



### The Wrythe Green Surgery

Wrythe Lane, Carshalton, SM5 2RE,  
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Spring 2019

## PATIENTS PARTICIPATION GROUP NEWS



### Practice & Hub News



Over 76% of the Wrythe Green Surgery's over 65 year olds received the flu vaccine this winter. This was the highest rate in Sutton. GPs prefer it if patients receive their flu vaccine at the Surgery, rather than at a pharmacy, as this enables the Practice to keep patients' records up-to-date.

**Shingles Vaccination:** This is now available in the Hub. Ask at the Wrythe Green Surgery Reception for details

### ADMIRAL NURSES

At the last PPG meeting it was learnt that Admiral Nurses (Specialist Dementia Support), can be contacted for support for families caring for people with dementia at home. Admiral Nurses provide information, advice and sit-in care and can arrange for dementia sufferers and their carers to attend meetings for their age group. The main contact tel. no is: 020 8770 5327, (10am — 4pm).  
Email: [admiral.nurseteam@nhs.net](mailto:admiral.nurseteam@nhs.net)

It is anticipated that Admiral Nurses will give a talk on their work at the 9th July PPG meeting.  
(see page 5 for more details)



## Prescribing of over the counter medicine is changing

The NHS needs to use resources more sensibly. Until now it has been spending £136 million a year on prescriptions for medicines, such as paracetamol, that can be bought at a pharmacy or supermarket. This money could be spent on treatments for people with more serious conditions such as cancer, diabetes and mental health problems.

From March 2019 your GP, nurse or pharmacist will not generally give you a prescription for over the counter medicines for a range of minor health concerns. Instead, over the counter medicines will be available to buy in a pharmacy or supermarket in your local community. Pharmacists can offer help and clinical advice to manage minor health concerns and, if symptoms suggest it is more serious, they will ensure you get the care you need. This new system applies to the following treatments:

Acute sore throat	Conjunctivitis	Coughs, colds and nasal
Cradle cap	Dandruff	Diarrhoea (adults)
Dry eyes/sore eyes	Earwax	Excessive sweating
Haemorrhoids	Head lice	Indigestion and heartburn
Infant colic	Infrequent cold sores of the lip	Infrequent constipation
Infrequent migraine	Insect bites and stings	Mild acne
Minor burns and scolds	Mild cystitis	Mild dry skin
Mild irritant dermatitis	Mild to moderate hay fever	Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain).
Mouth ulcers	Nappy rash	Oral thrush
Prevention of tooth decay	Ringworm/athletes foot	Sunburn
Sun protection	Teething / mild	Threadworms
Travel sickness	Warts and	

GPs, nurses and pharmacists will also generally no longer prescribe probiotics and some vitamins and minerals. Patients can get these from eating a healthy, varied and balanced diet, or buy them at a pharmacy or supermarket. (continued on page 3)

## **The Prescribing of Over the Counter Medicines is Changing** (Continued from page 2 )

### **Exceptions to the new prescription rules -**

You may still be prescribed a medicine for a condition on the list if:

- You need treatment for a long-term condition, e.g. regular pain relief for chronic arthritis or inflammatory bowel disease.
- You need treatment for more complex forms of minor illness. e.g. migraines that are very bad and where over the counter medicines do not work
- You need an over the counter medicine to treat a side effect of a prescription medicine or symptom of another illness, e.g. constipation when taking certain painkillers.
- The medicine has a licence which doesn't allow the product to be sold over the counter to certain groups of patients. These could include babies, children or women who are pregnant or breast-feeding.
- The person prescribing thinks that a patient cannot treat themselves, for example because of mental health problems or severe social vulnerability.

The reasons vary for each condition. Your GP, nurse or pharmacist will speak to you if this affects you.

**At the last PPG meeting held a talk was given by Reena Barai, of SG Barai, Erskine Road entitled, Your Pharmacy and You. Set out below is a summary of Reena's talk.**



Reena highlighted the importance of getting advice from your local pharmacy as this helps busy GPs and will reduce the number of unnecessary GP appointments and fit with new advice on getting patients to purchase over the counter medicines for minor health concerns rather than obtain a prescription from the doctor.

Pharmacies have convenient opening times and many are open Saturdays and Sundays too. Sutton & Merton's Out of Hours pharmacy is at Rosehill Pharmacy, 28 The Market, Wrythe Lane, near to St. Helier Hospital. To check local opening times Reena suggested using the following website:

**<https://beta.nhs/find-a-pharmacy/results?location=SM5+1AA>.**

Patients worried that their symptoms haven't improved can go back to their pharmacists, call 111 or contact their GP. Pharmacists have many years of training and the recently published NHS 10 year plan emphasising disease prevention uses their expertise to give advice on type 2 diabetes, cholesterol and obesity. Pharmacists also provide blood pressure checks, vaccinations and sexual health testing. This is all part of the Healthy Living Pharmacies programme. Some pharmacies in Sutton also provide a free 'Morning After Pill' service although from March 2019 there will be a charge of £2 for this.

The importance of pharmacists is growing and they can now be found working in GP surgeries and care homes as well as hospitals and local shops. The number of pharmacies has risen from 11,000 to 13,000 in the last few years and there are also online pharmacies although these cannot provide face-to-face interaction. A 15% funding cut means that the number of pharmacies will reduce despite a petition of 100,000,000 signatures to keep them all open.

Flu vaccines are also available at pharmacies. They are free of charge to those who are eligible but cost £8 — £15 for others.

Brexit: Pharmacists are concerned because only 5% of drugs prescribed are made in the UK. There has been some stockpiling of drugs to ease the changes coming at the end of March.

***For a more detailed report of Reena's talk please see the Minutes of the meeting held on 15 January 2019 on the Surgery's website.***

# The ROYAL MARSDEN

## Community Services

### NHS Sutton Community Musculoskeletal Service

A physiotherapy led musculoskeletal service is being offered by The Royal Marsden. The aim of this service is to determine the cause of your symptoms and whether investigations such as X-rays or scans are needed and what treatment patients require. Patients need to be referred to the service by their GP and once referred will need to book a consultation at either St. Helier Hospital: Monday am & Thursday am or at The Jubilee Health Centre: Tuesday pm & Friday am.

When booking you will be asked to provide some personal details and asked questions about your current problem.

Please note that this is a busy assessment clinic and patients may have to wait to be seen. It is requested that patients **do not bring** children, friends or relatives with them if at all possible.

#### Patients Participation Group Planned meetings:

**Tuesday 2 April 2019**

**AGM**

**Tuesday 9 July 2019**

**Talk by Admiral Nurses on their work**

**(to be confirmed)**

**Both meetings will be held at the Wrythe Green Surgery, 1-3pm. All Wrythe Green Surgery patients are welcome to attend. Refreshments will be available**

If you would like to receive PPG and surgery updates by email and text, please complete this slip and hand it in at Reception.

Name: \_\_\_\_\_

Email \_\_\_\_\_

Mobile Phone No. \_\_\_\_\_