

Chemist Requesting Medication Stops !

What does this mean for me?

Between four—seven days before your medication runs out you will need to ask the practice to issue your prescription for you. This can be online via the SystmOnline Portal, on your request slip in the red collection box the foyer at Parkside or by post.

If you want to order your prescriptions online but have not yet registered you can register by speaking to one of our reception team, they will ask you to complete a registration form and take a copy of your photographic Identification. Your username and password will be emailed to you within 2 working days.

We can still send your prescription to any chemist that you would like, the quickest way is electronically or you can collect the paper copy at the surgery if you prefer.

Why are we doing this?

The NHS has found that there has been an increase in chemist ordering medications on behalf of patient when the patient doesn't want or need them. This has lead the Milton Keynes CCG to stop all medication requests coming from Chemists. There have been instance of chemists requesting medication for patient that have been stopped by their GP and patients ending up with huge stockpiles of medication that they don't need because the chemist is ordering regardless of the patient need.

Luton CCG has estimated its implementation of this initiative saved approximately £2 million over two years and Milton Keynes is hoping for the same cost saving.

Who is exempt for the change?

- Patients who are housebound, who cannot order on line, or do not have a carer or representative that can order on their behalf.
- Patients using a Monitored Dosage System (Dosette box)
- Patients who have a learning disability who do not have a carer who can order on their behalf.
- Patients who have dementia who do not have a carer or representative who can order on their behalf.

If you think you meet the criteria above please let the reception team know and we can record an exception on your records.



Millions of us around the UK are experiencing high levels of stress and it is damaging our health. Stress is one of the great public health challenges of our time, but it still isn't being taken as seriously as physical health concerns.

Stress is a significant factor in mental health problems including anxiety and depression. It is also linked to physical health problems like heart disease, problems with our immune system, insomnia and digestive problems.

Individually we need to understand what is causing us personal stress and learn what steps we can take to reduce it for ourselves and those around us.

What can you do for Stress Awareness Month?

Talk about Stress and its effects – lets work together to reduce the stigma that is associated with stress by talking about the topic openly and freely with friends, family and colleagues.

Share your coping mechanisms – if something has worked for you why not share it. It might benefit someone you care about and in the meantime it might help you take your focus off your own challenges.

Be nice to those who are stressed and anxious – we are all undoubtedly going to experience stress and anxiety in our lifetime so treat others going through wit with compassion and empathy.

Look after yourself, we all need to think more about self-care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well, even when you feel too stressed.



NHS Zero tolerance campaign

NHS staff should be able to come to work without fear of violence, abuse or harassment from patients or their relatives.

In most cases, patients and their relatives will be appreciative towards those who treat them and the administration staff that have the difficult job of keeping everything running but a minority of people are abusive or violent towards staff.

The NHS is committed to dealing with this problem.

While at Parkside we don't deal with physical abuse on a daily bases there have been many occasions over the years that staff have been injured during altercations with aggressive patients, but what we do have is a culture of who shouts loudest with some patients openly admitting that they will get verbally abusive with the staff to get what they want. Staff have said that they are sworn at or too at least one a week while simply doing their jobs.

Reported physical attacks on NHS staff within these trusts rose by just under 5,000 or 9.7 per cent between 2015-16 and 2016-17, but there is no government body collating data on violent assaults against staff or responsible for staff safety in England.

Please don't be rude or abusive to our staff.

YOUR CHOICE OF TREATMENT

PHARMACY OPTICIAN DENTIST DOCTOR SECURITY POLICE COURT PRISON

STOP ABUSE OF NHS STAFF
Verbal or physical abuse of our staff could result in prosecution

NHS
Security Management Service

www.cfsm.nhs.uk



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Newsletter

April 2019



Hay Fever

How can I treat my hay fever?

You can get “over the counter” (OTC) hay fever medications from pharmacies and supermarkets.

Why cant I get a prescription for this?

After a local and national public consultation on OTC medicines, GP practices were instructed not to prescribe simple hay fever treatment. Hay fever is a common allergy and most people with mild to moderate symptoms are able to treat themselves with OTC medicines. For children in full-time education and for people that receive benefits that allow them to have free prescriptions, your pharmacy can supply some medicines free of charge through the local minor ailments service (MK Pharmacy First). Speak to the pharmacy team for more information.

To help your symptoms try:

- Keep house and car windows closed, especially when the pollen count is high (early morning between 7am to 9am and evenings between 5pm and 7pm).
- Avoid large grassy areas, woodland, cutting the grass, pollutants and car fumes.
- Wear wrap-around sunglasses.
- When you get in from outside wash your hands, face, hair, rinse your eyes and change your clothes.
- If possible stay indoors when the pollen count is high.
- Use petroleum jelly inside your nose to trap any pollen.
- Keep your house clean and wear a mask and glasses when doing house work.
- Don't dry washing outside to avoid pollen sticking to your clothes.
- Consider buying a pollen filter for air vents in the car.

When should I see a GP?

- If you are experiencing wheezing, breathlessness or tightness in the chest.
- If you are pregnant or breastfeeding.
- If your symptoms are not relieved by over the counter treatments in combination with measures to reduce your exposure to pollen.



Opening times
Monday—Friday
7.30—19.00
Closed Saturday, Sunday and
Bank holidays

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