

W I N T E R 2 0 1 7

# Hampton Hill Medical Centre

Open for New Patient Registrations

## Opening Hours

We are open as usual on all working days throughout the holiday period. Whilst we will be operating our full range of services, we may need to prioritise urgent medical requests above routine queries and follow-up simply due to winter pressures on our appointments.

We are closed on Monday 25<sup>th</sup>, Christmas, Tuesday 26<sup>th</sup> December, Boxing Day, and Monday 1<sup>st</sup> January for New Year's Day. We are extremely busy on working days either side of these holidays.

Please plan ahead for repeat prescriptions. Your pharmacist may agree to give you up to 30 days' medicine in an emergency.



## Telephone Consultations

Since 1876, the telephone has been used as a means for getting medical advice. In fact, Alexander Bell's first recorded call was for medical advice after he spilt sulphuric acid on himself! We offer a telephone consultation call-back service. This is ideal to discuss cold/flu, blood results, urine infections, hospital discharge, medications (not repeat orders), where physical examination may not be required. It is ideal for patients who work, study or are housebound. This is not an emergency service. 111 offer a similar service 24 hours a day, everyday.

## Save the Date!

### Children's Flu!

**Every weekday**

We will see your child for the nasal flu spray as a walk-in for ease of access

### Health Checks

**Mon-Thurs 2018**

Kick off the new year with an NHS health-check apt. if you're aged 40-74

### Deaf Awareness

**14<sup>th</sup> December**

Public training  
9am-1pm, email [HRCH.audiology@nhs.net](mailto:HRCH.audiology@nhs.net) to book



## Roundup of other news

**NHS Richmond no longer supports GPs prescribing over the counter medication. Read more:** <http://www.swlmcg.nhs.uk/Policies/Pages/Position%20Statements.aspx>

### Most effective contraceptive?

Research has shown that contraceptive pills have a high failure rate compared to implants, coils and injections. We are now advising pill users to consider extended pill-taking to reduce hormone fluctuations. This 'Sulak' regime involves taking 3 packets back to back and just having 4 days off for a bleed. It is off-license.

If you wish to switch to a longer acting but reversible contraceptive, we will fit implants and coils to NHS registered and temporary NHS patients every Friday by appointment. Interested? Please call 020 8977 0043 to book a chat. Teddington Memorial offers the same on Wednesday mornings by calling 0333 300 2100.

### Air Pollution Reaches Toxic Levels

London's air pollution crisis was much talked about over the autumn with newspaper articles and our Mayor discussing the effects of toxic dust on our lungs. Please see us if you're struggling with asthma, chronic obstructive airways disease or allergies. Some folk opt for particle-filtering face masks; London will be clamping down on wood-burning stoves & diesel



### When is hay fever season again?

1 in 5 people in the UK suffer from this allergy to grass or hay pollen but if symptoms begin in January, February or March, it is likely that you're allergic to flowering trees, such as Hazel or Alder. Different plants will release their pollens at varying times through the year and it's weather dependent. So, if you develop symptoms, see your pharmacist before it's unbearable.







## Stay Well This Winter with NHS & Public Health England

We are supporting this national campaign to help people with long-term health conditions, children under 5 and those over 65 to prepare for winter and ward off common winter illnesses. Winter can be challenging for the health of these people, increasing risk of blood pressure, heart attacks and strokes for those with a long-term health condition or who are over 65, whilst young children can readily pick up and spread illnesses amongst their wider circle – including family members of all ages.

Visit <https://www.nhs.uk/staywell/> or for support with benefits and heating, visit the Council's website: <http://www.richmond.gov.uk/winterhealth>

How to prepare against the cold weather:

- At the first sign of a cough or a cold, get immediate advice from your pharmacist before it gets more serious.
- Speak to your pharmacist about medicines you should have in stock over winter.
- Pick up prescription medications before the Christmas holidays start as many GPs and pharmacies will close over the holidays.
- It is important to keep warm in winter, so heat your home to at least 18C (65F), if you can. You might prefer your living room to be slightly warmer.
- Make sure you get your walk-in flu jab asap!



## Trainees

We are delighted to announce that Dr Julie Lees has successfully qualified as a GP and will continue with us part-time, whilst training her puppy! We welcome our new GP trainee, Dr Camilla Rowland in February 2018.



## Health Technology News

### Alive Cor Kardia – NHS trials now

The medical-grade ECG device that allows you or your GP to understand your heart rhythm anytime, anywhere. In just 30 seconds and the application of your fingertips to the reader, the heart rhythm will appear on a smart phone. GPs could detect atrial fibrillation quickly, preventing devastating strokes.



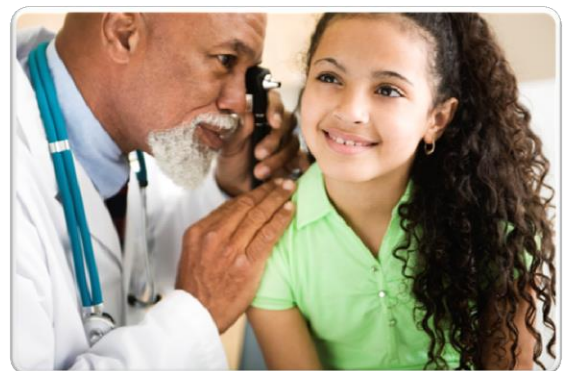
### ORCHA

The Organisation for the Review of Care and Health Applications is an independent body which uses a clinical and academic framework to assess apps in terms of risk and benefits. This might help doctors and patients navigate the 160,000 apps in the Apple and Android stores and provides a directory.



### FreeStyle Libre – private purchase

The days of routine blood sugar testing through finger pricking needles, test strips and blood may soon be a thing of the past. This flash glucose monitor provides a small sensor placed on the upper arm for up to 2 weeks. Its sensor can be read at any time to know the current glucose reading for diabetics needing insulin treatment. Google has made a contact lens that monitors blood sugar in tears!



### Vision Anywhere

The Richmond GP Alliance, a collaborative between all GP practices in the Borough, has been working with the practice software provider, INPS, who provides read-write access to medical records anytime anywhere. Sharing secure medical records should improve communication between home, the surgery, specialists and community teams and reduce delays and errors.