

SUMMER 2018

EASTSIDE SURGERY

July Holiday: Thurs 12th & Fri 13th

The surgery will close early on Wed 11th July @ 4 pm

Late summer bank holiday : Mon 27th August

NEWS

Dr O'Hara will be leaving the practice in Aug 18 we all wish her well.

Dr Lynn

Will be joining the practice in Aug 18

Repeat Ordering

Please be aware that within this practice the list of medicines that you take are divided into 2 groups -Repeats & Acutes.

Your **Repeat** medicines include preparations you take on a regular basis (e.g every day) and have been taking for some time.

Repeats may be given in larger quantities (e.g up to 3 months at a time) .

Your **Acute** medicines may include medicines that you have recently started and other may require careful monitoring such as strong pain killers or diazepam.

Acutes must be reviewed every time you order and so may require more time to process within the practice. Normally you will only be provided with 28 days supply.

Pregabalin

Over the next number of months we will be reviewing all patients within the practice who are taking a drug call Pregabalin. It is used for the treatment of epilepsy, nerve (neuropathic) pain and for a type of anxiety called Generalised Anxiety Order (GAD) Unfortunately this drug has the potential to lead to abuse/misuse and dependence.

NEW: We have added some self help sections to our web site. For further information please visit www.eastsidesurgery.hscni.net

- ♦ **Pain tool kit**
- ♦ **Living with pain**
- ♦ **Hayfever**

PHONING TO SPEAK TO A DOCTOR

If you need to speak to a doctor, please phone the surgery

Before 11AM

Phoning to speak to a nurse

Test results will be given by the nursing team. If you need to speak to a nurse, your name and details will be added to the nurse telephone list, the nurse or HCA will phone you back

after 11.30 am

Your Data Privacy and the Law

Regulations require the practice to renew Data protection registration annually. We adhere to NHS confidentiality policies and follow strict protocols for information sharing with other professionals.

Our privacy policy can be accessed on our website:

www.eastsidesurgery.hscni.net

FOUR WAYS TO CUT YOUR CANCER RISK

- ♦ Know your skin
 - ♦ Check the UV index before leaving the house
 - ♦ Team up shade, clothing and sunscreen
- ♦ Try the shadow rule—The sun's UV are strongest when your shadow is shorter than you . This is when you are more likely to burn.



PLEASE REMEMBER

Your prescription will be ready in **48 working hours**

In May 2018 **55 Patients**

Did Not Attend

their GP appointment nor did they phone the surgery to cancel.

This equates to 3.5 GP clinics

PICK UP A LEAFLET IN RECEPTION



USEFUL TELEPHONE NUMBERS

The Arches Centre	90563303
Ulster Hospital	90484511
Belfast City Hospital	90329241
Royal Victoria Hospital	90240503
Musgrave Park	90902000
Mater Hospital	90902000
Ulster Ind Clinic	90741211
Out of Hours	90796220
Reception	90451000
Repeat Prescription Line	90451212
Emergency lunchtime number	0743 5760079

Abdominal Aortic Aneurysm (AAA) screening

We have been informed by the Health Board that the uptake for men in the practice aged over 65yrs attending AAA screening is very low .

Around 1 in 65 men screened in Northern Ireland at aged 65 has an AAA. Men over 65 who have never been screened are at greater risk. AAA can be life threatening if left untreated. Many of our patients have not turned for their AAA scan when invited.

All men in Northern Ireland in their 65th year will receive an invitation for an ultrasound scan that checks for swelling in the aorta. Look out for your invitation in the post.

Men over 65 can also request a scan through the screening programme office on 02890631828.

Ladies speak to your male relatives and friends who are 65 yrs + about this screening