



Autumn 2011

Healthy Times

The newsletter of the White Horse Medical Practice

Are you a Carer? Please let your GP know so that we can add this to your patient record. The PCT

In this issue:

- Are you a Carer?
- Opening Hours
- Cancelling appointments by text message
- Flu Clinics
- NHS Health Checks
- Registration
- Travel advice
- Minor injuries unit at Abingdon Hospital
- Diabetic foot care

Practice opening hours.....

The practice is open for longer hours on some days to improve access to appointments to patients for pre-bookable appointments.



The practice will be open on Monday evenings for appointments with the Dr or Nurse that have been booked in advance.

You will not be able to telephone the practice during these hours as the staff will be dedicated to

the extra surgeries. There will be no change to the dispensary hours.

Any requests for urgent medical treatment outside of our normal hours (Monday to Friday 8am

to 6.30pm) should go to the Out of Hours service by telephoning 0845 345 8995 as usual.

Extended surgeries are of particular benefit to those patients who cannot get to the Drs during working hours.

Normal opening hours are 8am to 6.30pm Monday to Friday.

...appointment cancellation

We have a **new** text appointment cancellation service.

Please text us on **07501 981515**

We will need your name and date of birth, the date and time of your appointment and who it is with.

We can then offer your appointment to someone else.

Thank you.

**Isn't it time
that you
visited our
website?!**

**www.whmp.co.
uk**

Flu Clinic

If you have received an invitation letter, please make an appointment. We are running sessions throughout October and November both during the week and on Saturdays.

Please prevent the spread of flu by having your jab if you've been invited to do so.

At risk groups include pregnant women. Please ask at reception if you are newly pregnant and have not been invited in.

NHS Health

Even if you are feeling well, it's worth having an NHS health check. This check is part of a new national scheme to help prevent the onset of stroke, heart disease, diabetes and kidney disease.

Everyone aged between 40 and 74 who has not already been diagnosed with these conditions will be invited for a check once every 5 years.

The check takes only 20 to 30 minutes.

We have started writing to patients inviting them to attend for a health check. Please make an appointment for your health check when you receive your invitation.

New to our practice? Please ensure that registration forms are received at least 24 hours before you want to see the doctor.

Blood Pressure and Weight Check

We now have a piece of equipment for you to check your own blood pressure and BMI in the waiting room.

If you use the machine, please hand the print-out to reception with your name and date of birth written on it.

Foreign Travel

We are an approved yellow fever centre and our practice nursing team offer travel advice and carry out any necessary immunizations.

Some of these are available on the NHS, but certain others have to be paid for as private prescriptions. Please ask at reception or take a look at our website for the charges applicable.

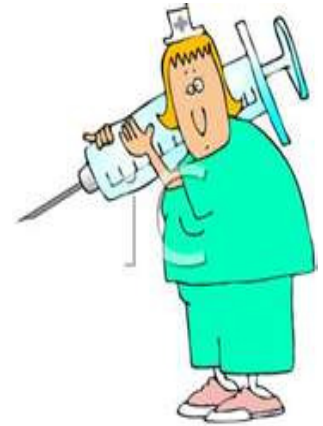
We have introduced a travel risk assessment form. Copies of this are available from reception, but can also be downloaded from our website.

We ask patients requiring travel advice to complete

the form and drop it into reception a couple of days prior to their appointment with the nurse.

The nurses can then review your answers and ensure that the best use is made of your appointment time with them.

Our dispensary can also order any malaria tablets that you may require.



Minor injuries unit at Abingdon Hospital



Did you know that there is a minor injuries unit at Abingdon Hospital? The unit is open from 10am to 10.30pm 7 days a week.

Many people go to A&E when they could be treated just as well and probably quicker at a minor injuries unit.

In A&E staff must give priority to life threatening illnesses, so if you go there with a minor injury you

may have to wait longer to be seen than if you visit your local MIU.

Minor injury units can treat patients with the following:

- Deep Cuts
- Eye Injuries
- Broken Bones
- Severe Sprains
- Minor Burns and scalds
- Minor head injuries

You don't need an appointment to visit a minor injuries unit.

For all **life threatening conditions** including chest pains, blacking out, severe blood loss or breathing difficulties call 999 for an ambulance or go to the Emergency department at the John Radcliffe or Great Western Hospitals.

Have you visited our website?

www.whmp.co.uk

Diabetes foot care

Diabetes can lead to high levels of glucose in the blood which can damage blood vessels and nerve endings in the feet.

If you have diabetes, you should have an annual foot check by a health professional which should help highlight any con-

cerns which need to be referred to a podiatrist e.g nail deformities and calluses (hard skin). Never try and treat these yourselves with knives or scissors and avoid acid preparations such as corn plasters as these can damage the skin.

Diabetic Neuropathy limits the feeling in our feet and means we can cause injury without realizing it. Ischaemia, or reduced circulation, leads to poor skin quality and the colour, temperature and condition of the feet can all be adversely affected.