



Harbury Surgery Newsletter

Spring 2011



Opening Hours

We will be closed for the Easter Bank holidays of Good Friday on 22 April 2011, Easter Monday on 25 April 2011 and then the additional holiday for the Royal Wedding on Friday 29 April 2011. We are also closed for May Day on Monday 2 May and Spring Bank holiday on Monday 30 May. Please order medications in good time and remember to pick up before the holidays.

Staff News

We have said goodbye to Sophie at the end of January. She has worked on reception and secretarial duties for the past 3 years and is moving on to care work at a local nursing home. We wish her well. Her replacement is Kim who lives in Harbury. She will be undertaking secretarial, administration and reception duties.

Since the beginning of the year staff have undertaken training in Fire Awareness with extinguisher practice (you may have seen us with the extinguishers, out in the car park, on a very cold day in January) and then we have also just received Basic Life Support training. Here at the Surgery we have protected learning time approximately once a month where our GPs attend presentations and seminars given by clinical specialists and occasionally we are closed whilst all staff undertake specific training. When we have no GPs available at the Surgery, or if we are closed, the Out of Hours service will take all telephone calls and deal with them as necessary.



National Salt Awareness Week 21-27 March 2011

For this year's salt awareness week the topic of 'Salt and Men's Health' has been chosen because more men prematurely die of cardiovascular disease (CVD) than women. CVD accounts for 29% preventable deaths in men (compared to 21% in women). The research shows that men eat more salt than women and on average have a higher blood pressure than women, particularly at a younger age, and are less likely to have their blood pressure measured, to take action to reduce it when it is raised or to take blood pressure lowering drugs.

A healthy adult should not be consuming more than 6g of salt a day. That could be eaten in one meal if you eat processed foods or foods with a high salt content. High salt foods include anchovies, bacon, cheese, gravy granules, ham, olives, pickles, prawns, salami, salted and dry roasted nuts, smoked meat and fish, soy sauce, stock cubes and yeast extract. Ready meals and foods like sausage, soup and sauces can also be high in salt.

Remember - High is more than 1.5g salt per 100g (or 0.6g sodium). Low is 0.3g salt or less per 100g (or 0.1g sodium).

Eat high salt foods only occasionally and remember you have to multiply sodium by 2.5 to get the salt content.

Missed appointments

In the quarter October to December a total of 33 clinical hours were lost as a result of patients not attending their appointments and not cancelling. **Please cancel if you cannot attend your appointment.**



Hayfever Advice

Hayfever is caused by an allergy to pollen. Medication is provided to enable you to lead a normal life despite the symptoms of hayfever and the strength of treatment will depend on how bad your symptoms are.

Here is some advice for sufferers:

- Avoid pollen, pet hair, dust mites and central heating.
- Don't sleep with the window open.
- Don't drive a car with the window open.
- Avoid flowers in the house.
- Don't cut the grass on hot sunny days.
- Wear sunglasses to protect eyes from pollen.
- Wear a face mask if undertaking tasks in a high pollen area, eg walking in fields, gardening, etc.
- Wash your face after being outdoors.

Common treatments are an antihistamine nose spray or medicine and/or steroid nose spray. These are available at any chemist without prescription over the counter. In fact these medications are often cheaper to buy over the counter than the standard NHS prescription charge of £7.20 (current as of March 2011). If you would like a prescription for hayfever medication and you have had it before, you do not need to book a doctors appointment. Simply request the medication at Dispensary and we will do the rest.



Holiday Vaccinations

If you are going abroad this year, please think ahead and let us know if you might need vaccinations. The procedure is as follows:

- Pick up a Travel Risk Assessment form from reception.
- Complete the form and return it to the Surgery. You can then book a 20 minute appointment with a Practice Nurse for travel vaccination advice. There are no jabs given at this appointment and if a whole family are going away, just one person needs to attend this first appointment, although all are welcome.
- At the appointment the Practice Nurse will discuss the vaccinations to be given and organise a schedule for these. Appointments can then be made for all members of the family as necessary.
- It is imperative that you make your first appointment in good time, as some vaccinations have to be given up to three months before travel, depending on the holiday destination. Holiday vaccinations and malaria tablets are charged for and the nurse can discuss fees at your first appointment.



National No Smoking Day – Wednesday 9 March 2011

Following on from the Winter Newsletter article about Quitting Smoking, it is National No Smoking Day on Wednesday 9 March 2011. There will be information about services and medication offered to patients highlighted in the Surgery waiting room.