it easier to get appointments to see your GP and practice team.

We know you deserve better than this. GPs Are On Your Side.

bma.org.uk/GPsOnYourSide