

Monthly Newsletter

JUNE 2025



How to use a nasal spray?

Getting your nasal spray technique right is very important because it helps you to manage your symptoms better. It may take a few tries to feel comfortable using your nasal spray, but it gets easier with practice. There are lots of different brands of nasal spray. They are all held and used in slightly different ways, so do check the instructions when you receive your spray. If you are using your nasal spray for the first time, first shake it well with the cap on for ten seconds. Take off the cap. Hold the nasal spray upright, point the nozzle away from you and press the button on the side or press the pump down. Do this until you see a fine mist of spray coming out. This means it is now ready for use. To use your nasal spray, first gently blow your nose. Shake the nasal spray well. Take off the cap and hold the nasal spray in the opposite hand to the nostril into which you are going to use the spray. Tilt your head forwards a little bit. Place the nozzle just inside your nostril, pointing it slightly outwards, away from the centre of your nose. This helps the medicine get to the right place and helps to avoid side effects.

For more information, go to <https://www.asthmaandlung.org.uk/living-with/inhaler-videos/nasal-spray>

PATIENT FEEDBACK

"I can't say I'm a regular visitor to the doctors (luckily), however I must say, any interactions I have had with staff by phone or in person have been super friendly and efficient. A fantastic service provided on a recent visit by Advanced Nurse Practitioner Gillian. Great knowledge and advice provided regarding peri-menopause symptoms and treatment options. I felt very supported and listened to."



Enjoy the outdoors safely



**be
tick
aware**

lymediseaseuk.com

What is Lyme Disease?

Lyme disease is caused by *Borrelia*, a spirochete bacteria. It's the most common tick-borne infectious disease in the northern hemisphere and there are multiple strains of the bacteria. Lyme disease is endemic in many parts of the United Kingdom, particularly in woodland or heath-land areas but disease carrying ticks can also be found in cities and gardens.

Symptoms can start with an **erythema migrans** (EM) rash, often described as a bulls-eye rash, but the rash can also be more **irregular**, which sometimes leads to a misdiagnosis of ringworm or cellulitis.

If caught early, Lyme disease can be easy to treat. However, complications can occur if the infection is left untreated. 'Chronic Lyme disease' is not a medically accepted term in the UK. However, independent Lyme treating practitioners use it to describe long-term symptoms and complications associated with the disease. and also what happens if the patient is not diagnosed early on after being infected or if initial treatment has failed.

Other modes of transmission include **congenital transmission** from mother to baby. Although *Borrelia* has been found in biting insects such as mosquitoes and spiders, **there is not yet enough research** to prove that the disease can be transmitted via other vectors.

Blood, tissue and organ donation, along with **sexual transmission** are all cause for concern, but again there is not enough research being done in this area. The **CDC state** that, "Although no cases of Lyme disease have been linked to blood transfusion, scientists have found that the Lyme disease bacteria can live in blood that is stored for donation." Until more is known, it would be wise for Lyme patients past and present, to avoid donating their blood or tissue and we aim to continue raising the issue with the Department of Health.

For more information on Lyme Disease, how it spreads, and how to treat it, go to www.lymediseaseuk.com



TRAVEL VACCINATIONS

Meadowbridge Surgery can provide Travel Vaccinations which are **available on the NHS** but we cannot provide information or advice to patients on what vaccinations are required. Prior to travelling, patients **should allow as much time as possible** to arrange their appointment in a travel clinic and for the administration of the vaccines in the clinic or here at the surgery

Vaccines should be given **at least a minimum of 2 weeks prior to travel to ensure immunity** as it takes the body that time to create an appropriate immuno response. For vaccinations, patients must first contact a travel clinic or local pharmacy who offer the service. Here, patients will receive advice on what vaccinations they need and if required, patients will be given paperwork to bring to the surgery for NHS only vaccinations. Please note, we cannot order or administer NHS travel vaccines without this travel clinic paperwork and please bare in mind it may take time for the pharmacy to order specialised vaccines.

Upon receipt of any travel clinic paperwork, we at the surgery require the patients date of travel.

Unfortunately, appointments required at Meadowbridge Surgery **cannot be expedited in the event** that the patient has not contacted a travel clinic sooner.

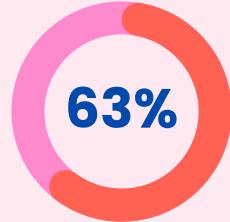
The following are the only vaccines available on NHS Prescriptions: Hepatitis A, Typhoid, Diphtheria, Tetanus and Polio. Any other vaccines required should be obtained via a specialised travel clinic.

For more information on travel vaccinations and where to make an appointment, please go to our website www.meadowbridgesurgery.co.uk.

MBS Online Statistics

May 2025

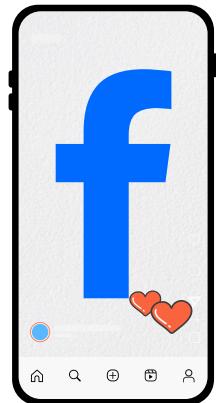
Patients Registered for Patient Online Services



To register for this service, send an email to reception.z00382@gp.hscni.net including your name and date of birth. You will receive a registration token.



Total newsletter subscriptions



105,327
Facebook
views in last
28 days



MAY STATISTICS

An summary of work output throughout the month of May by all practice staff.

MEADOWBRIDGE SURGERY | 2025

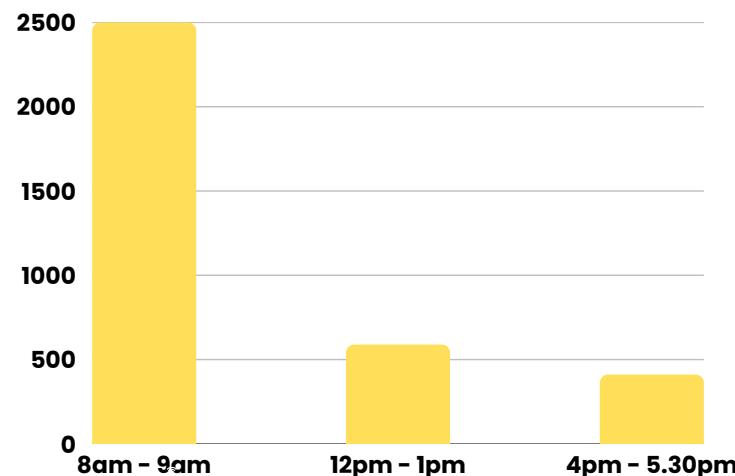
TELEPHONE STATISTICS

9,123

Incoming Telephone Calls to the Practice



AVERAGE CALLS RECEIVED HOURLY



Average Patient Wait Time once in the queue
3 minutes
10 seconds

DAILY TRIAGE AREAS

54

Patient Home Visits by a GP

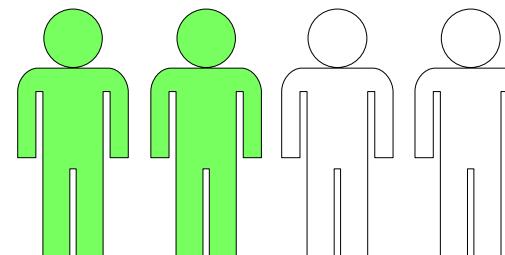
2,895

Face to Face Appointments

2,171

Triage call back to Patients

APPOINTMENTS BOOKED AND NOT ATTENDED



110

These are appointments that have been wasted and could have been offered to another patient.

ADMINISTRATION TASKS



2,322

Hospital letters actioned by Practice staff



15,370

General Admin Tasks by Clinical and Admin Team



5,367

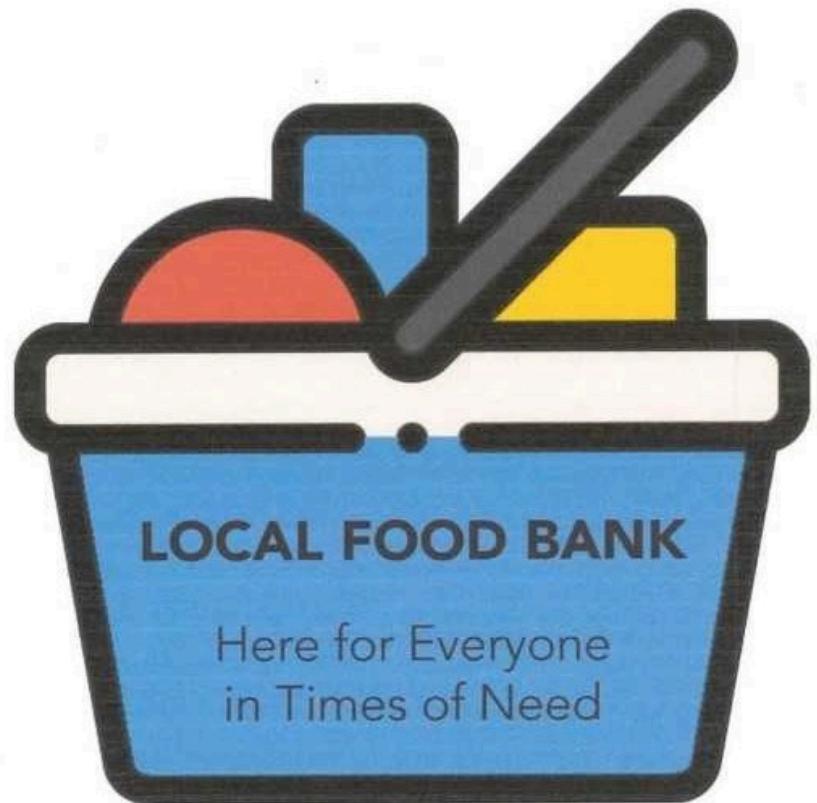
Prescriptions Issued



2,440

Patient Results Reviewed

WHITEHEAD STOREHOUSE



You can make a request for yourself or someone you know who is struggling.

CONTACT US

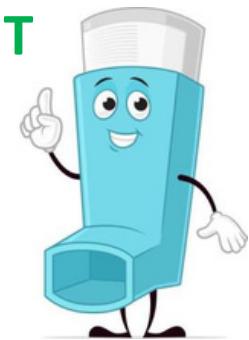
Phone: 07596 213 763

Email: whiteheadstorehouse@gmail.com

Website: www.whiteheadstorehouse.com

Facebook: Whitehead Storehouse

RETURN YOUR USED INHALERS TO A PHARMACY TO HELP REDUCE YOUR CARBON FOOTPRINT



The propellants used in some inhalers are powerful greenhouse gases that contribute to **climate change**. Even after an inhaler is finished it still contains these environmentally damaging gases.

(Please be assured these gases are not harmful to you when you use your inhaler)

Return all used inhalers to your local pharmacy for safe disposal – Returned inhalers will be incinerated which will destroy the greenhouse gases and prevent inhaler plastics going to landfill



Don't throw used inhalers into your household waste or recycling bins! Landfill disposal of inhalers is harmful to the environment due to left over gases being released into the atmosphere. Plastics from inhalers cannot be recycled using domestic recycling schemes

Make each puff count! – Only order your inhaler when required to reduce waste

If you have concerns about the environmental impact of your inhaler, make an appointment with your GP practice - **don't stop using your inhaler!**

Causes of CKD

CKD can be caused by:

- high blood pressure – over time, this can put strain on the small blood vessels in the kidneys and stop the kidneys working properly
- diabetes – too much glucose in your blood can damage the tiny filters in the kidneys
- high cholesterol – this can cause a build-up of fatty deposits in the blood vessels supplying your kidneys, which can make it harder for them to work properly
- kidney infections
- glomerulonephritis – kidney inflammation
- autosomal dominant polycystic kidney disease – an inherited condition where growths called cysts develop in the kidneys
- blockages in the flow of urine – for example, from kidney stones that keep coming back, or an enlarged prostate
- long-term, regular use of certain medicines – such as lithium and non-steroidal anti-inflammatory drugs (NSAIDs)

CKD can be diagnosed using blood and urine tests. These tests look for high levels of certain substances in your blood and urine that are signs your kidneys are not working properly.



Treatments

There's no cure for CKD, but treatment can help relieve the symptoms and stop it getting worse. Your treatment will depend on how severe your condition is. Lifestyle, medicine, dialysis or transplantation may be options.

Outlook

CKD can range from a mild condition with no or few symptoms, to a very serious condition where the kidneys stop working, sometimes called kidney failure. Most people with CKD will be able to control their condition with medicine and regular check-ups. CKD only progresses to kidney failure in around 2 in 100 people with the condition.

CHRONIC KIDNEY DISEASE

www.nhs.uk/conditions/kidney-disease



Chronic kidney disease (CKD) is a long-term condition where the kidneys do not work as well as they should.

It's a common condition often associated with getting older. It can affect anyone, but it's more common in people who are black or of south Asian origin. CKD can get worse over time and eventually the kidneys may stop working altogether, but this is uncommon. Many people with CKD are able to live long lives with the condition. There are usually no symptoms of kidney disease in the early stages. It may only be diagnosed if you have a blood or urine test for another reason and the results show a possible problem with your kidneys. At a more advanced stage, symptoms can include:

- tiredness
- swollen ankles, feet or hands
- shortness of breath
- feeling sick
- blood in your pee (urine)

PUBLIC HEALTH CAMPAIGNS



HEALTH ADVICE FOR TRAVELLERS

Whether planning a family vacation or backpacking across Asia there are several things to consider to help protect your health when abroad. The Public Health Agency (PHA) has put together a handy guide of health advice to help protect you and your family's health when travelling.

- Children are particularly at risk as they are more likely to approach animals and may not report bites or scratches.
- Don't touch or feed animals, even in temples, zoos or sanctuaries.
- Avoid attracting stray animals by dropping food or litter.
- Rabies-infected animals may behave strangely or seem unusually tame, but some may not have any signs that they are infected.
- Wash your hands before eating and drinking and after using the toilet.
- Don't swim if you have had diarrhoea within the past 48 hours.
- Shower before entering pools.
- Use swim nappies for young children and take regular bathroom breaks.
- Avoid swallowing water in pools or natural sources.

For further information on the health risks of the country you're travelling to or to find out about the travel vaccinations that are recommended to protect against diseases not prevalent in the UK see www.travelhealthpro.org.uk or speak to your local travel clinic.

KNOW YOUR UNITS CAMPAIGN

A new campaign in community pharmacies is encouraging people to be more aware of how much alcohol they drink and the impact it could be having on their health. The Public Health Agency's (PHA) 'Know your units' campaign will run in community pharmacies across Northern Ireland throughout June and July 2025 as part of the Living Well service. It aims to increase awareness of the drinking guidelines and the health risks associated with drinking alcohol in excess of these guidelines. "Drinking too much can seriously affect your health. The risk of developing a range of health problems increases with the more you drink on a regular basis.



Some alcohol-related harms impact overwhelmingly on women. For example, we know that drinking alcohol increases the risk of breast cancer in women. This is why it's so important to be aware of how much alcohol you are drinking, its impact on your body, your mental wellbeing, and the steps you can take to reduce the amount you drink. "Speak to your pharmacist or GP if you are concerned about your own or someone else's drinking." For more information go to www.publichealthagency.hscni.net

DATES FOR YOUR DIARY – JUNE 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

| | | | | | | |
|----|--------------------------------|---------------------|----|---|----|-----------------------------|
| 01 | 02 | 03 | 04 | 05 | 06 | 07 |
| 08 | 09 Carer's Week | 10 Diabetes Week | 11 | 12 | 13 | 14 World Blood Donor Day |
| 15 | 16 Learning Disability Week | 17 | 18 | 19 Cervical Screening Awareness Week | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 01 | 02 | 03 | 04 |

BANK HOLIDAY CLOSURE

**The surgery will be closed on
Monday 15th July 2025
and will operate an emergency only service on
Tuesday 15th July 2025.**

**For urgent medical attention, please contact
Dalriada Out of Hours Service on
02825663500.**

**Please ensure medication is ordered in a timely
manner and please allow 3 working days for
prescriptions to be delivered to your nominated
pharmacy.**