

KNEBORTH AND MARYMEAD MEDICAL PRACTICE

PATIENT PARTICIPATION GROUP NEWSLETTER

July 2019

NEW KNEBORTH SURGERY DEVELOPMENT

We understand that the building of the new surgery in St Martin's Road is still on schedule and that it should be completed and ready for occupation by the end of November.



Certainly the works are continuing at a good pace. On Thursday, 11th July, we were able to watch concrete being pumped into the foundations and within less than a week the main structural steelwork had been erected.

“HISTORICAL” PATIENT DATA

If you have visited either the Knebworth or Marymead surgery recently, you may have noticed the empty shelves at the back of the reception area. These contained all the paper-based patient records in buff coloured folders; these were known as “Lloyd George” files, or envelopes, which were first used in 1911, when the politician, David Lloyd George, introduced a national health insurance scheme for low-paid working men. The folders have been moved to an off-site storage facility which has NHS England accreditation but they will remain accessible to the Practice for the rare occasions that they may be required.

OVER THE COUNTER MEDICINES

As we have explained in earlier newsletters, the Practice will no longer routinely write prescriptions for medicines that you can buy yourself; these are often described as “Over the Counter” (OTC) products.

The Clinical Commissioning Group has produced a detailed list, as shown below, of the items that the doctor or nurse will not normally be able to prescribe for you.

- Acne creams (mild) and washes
- Antifungal treatments for athlete’s foot and nail infections
- Antifungal treatments for thrush, e.g. Canesten®
- Antihistamines, nasal sprays and eye drops to treat allergies or hayfever
- Antiperspirants
- Barrier creams, e.g. for nappy rash
- Bath oils and shower gels
- Cold sore treatments
- Colic treatments for infants, e.g. Infacol® and gripe water
- Cough, cold and sore throat treatments
- Dental products e.g. toothpastes, mouthwashes, gargles and teething gel
- Diarrhoea treatment (short-term)
- Earwax removers and softeners
- Haemorrhoid treatments
- Head lice treatments
- Indigestion treatments, e.g. antacids, Gaviscon®, Peptac®, ranitidine, omeprazole
- Laxatives for short-term use (less than 72 hours)
- Moisturising creams, gels and ointments for dry skin conditions with no diagnosis
- Painkillers and pain rubs for short-term use, including paracetamol, ibuprofen, Calpol®
- Prescribed foods outside agreed guidelines, e.g. some formula milks for children aged over 2 years old
- Probiotics
- Shampoos, e.g. for dandruff
- Sun creams
- Threadworm tablets
- Travel sickness medicine
- Vitamins and mineral supplements
- Wart and verrucae treatments

However, there are certain situations where your doctor may consider that you should continue to have your treatment prescribed even though this may be an over the counter medication. Some examples are:

- Patients prescribed an OTC treatment for a long term condition (e.g. regular pain relief for chronic arthritis or treatments for inflammatory bowel disease).
- For the treatment of more complex forms of minor illnesses (e.g. severe migraines that are unresponsive to over-the-counter medicines).
- For those patients that have symptoms that suggest the condition is not minor (for example, indigestion with very bad pain).
- Treatment for complex patients (e.g. immunosuppressed patients).
- Circumstances where the product licence doesn't allow the product to be sold over the counter to certain groups of patients. This may vary by medicine, but could include babies, children and/or women who are pregnant.
- Patients with a minor condition suitable for self-care that has not responded sufficiently to treatment with an OTC product.
- Patients where the clinician considers that the presenting symptom is due to a condition that would not be considered a minor condition.
- Circumstances where the prescriber believes that in their clinical judgement, exceptional circumstances exist that warrant deviation from the recommendation to self-care.
- Individual patients where the clinician considers that their ability to self-manage is compromised as a consequence of medical, mental health or significant social vulnerability to the extent that their health and/or wellbeing could be adversely affected, if reliant on self-care.

EXTENDED ACCESS FOR APPOINTMENTS

Out-of-hours routine appointments can now be made at the Kingsway Health Centre, Unit 18, Stevenage Leisure Park, SG1 2UA. These can be arranged through the Practice at both Marymead and Knebworth reception desks or by telephone on the usual surgery numbers. They are available from 6.30 – 8.00 pm on weekdays and from 10.00 am – 2.30 pm on Saturdays, Sundays and Bank Holidays. It is important to realise that these are for routine appointments and are not for emergencies. Furthermore, patients will be refused Extended Access appointments if they do not agree to their patient data being shared with this service.

FORTHCOMING PPG MEETINGS

The next PPG Meeting will be our annual “Help Yourself to Health” evening on Wednesday, 24th July at Knebworth Village Hall.

There will be no PPG Meeting during August but we shall continue with our usual full Meetings on Tuesday, 24th September at 7.00 pm (venue to be confirmed later).

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