

KNEBWORTH AND MARYMEAD MEDICAL PRACTICE

PATIENT PARTICIPATION GROUP NEWSLETTER

November 2020

PRACTICE NEWS

Covid-19 Vaccinations

At the moment, all the local Practices are busy planning on how to deliver the Covid-19 vaccine to their patients. Lots of guidance has come out about how it will be supplied to Practices, how to administer the vaccination to each patient, and the priority groups. No firm dates have been set but we are planning to be ready to go at the beginning of December. It is likely that the Practices may have to reduce their existing services to patients, as doctors and nurses will be needed to administer the Covid-19 vaccinations when they become available.

We are doing all we can to try and minimise this issue within our Practice, but it is something we have to be aware of. As our plans develop and progress, I will update you again.

Ken Spooner, Practice Manager

Type 2 Diabetes and Self-help

Type 2 diabetes is becoming more and more prevalent and we should all do what we can to minimise the risk of getting Type 2 diabetes. Type 2 diabetes can be avoided by changing our life styles. Reducing our weight, taking more exercise and healthier eating can all help us avoid Type 2 diabetes. To help people see whether they are at risk of Type 2 diabetes, the NHS has developed a simple on-line tool which can assess your risk of developing the condition. The link to this is <https://bit.ly/39Bqubl#diabetesprevention>.

If you find yourself at risk of Type 2 diabetes, you can also refer yourself for free help and support at www.preventingdiabetes.co.uk.

The Practice also offers help and support with managing your weight and healthier eating. If you wish to use this service, contact the surgery and book in with one of our nurses.

Ken Spooner, Practice Manager

Christmas and New Year Arrangements

Knebworth and Marymead surgeries will both be closed for Christmas at 6.30 pm on Thursday, 24th December and will reopen on Tuesday, the 29th. Over the New Year, they will close at 6.30 pm on Thursday, 31st December and reopen on Monday, 4th January.

If you require medical assistance when the surgeries are closed, call Herts Urgent Care on 111. If it is serious, go to the Accident and Emergency Department at the Lister Hospital, or call 999. The Extended Access surgery at King George Surgery, 135 High Street, Stevenage SG1 3HT, will be open for routine appointments from 10.00 am to 2.30 pm during the Bank Holidays, but will not be available for urgent or emergency appointments.

For the most part, retail pharmacies will be closed on Christmas Day, Boxing Day and New Year's Day. However, a list of those in the locality that will be open on one or other of these days for the dispensing of prescriptions will be posted in pharmacy windows.

PHARMACY NEWS

Prescription Advice for the Christmas and New Year Period

If you would normally need to order or renew your prescription during the week commencing 21st December, please do this earlier, ideally during the week commencing 14th December.

If you routinely collect your medications from a nominated pharmacy, please check that they will be able to order and dispense your prescription well in advance of the Christmas and New Year holiday period.

Dosette Boxes

If the person you care for has a complicated medication regime with different tablets or capsules taken at different times during the day, a pharmacist may decide to provide them in dosette boxes.

These are plastic boxes with small compartments and each box contains a week's supply of medication. It has clear labels with times and days to help the patient to remember to take the medication correctly.

The decision to use a dosette box is based on an individual patient review by the community pharmacist with the patient or the patient's relative or carer. Sometimes it is useful for the prescribing doctor to be involved in the discussion. Dosette boxes are not suitable for every type of medicine.

Pharmacists do not normally receive payment for making up dosette boxes but may do so for patients who qualify under the Equality Act 2010 (previously known as the Disability Discrimination Act 1995).

Ask your pharmacist for more information about dosette boxes if you think they could be helpful.

PPG MEETINGS

The next PPG Meeting will be at 7.00 pm on Tuesday, 15th December and will again be via Zoom. If you are interested in joining this online event, please notify one of the PPG Officers (contact details below) so that you can receive the Zoom code and password, together with a copy of the Agenda.

The first Meeting in the New Year will be on Tuesday, 19th January, again using Zoom. Please make a note in your new diaries.

CHRISTMAS GREETINGS

Since this is our last newsletter of 2020, the Officers of the PPG, on behalf of its members, wish all the staff and patients of the Knebworth and Marymead Medical Practice a Safe and a Happy Christmas and better things to look forward to in the New Year.

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