



FHC Newsletter

Pharmacy first

The pharmacy first scheme was launched back in January 2024, meaning that pharmacies can treat minor illness' and help with urgent repeat medicine supply. This has been put in place so that patients receive the **right care at the right time**.

The 7 common conditions are as follows:

- Uncomplicated urinary tract infection. (aged 16-64y.o.)
- Shingles. (over 18's)
- Infected insect bites. (over 1y.o.)
- Impetigo. (over 1y.o.)
- Acute sore throat. (over 5's)
- Acute sinusitis. (over 12's)
- Acute ear infection. (aged 1-17y.o.)

For more information on criteria and symptoms, use the *NHS* app or website.

Every pharmacist trains for 5 years in the use of medicines and managing minor illnesses, so they are well equipped to provide health and wellbeing advice to help people stay well. Pharmacists are also able to give self care and safety netting advice, if a prescription is not appropriate. They are also experienced in spotting warning signs or 'red flag symptoms', where they can refer to another healthcare provider.

You can also check your blood pressure, discuss contraception or smoking cessation at a local pharmacy. Confidential consultations can be offered at the pharmacy in their private consultation rooms. After a consultation with the pharmacist, the pharmacy will send a notification to the patients GP on the same day or on the following working day.

There's no need for a GP appointment - just 'Think Pharmacy First'

FHC
Newsletter
Highlights

PHARMACY FIRST

CONTINUITY

PRACTICE COMPLIMENTS

SHINGLES VACCINES

PHARMACY
FIRST >>>

Doctors' appointments aren't always necessary
...ask your pharmacist

Continuity of care is more efficient for GP's, improves their shared decision making with patients and it improves patients' experience of their care, leading to significantly improved outcomes including reduced hospital and A&E attendances. Whilst it is not always possible to see your usual GP, if it is a non-urgent or ongoing matter, we advise our patients to schedule an appointment with their usual doctor. With that being said, if an urgent case presents, any GP can access your medical record and make appropriate decisions based on the available information.



Practice compliments

FROM PATIENTS FOR ALL APPOINTMENTS

'This is the best surgery I have ever been registered with.'

'I was seen promptly and the staff are friendly and caring.'

'My appointment was on time, the GP I saw was very thorough and listened to what I had to say. I felt valued and had received excellent care.'

'I was seen very quickly and the staff were extremely polite.'

'I was seen on the day for an appointment. The doctor treated me with care and compassion. They were very professional when explaining what treatment I required.'

'They were on time, friendly and responsive.'

Shingles vax

You may have recently seen TV or online adverts regarding the recent changes to the shingles vaccine eligibility. This is being rolled out in phases, so the nurses around the UK aren't inundated. Shingles is an infection which typically causes a painful rash on one side of the body. If you had chickenpox as a child, the virus remains dormant in the body for life. Our immune system naturally weakens over time, which may cause the inactive virus to reactivate, causing shingles.

The '*get shingles ready*' website has a free shingles vaccination eligibility checker.

You are eligible if you're:

- ✓ 50 years and over with a severely weakened immune system.
- ✓ Turning 65 years old - you'll be eligible from your 65th birthday if your birthday was on or after 1st September 2023.
- ✓ 70-79 years of age.