

GREYSTOKE GAZETTE

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Surgery News

Help is in sight

The staff and doctors are aware that it has been difficult to get appointments with GPs in recent months and we apologise for this. It has been due to exceptionally high demand and increasing numbers of patients. To improve access and ensure the GPs have time to deal with the complex and seriously ill patients the partners are investing in additional clinicians. We are going to employ two very experienced advanced care physiotherapists who will see patients with musculoskeletal problems. We have also been able to employ an advanced nurse practitioner with many years of experience who will be seeing patients with minor illnesses. They will all be starting in April.

In order to make best use of the staff and to ensure that all patients get the best possible care it will be necessary at times to direct you to specific clinicians for example to see one of our Advanced scope physiotherapists if you have a knee problem. We ask for your patience and understanding when you are being offered services by our reception staff as, unfortunately, this will mean that you will not

always be able to see your choice of GP. Our receptionists have received training to identify patients who would be best served by being seen by these clinicians rather than a GP. If we work together we can make sure that all of our patients have prompt access to the healthcare they need.



We are also delighted to welcome two new registrars to our team who introduce themselves below:

Dr Kate Rowley

Hello, I am a GP trainee in my final post, I will be at Greystoke until August 2019. In my spare time you'll find me outdoors; I like fell running and I am currently in training for an ultra - marathon.

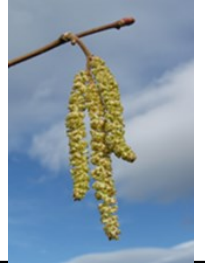
Dr Aditi Kumar

Thank you for the warm welcome I have received over the past 2 weeks since starting at Greystoke surgery. I am originally from India, and am a combination of both north and south Indian. However, I spent most of my childhood and school years in the Middle East after which I came to Newcastle University for my medical training. The beautiful North East is now my "home away from home" as I have now lived here for the past 12 years. During my placements I have worked at various hospitals in the North East and at practices in both Northumberland and Newcastle. I chose to train to become a GP because I love talking to my patients and being here to listen and help with a variety of different problems. Outside of work I enjoy doing art, playing the piano and guitar, and of course, travelling and learning about different cultures! I am excited to be a part of the team for the next few months as I complete my training in General Practice. Thanks for having me!



Hay fever sufferers

All the evidence shows that if you start your anti-histamines, sprays and drops before your hay fever develops you will achieve much better control of your symptoms throughout the hay fever season. Despite the current old weather the hazel catkins are out and shedding pollen and the other trees will be following soon. All those who are sensitive to tree pollens should be starting their medication now. If you are only sensitive to grass pollens you should start your medication by the end of April.



Taking Medication on Holiday

The Foreign and Commonwealth Office (FCO) advise that holidaymakers should check the rules on carrying medicines abroad to avoid falling foul of local laws. Some examples they give are Diazepam, Tramadol, codeine and a number of other commonly-prescribed medicines count as "controlled drugs" so you need to check the regulations in the country you wish to visit. Failing to comply may result in arrest, a fine or imprisonment in many countries, including Greece and the UAE. In Japan, medication containing pseudoephedrine - found in over-the-counter medicines like Sudafed and Vicks - are banned



The FCO recommend travellers check the Foreign Office website's travel advice pages for destination countries or the TravelHealthPro website which was set up by the Department of Health. They also say you can contact the embassy, high commission or consulate in the UK of the country you're travelling to for advice on the legal status of specific medications.

The gov.uk website has a full list of foreign embassies in the UK

Home visits

Patients' care is optimised if they can attend the surgery as they are seen in the most conducive environment with the right equipment, full medical records and other health care professionals for advice where required. In addition other patients are helped as the doctor or nurse can provide care to 3-6 other patients in the time it takes to do one home visit. We, therefore, ask that unless you are truly housebound (only able to leave the house by ambulance) you attend surgery for your appointments. Sadly, we have had to put this item in as we are getting repeated requests from patients to have a home visit because they are not prepared to pay for public transport or a taxi to bring them here.



What is weaning?

Introducing your baby to solid foods, also referred to as weaning or complementary feeding, starts when your baby is around 6 months old. Your baby should be introduced to a varied diet, alongside their usual breast milk or infant formula.



Public Health England (PHE) launched its first ever Start4Life campaign offering parents support and advice on introducing solid foods to their baby, during what can be a confusing time. A brand-new weaning hub has been launched on the Start4Life website to help parents during their weaning journey. Packed with NHS-approved advice and tips for each weaning stage, plus simple, healthy weaning recipes, it puts everything parents need to know in one place.

Healthwatch Northumberland would like to encourage patients to contact them if they would like to feedback about any social care or health care service. Also, should patients have any queries about aspects of health or social care, they are able to signpost to a wide variety of services across Northumberland. Please see following link: www.healthwatchnorthumberland.co.uk

