

# Cockhedge Medical Centre

Newsletter January 2019



## Online Services

Please sign up for online services. Bring some photographic identification, plus proof of your address into reception and we will set you up with passcodes. You will then be able to order repeat prescriptions, book and cancel appointments and request to view your medical record.

## DNA's

In December there were **32** patients that did not attend (DNA) their appointment. This equals to **5 hours and 20 minutes** of wasted clinicians time. Please contact the surgery to cancel or re-arrange your appointment if you are unable to attend.

## Do you really need to see a GP?

You can self-care at home this winter and be prepared for treating minor ailments and illnesses. Here's a list of the key things you need in your home medicine cabinet:

### **Pain Relief**

Pain killers like Aspirin, Paracetamol and Ibuprofen are highly effective at relieving most minor aches and pains, such as headaches and menstrual cramps. These medicines can also help with some minor ailments, such as the common cold, by reducing aches, pain and temperatures. Paracetamol, Aspirin and Ibuprofen also help reduce the inflammation seen in Arthritis and sprains.

### **Bear in mind:**

- Aspirin mustn't be given to children under the age of 16
- Ibuprofen must be taken with caution if you have certain conditions, such as Asthma – check with your Pharmacist if in doubt
- Pregnant women shouldn't take Ibuprofen – visit the bumps website to find out more about taking medicines when you're pregnant

### **Oral Rehydration Salts**

Fever, diarrhoea and vomiting make us lose water and essential minerals, and can lead to dehydration. Oral dehydration salts, available at pharmacies, are an easy way to help restore your body's natural balance of minerals and fluid, and help your recovery. But they don't fight the cause of your illness, such as a virus or bacteria.

### **Anti-Diarrhoea Tablets**

Diarrhoea is caused by a range of things, such as food poisoning or a stomach virus, and can happen without warning. It's a good idea to keep an anti-diarrhoea medicine at home.

Anti-diarrhoea remedies can quickly control the symptoms of diarrhoea, although they don't deal with the underlying cause. The most common anti-diarrhoeal is loperamide, sold under the names Imodium, Arret and Diasorb, among others. It works by slowing down the action of your gut.

Don't give anti-diarrhoeal medicines to children under 12 as they may have undesirable side effects. Speak to your GP or Pharmacist for advice about a child with these symptoms.