



SAXMUNDHAM HEALTH NEWS

The Surgery, Lambsale Meadow, Saxmundham,
IP17 1DY

*Winter/Spring 2009
Happy New Year!*

Wasted Medication

We recently had approximately £900 worth of unused medication returned to us, including 61 inhalers, from a patient who had passed away. Unfortunately we are not able to reuse this medication and it is simply disposed of. Please only order repeat medication you really need. Not ticking an item does not mean it will be taken off repeat, it just means you don't require it this time. A medication is only taken off repeat if it hasn't been ordered for more than 6 months. NHS resources are valuable and we need to ensure we are not wasting them.



New Arrival

We are pleased to announce that KJ, who works in our dispensary, gave birth to a healthy baby boy on 23rd December!

Dispensary News

Following the Pharmacy White Paper and consultation put before parliament on 3rd April 2008, we are delighted to report it has not been passed! This means the surgery is able to continue the service to our dispensing patients.

We would like to thank everyone for their comments and letters of support during the consultation process. Clearly the level of opposition to the changes was a major factor in the Government's decision.

Throughout the Christmas, New Year and stocktaking period we have been extremely busy in dispensary. We'd like to apologise for any inconvenience this may have caused and thank you for your patience during this hectic time.

We must also mention that throughout this period we have had to deal with almost three times our normal workload which has put our dispensary staff under a huge amount of pressure. As an example, on 2 separate dates we had 956 patients totalling 3251 items and 703 patients totalling 2306 items. Despite this, we have still managed to deal with **ALL** requests for prescription within 48 hours.

To help ease some of the pressure on dispensary we are going to open two hatches. **Hatch 1**, nearest the entrance to the surgery, will be for routine repeat prescriptions.

Hatch 2, further round, will be for surgery prescriptions and for confidential dispensary issues that you might have.

CHLAMYDIA

Test, Text and Treat - So You Don't Get Beat!

If you are between 16-24 years then please read on...

Are you in the know about Chlamydia?

It is one of the most common sexually transmitted infections; about **1 in 10** of you reading this will have it, but may not know you have it as often there are no symptoms.

That is why we are offering people of this age a simple and painless free Chlamydia test that you can do yourselves. The result will be sent to you via text or email and if we find you have Chlamydia you will be given free antibiotic tablets to sort it out.

Please drop in and ask at reception or speak to a nurse/doctor at your next appointment.

As a practice we have decided to try and initiate a 'Patient Participation Group' or PPG. We are looking for a cross section of people with varying skills and knowledge base to help launch our PPG.

We plan to have an initial meeting on Wednesday 28th January at 6.45pm. If you would like to learn more about our PPG please contact Jayne Coulson on 01728 602022.

Christmas Goodies



A huge thank you for all of the kind Christmas presents sent in for the doctors and staff. All staff members received a selection of goodies to take home for Christmas.



Look After Yourself

There are few public initiatives that have greater potential for improving health and wellbeing than increasing the activity levels of the population. Being physically active reduces the risk of developing heart disease and type II diabetes by up to 50%.

What can you do?

- 30 minutes of moderate activity (e.g. walking) 5 times a week
OR
- 20 minutes of vigorous activity (e.g. fast walking or cycling etc) 3 times a week.

Equipment Fund

We would like to thank all our patients for their kind donations to our equipment fund over the last year. Mr Whybird and Mr & Mrs Wright (pictured below) presented equipment to the surgery at a recent event in January.

