

# FALMOUTH HEALTH CENTRE PRACTICE

VOL. 02

## THIS MONTH IN HEALTHCARE



### SYMPTOMS

- An increased need to urinate.
- Straining while you urinate.
- A feeling that your bladder has not fully emptied.

**Chaperones are always available for examinations within appointments.**



### SYMPTOMS

- A swollen tummy or feeling bloated.
- Pain or tenderness in your tummy or the area between the hips (pelvis).
- No appetite or feeling full quickly after eating.
- An urgent or frequent need to urinate.

The NHS website has lots of free resources to help you quit, from finding local stop smoking services to information about the latest government schemes.

**National No Smoking Day**  
13th March



NHS

**STOP SMOKING**  
**AND GOOD THINGS HAPPEN**



You'll feel healthier  
and soon be taking  
the stairs instead

Make 2024 the year you quit

## PRESCRIPTIONS



The processing time for repeat prescriptions is three working days and may be longer for acute items. Please request prescriptions when you have one weeks supply left, this is easily managed through the NHS app where you can track the exact status of the prescription. Please take into account weekends and bank holidays when submitting requests. Please note, under the NHS, we can only issue a three months supply of your medications if you are due to go away.

## REMINDERS




12 minute GP appointment:

One appointment.

One problem.

One patient.

Remember what is achievable and taking into account the administration time after you are seen. Please consider the time for writing up notes, filling out forms and generating referrals. We always encourage patients to book double appointments when required to allow the GP to continue to practice safely & effectively.



We are offering patients the option of face to face or telephone appointments up to four weeks in advance. If you require a medication review only, this can be arranged with a clinical pharmacist. We also offer availability with our ADVANCED PRACTITIONER Sarah, who can diagnose, treat and prescribe for minor and long term conditions. Alongside her broad scope of practice, Sarah also specialises in women's health, so, if you have any queries regarding periods, contraception, menopause, vagina, womb and ovary health, please request an appointment with our ANP. On the day appointments should be kept for acute medical problems (think severe and sudden onset).

### A WELL STOCKED MEDICINES CABINET IS KEY FOR SELF CARE




- Paracetamol, aspirin and syrup alternatives for children.
- Cough and cold medicines.
- Mild laxatives and rehydration treatments.
- Indigestion remedies.
- Antihistamines.
- Thermometer for fever check.
- Also a stocked first aid kit: plasters, bandages and antiseptic wipes.



You can get advice and purchase medicines at little cost from a community pharmacy, rather than getting a prescription. Remember to always keep to the dosage instructions and make sure all medicines are in date.



### HOW TO GET THE MOST OUT OF YOUR APPOINTMENTS

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- Take a note of your symptoms, even better if it's in chronological order! Is there anything you've noticed that's made them better or worse?
  - Don't bring a list but do be descriptive! Is your pain dull or sharp? Could the symptoms be lifestyle related?
  - Show our doctors anything, but don't show them your teeth! GP's are trained and have experience in dealing with sensitive topics, you can always request or decline having a chaperone present if it would make you more at ease.
  - Don't be afraid to ask if you don't quite understand and jot down any important questions beforehand so that you don't forget.
  - Bring a family member or friend if it'll help you feel more comfortable or remember all the details.
  - Please be on time, appointments can take a little longer when dealing with a significant diagnosis or a less able-bodied patient. We appreciate your understanding.
  - Use the rest of the team effectively - need an appointment - ask at reception, need a letter or report - speak to our administrators.