



Longford Street
Medical Centre

Longford Street Medical Centre Newsletter— Winter 2019/20



Your GPs are:

Dr M Parashchak

Dr F Azad

Dr M Ali

GP Clinic times vary
throughout the day.

The surgery is closed at
1pm on the 2nd Thurs-
day of every month for
staff training.

Contact Us:

Tel: 01706 621417

Fax: 01706 622915

Practice News



We would like to wish our patients a Happy New Year!

Welcome to our new members of staff:

Milly—Administrator

Elenor—Practice Pharmacist

Flu Vaccinations

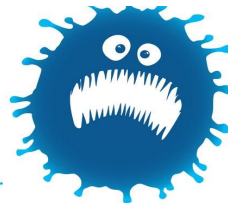
PROTECT YOURSELF THIS WINTER

We still have flu jabs in stock. If you are eligible for an NHS flu jab you will have been notified by letter or text. If you are pregnant, over 65 years of age, have long term condition such as asthma, COPD, diabetes, heart disease; are very overweight; a carer; you will be eligible.

If you would like a flu jab, please contact the surgery to make an appointment.

**Flu
kills**

Protect yourself, your family,
colleagues and patients
— Be a flu fighter, get your flu jab.





Antibiotics

Public Health England (PHE) says that up to a fifth of antibiotic prescriptions are unnecessary as many illnesses get better on their own. Overusing the drugs is making infections harder to treat by creating drug-resistant superbugs. Antibiotics treat infections by killing bacteria but now the bacteria are fighting back. In some circumstances, healthcare professionals may require additional information to help them decide if we require antibiotics.

One tool to help make this decision is a point of care CRP blood test. As a practice we are proud to announce that we are taking part in a scheme introduced by HMR CCG to help reduce the prescribing of antibiotics. A CRP blood test is a sample taken from a finger prick which gives a tiny sample of blood for testing. The CRP testing machine takes 4.5 minutes to analyse your sample. The results will then be sent to the GP who will then decide on the next course of treatment. Since May 2017 CRP testing has seen a reduction in the amount of patients being prescribed antibiotics who may have been if the test had not been performed.



Coughs and Colds

Please use your local pharmacist this Autumn/Winter for all cough and cold remedies. There are many products that can be purchased over the counter and pharmacists can help with minor ailments such as conjunctivitis, cystitis, impetigo, oral thrush in infants, scabies, threadworm,

Vaginal thrush (there are some exclusions)



The NHS Choices website offers an A-Z dictionary of conditions and treatments. Common conditions, Childhood conditions and NHS Guides

Patient Access



Beat the queue and the phone lines and book your appointments online. You can also order your repeat prescriptions and view some of your medical record. All you need to do is register via our website or by going to www.patientaccess.com

Email us at hmrccg.longfordreception@nhs.net or visit www.longfordstreetmedicalcentre.co.uk