

FMC NEWS

Spring 2010

Welcome to the eighth edition of our Patient Newsletter. We are committed to publishing one every quarter to improve communications with our patients. **We have past editions of all newsletters on display in our main waiting area as some of the content may still be of use to patients.**

We are **closed** for TARGET from **12 noon** on the following dates:

Tuesday 13th April, Tuesday 27th April, Tuesday 25th May

Please remember that we are **closed every Wednesday** between 12.30pm & 1.30pm.

Bank Holiday closures:

Friday 2nd April & Monday 5th April (Easter), Monday 3rd May (May Day),
Monday 31st May (Spring Bank)

Emergencies Only!

A&E is for emergency treatment only!

Chapped lips, lost prescriptions, broken false nails and paper cuts are just some of the silly reasons why people have gone to their local accident and emergency (A&E) department! So **unless you need emergency medical attention please avoid attending.**

An emergency is a **critical** or **life threatening** situation such as:

- Loss of consciousness
- Heavy blood loss
- Suspected broken bones
- Persistent chest pain for 15 minutes or more
- Difficulty breathing
- Overdose, ingestion or poisoning

At Fountain Medical Centre we are doing our best to help you select the most appropriate choice for your urgent care and to reduce the impact on our over-stretched local A&E departments.

CHOOSE WELL from the list of different kinds of healthcare you may need:

Self care – looking after yourself with a well-stocked medicine cabinet.

NHS direct – 24 hour helpline for any health enquiry – call 0845 46 47.

Pharmacist (chemist) – expert advice on common illnesses and medicines.

GP (doctor) – for illnesses that won't go away.

West Yorkshire Urgent Care Services – for people in urgent need of local care around the clock, call 0345 605 99 99.

A&E or 999 – only for those in need of immediate and life-saving care.

For further information visit: www.nhs.uk

Wasted Medicines = Wasted Money

Medicine wastage is a serious and growing problem within the NHS.

Sometimes, patients or carers with repeat prescriptions continue to get more medicines than they really need and stockpile them at home. This wastes millions of pounds and huge quantities of medicines

Did you know?

- Unused prescription medicines cost NHS Leeds over **£5 million every year!**
- Even if you never open them, once medicines have left the pharmacy or dispensary they cannot be recycled or used by anyone else.
- Unused medicines should be taken to a pharmacy for safe disposal.
- Unused medicines kept at home are a safety risk for children and others who might take them.

How can you help?

- Let your GP or pharmacist know if you've stopped taking any of your medicines.
- Check what medicines you still have at home before re-ordering.
- Discuss your medication with your pharmacist or GP on a regular basis. A confidential medicines check-up with your pharmacist will help you find out more about your medicines, identify any problems and help you take your medicines in the best way.
- Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need.
- If you don't need the medicine don't order it! If you need the medicine in the future you can still request it.
- If you need to go into hospital, please take all your medicines with you.

Please remember your medicines are prescribed for you – it is not safe to share them.

Remember - only order what you need and help us make more of your local NHS. Thank You

Got your number?

What is my NHS Number?

Everyone who is registered with the NHS in England and Wales has their own unique NHS number. This helps healthcare staff to find your health records.

Each NHS number is made up of 10 digits shown in a 3-3-4 format: e.g. 943 / 476 / 5919.

Using it to identify you correctly is an important step towards improving the safety of your health-care.

To find out your NHS number you can contact your GP practice, if you are not registered with a GP you can ask your local primary care trust to look it up for you.

Staff News

Congratulations to Dr Sally McAllese on the safe arrival of a baby daughter.

Welcome to Dr Lynsey Fielden who has now joined our team of GPs on a permanent basis

Sadly, Dr Owen will be leaving the practice in May for pastures new, we wish him all the best!

At Fountain Medical Centre we now have a Pharmacy Advisor, Sally Bower. If you wish to speak to her about any medicine related query please let reception know.

Watch out for our Summer edition in June 2010!