



LITTLE HORTON LANE PATIENT GROUP NEWSLETTER JAN 2016

How to get the most out of the NHS: Pharmacy First

Every week appointment with your GP are taken to discuss minor conditions. Advice and treatment for these problems can be got at your local pharmacy.

Freeing up appointments about warts, athlete's foot and colds would allow your GP to spend more time tackling complex and challenging problems.

If you are suffering from one of the ailments listed across, you may not need to go to your GP for treatment. So, instead of waiting for a GP's appointment, visit your local community pharmacy first.

No appointment is necessary. The pharmacist will always offer advice and if appropriate they will supply a medicine from their formulary.

If the pharmacist considers supply of a medicine is appropriate then it will be free for patients who are eligible for free prescription (you will need to show proof of exemption).

Patients who have to pay for prescriptions will pay the current prescription charge. If the medicine costs less than the prescription charge, then the patient would be informed of this so they can purchase it instead.

Happy New Year to all our Patients !

Welcome to our 1st New Year edition of the newsletter

- Acne
- Athlete's foot
- Back pain
- Cold sores
- Conjunctivitis
- Constipation
- Contact dermatitis
- Coughs & colds
- Cystitis
- Diarrhoea
- Earache
- Ear wax
- Fever
- Haemorrhoids (piles)
- Hayfever & allergies
- Head lice
- Headache
- Indigestion
- Insect bites/stings
- Mouth ulcers
- Nappy rash
- Scabies
- Sprains & strains
- Teething
- Threadworm
- Toothache
- Thrush
- Sore throat
- Warts & verrucas

Minor surgery & Joint Injections

At Little Horton lane experienced Primary Care Surgeons offer a streamlined Minor Surgery Service. We accept referrals from other practices. Waiting times are short and we provide a largely one-stop service.

Our complication rates are very low and our patient satisfaction very high.

The Minor Surgery & Joint Injections Clinic is run by: Dr Al- Hity and Senior Health Care Assistant.

Procedures covered by the Minor Surgery Clinic:

- Benign lesion excision including those on the face eg cysts, lipomas
- Aspiration and injection of ganglion
- Hand injections - Other injections - shoulder joint, knee joint, bursitis
- Steroid injection of keloid scar
- Ingrown toenail excision/ablation
- Circumcision

Dermatology

Referrals welcomed by the Dermatology Clinic:

- Psoriasis – except if second line treatments are anticipated PUVA, UVB or oral medication
- Eczema – Atopic, Seborrhoeic, Contact (allergy/irritant) Asteatotic and Discoid
- Diagnostic dilemmas – other rashes
- Severe acne – including those for Isotretinoin
- Rosacea
- Precancerous skin conditions
- Disorders of pigmentation
- Disorders of hair/nails
- Urticaria
- Blistering disorders
- Benign tumours/diagnostic uncertainty

Dermatology clinic are held on Saturdays Only at little Horton Lane medical practice

Well Women Clinic

The well woman clinic is run by our highly trained, experienced doctor who has undertaken additional training in smears, swabs, and contraceptive procedures. The clinic is currently running every fortnight on Thursday afternoon on an appointment basis.

Smears are routinely carried out every 3 years for ages 24-49yrs and every 5 years for 50 to 64yrs with the practice nurse. Other appointments are available on other days if needed for smears.

Home Visits

Home visits are strictly for people too ill to get to the surgery or for

housebound patients. If you require a home visit please telephone reception before 10am if possible. A doctor may phone you back as it may be that your problem can be dealt with by telephone advice. Please remember that several patients can be seen in the practice in the time that it takes to make one home visit. There are also better facilities for examining and treating patients at the Surgery.

Stop Smoking Advice

The surgery has a dedicated stop smoking advisor who is available to help and advise you on ways to quit smoking and improve your health. Many aids and products are available such as medication, patches and gum. Please speak with

reception to make an appointment.

Thank you to all the members who attended our Patient Participation Group Meeting on 28th September our next meeting is on 15th January 2016

YOU SAID THIS , WE DID THIS

Issue with no spaces available in car park

We have made arrangements for the car park to be patrolled more frequently

Reception seating is not acceptable

The medical centre is due to be decorated and have new floor coverings, we have ordered new furniture for the reception area for when the decorating is completed.

Difficulties with reception staff who can only speak English at Dr Mall's Surgery

We have now recruited staff who can speak several different languages

Patients say they were having to wait too long for their appointment at Dr Gilkar's

STARTING THURSDAY 21ST JANUARY
DEBT MONEY MANAGEMENT AND BUDGETING COURSES TO BE RUN AT THE WEST END
CENTRE OVER 4 WEEKS 2 HOURS PER WEEK ON THURSDAY MORNINGS.
LEARN WHAT DEBT MEANS AND THE POTENTIAL CONSEQUENCES
LEARN HOW TO MANAGE YOUR MONEY BETTER HELP RELIEVE THE STRESS
ASSOCIATED WITH DEBT LEARN HOW TO BUDGET YOUR INCOME
HINTS AND TIPS ON HOW TO SAVE MONEY.

WEST END CENTRE
ST OSWALD 'S CHURCH
CHRISTOPHER STREET
BRADFORD
BD5 9DH

In the week commencing Monday 25th January we will be promoting digital
inclusion courses in our reception area

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An extra GP session is now running at Dr Gilkar's surgery on Monday mornings this has
helped as this is the busiest day of the week .

We were thanked by The West End Centre at St Oswald's Church for our Christmas food donation collected from the staff at Dr Mall and Partners and Dr Gilkar's Surgery. The hampers were distributed to local families in hardship.

