



Marsh Medical Practice Winter Newsletter

NHS Services Explained – A general reminder

Hangover, grazed knee, sore throat, cough?	Self-Care: be sure to stock up your medicine cabinet with pain killers, plasters and antiseptic creams. Visit www.choosebetter.org.uk for further advice on taking care of yourself.
Diarrhoea, runny nose, painful cough, headache?	Pharmacies (chemists): can provide confidential health advice and treatment. There is no need to make an appointment. To find your nearest local pharmacy, go to www.nhs.uk .
Vomiting, ear pain, sore belly, backache?	Your local GP (doctor): can provide a wide range of family health service including advice, prescriptions for medicines and referrals to other health and social services. Practice nurses often work alongside them to help supports' everyday health.
Unwell, unsure, confused, need help?	111: call 111 for fast, reliable medical help and advice for anything that is not a life-threatening emergency.
Cuts, sprains, itchy rash, strain?	Urgent Care/ Walk in centres / Minor Injury Units: offer access to a range of treatment for minor illnesses and injuries. You will be seen by an experienced nurse, without an appointment.
Heavy bleeding, broken bones, chest pain, trouble breathing?	Emergency Department/ A&E: should only be used in an emergency for critical or life-threatening situations. If you cannot travel yourself, you should dial 999 for an ambulance.

National Influenza Surveillance Programme

This practice is a member of the Royal College of General Practitioners Research and Surveillance Centre (RCGP RSC) and is participating in a national influenza surveillance programme. If you have flu-like symptoms e.g. a fever, cough, headache, runny nose, you may be asked to participate. Your GP will ask you to take a swab, which will be tested for flu. The primary purposes of the RCGP RSC are:

- Surveillance of infectious diseases, particularly flu
- To predict when flu outbreaks & pandemics occur
- Vaccine effectiveness studies; principally in collaboration with Public Health England

Flu and other Vaccinations

Since we are still in the cold Winter weather period, it is very important to prevent ourselves from becoming ill. One of the ways of doing this is through vaccinations. Please remember to ask for a flu vaccination if you are eligible and haven't already. Keep up-to-date with all vaccinations available to you, for example pneumococcal vaccine and shingles vaccine. Please ask reception if you are unsure what you need.

It is also vital that children are up-to-date with all childhood vaccinations such as Measles, Mumps and Rubella. Measles, mumps and rubella are highly infectious conditions that can have serious, and potentially fatal, complications so its far better to be vaccinated against them!



You said...

"We would like to be notified of any delays or increased waiting time if doctors and nurses are running late."



We did...

"We are in the process of updating our patient calling system which will include when doctors are running late. The system will be up and running by the end of March."

