



PRACTICE NEWS

Welcome to the 2019 Summer edition of Desford Medical Centre's Newsletter, produced in conjunction with FODS. Desford Medical Centre is rated as one of the top practices in the UK for patient satisfaction. Our aim is to keep it there. The primary aim is to provide patients with up-to-date news and information about the Medical Centre, as well as useful medical and health advice. PLEASE TAKE A COPY HOME OR SIGN UP TO RECEIVE YOUR COPY BY E-MAIL AT THE SURGERY



FODS (Friends of Desford Surgery)

Just a quick update about what is happening at FODS.

As usual we would like to encourage more members

to join us. Just contact Sue below and find out more. Give it a go.

Our student Millie from Bosworth Academy is being replaced by Isaac Thirlwell for the coming year. Best wishes to Millie who was with us for this last year, in her university career.

We are planning a Harvest Supper on Saturday 12 October, 7 for 7.30. Tickets on sale later in September. £10 BYO.

Tel: +44(0)1455 822034

Mobile: +44(0)7990 513 980

Sue Hutton at: srhutton@gmail.com

Practice News from Anju Maini Staffing

We now have a new addition to our Reception Team.

Cameron Peach is now working at the Practice three days a week, to provide admin. support to the current staff.

Student Teaching

The Practice has established strong links with the University of Nottingham, to teach first year medical students. We have been teaching for two years and recently had an assessment visit by the Medical Dean. Student feedback regarding the visits has been excellent and the Practice was commended for the standard of teaching provided. As a result the Medical School has increased the allocation of students attending the Practice for the next academic year. ↗



Practice news continues ...

Ordering Repeat Prescriptions



What is changing?

The way repeat prescriptions are ordered is changing. From 30th June 2019, you will have to order your repeat prescriptions directly through the Practice and not through your high street or internet pharmacy or appliance contractor.

What is not changing?

If you already order repeat prescriptions directly through the Practice, this change will not affect you and your pharmacy will continue to collect or receive your prescription as before.

Pharmacies may also continue to deliver your prescription if they offer this service

How do I order my prescription through my GP practice?

You can order repeat prescriptions through the Practice by telephone, online, by post or in person by using the tick slip, which is on the right-hand side of your prescription listing your current repeat medication. We recommend patients order online, as this is the easiest and quickest way to make a request. Please ask at reception if you wish to take advantage of this scheme and login details will be issued to you.

You can find out more on the West Leicestershire CCG website:

[www. Bit.ly/Repeat_Meds](http://www.Bit.ly/Repeat_Meds)



Desford Medical Centre

54 Main Street, Desford, LE9 9GR

Tel. 01455 828947

<http://www.desfordmedicalcentre.co.uk/>

Self-Care



From April 2019, GPs are no longer routinely providing prescriptions for medications and treatments which can be bought over the counter at pharmacies and supermarkets.

This means that GPs, nurses and pharmacists will not usually prescribe certain medicines for minor health concerns and patients will be asked to purchase them from pharmacies or supermarkets instead.

These changes apply to

- Health conditions which are self-limiting and so do not need treatment, as they will heal or be cured of their own accord
- Any minor ailment that is suitable for self-care, which means that medical advice is not normally needed and the person can manage the condition themselves, by purchasing medication directly.

These prescriptions also include other common items

- That can be purchased over the counter, sometimes at a lower cost than that which would be incurred by the NHS
- For which there is little evidence of clinical effectiveness such as probiotics, vitamins and mineral supplements.

People who need medicines to treat a long-term health conditions, such as diabetes, or for more complex illnesses, as well as patients on treatments only available on prescription will not be affected by the changes. The changes will also not apply to those who have found that over-the-counter products haven't helped, or patients who are unable to treat themselves. In all of these cases, prescribers will be able to use their own judgement when deciding whether to issue a prescription.



You can find out more on the West Leicestershire CCG website:
www.bit.ly/OTC_meds

The NHS 111 service is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.



when it's less urgent than 999

And Finally ...

The other day I met a friend, Lynne, who began to tell me about her daughter and her recovery from Anorexia over the last year. I looked the condition up on the [NHS website](#). This is what I found:

"Overview-Anorexia nervosa

Anorexia is an eating disorder and serious mental health condition. People who have anorexia try to keep their weight as low as possible by not eating enough food or exercising too much, or both. This can make them very ill because they start to starve.

They often have a distorted image of their bodies, thinking they are fat even when they are underweight. Men and women of any age can get anorexia, but it's most common in young women and typically starts in the mid-teens."

This sounded pretty much what Lynn said to me. It first started before her daughter went to university and the image she had of herself. She was in no way 'overweight' but worried about what she was eating and began a regime of fairly intensive physical exercise. All this got worse over the next year and ultimately she became very ill. Fortunately the problem was recognised and medical advice sort.

The NHS website: Health A-Z continued:

"Signs and symptoms of anorexia include:

- *If you're under 18, your weight and height being lower than expected for your age*
- *If you're an adult, having an unusually low body mass index (BMI)*
- *Missing meals, eating very little or avoiding eating any foods you see as fattening*
- *Believing you are fat when you are a healthy weight or underweight*
- *Taking medication to reduce your hunger (appetite suppressants)*
- *Your periods stopping (in women who have not reached menopause) or not starting (in younger women and girls)*
- *Physical problems, such feeling light-headed or dizzy, hair loss or dry skin*
- *Some people with anorexia may also make themselves sick, do an extreme amount of exercise, or use medication to help them poo (laxatives) or to make them pee (diuretics) to try to stop themselves gaining weight from any food they do eat".*

I am pleased to say that my friend's daughter is now well. If you or anyone else you know needs more information the website is:
www.nhs.uk/conditions/anorexia/ (Molly M.)