

Duke Medical Centre Newsletter

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Useful Telephone Numbers:

- Appointment Line: 0114 2722100
- Home Visit Line: 0114 2720689
- Prescription Line: (Between 11-2pm) 0114 2720689
- Results: (between 1-4pm) 0114 2720689
- Out of Hours (between 6.00pm-8.30am) 01142720689
- NHS Direct: 0845 46 47 48
- Darzi Centre Walk-in Clinic 0114 2412700

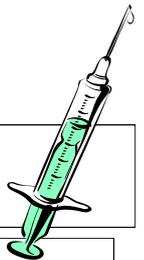


Arrival of new Doctor

We are happy to inform you Dr Kuruvatti has joined our Surgery from August 2011.

On behalf of everyone we would like to welcome her to the practice.

Do you fit the criteria for the flu jab??



To be entitled to receive the flu jab you need to fit in to one or more of the following criteria:

- Diabetic
- CHD/COPD/CKD
- Asthmatic
- Hypertension
- Over 65

- Pregnant women

If you fit any of this criteria then you are eligible for the flu jab.

Unfortunately, if you do not fit this criteria we cannot give you the flu jab, even if you are willing to pay.

This is because the people who are most at risk at con-

tracting flu have to be a priority for the NHS.

The flu jabs will commence on the 6th October from 12pm, then again on the 13th October.

Please ring our surgery or book your flu jab with the reception team.





Closed early on 18th October

Please note that on Tuesday 18th October the surgery will be closing early due to doctor training.

The phone lines will be transferred to the Out of Hours Service at 12.00pm and the surgery will be closing at 12.00pm

There will be no emergency services within the surgery, anything that is medically urgent that cannot wait until the next day would have to attend the Darzi Centre located on Broad Lane in town.

Thank you for your cooperation

Prescribing changes

What the **Medicines Management Team (MMT)** is doing in Sept. The practice are looking at the following changes:

1. **Controlled drug Prescribing**

Normal practice is for 56 days prescribing in the practice, but national guidance is that a maximum of 30 days prescribing should apply to all controlled drugs (CDs). The GPs have therefore been asked to reduce any CD quantities to 30 days and this will mean a change for some patients, e.g. children treated for hyperactivity disorder (ADHD).

2. **Gluten free prescribing**

The GPs have agreed, as with many Sheffield practices, to stop the prescribing of gluten free biscuits and cakes. Also patient requests are also being audited to ensure that patients are only prescribed the quantity of staple foods e.g. breads and pasta, as recommended by Coeliac UK.

Please contact Chris, Pharmacist if you or any patient have any queries about MMT actions.

Surgery Regular Opening Times

Monday: 7.00 - 18.00

Tuesday: 7.00 - 18.00

Wednesday: 7.00 - 18.00

Thursday: 7.30 - 12.00

Friday: 8.30 - 18.00

Saturday & Sunday: Closed

Although that on a Monday to Thursday the surgery opens earlier than 8.30am, please note that the telephone system does not get transferred back from Out of Hours Service until 8.30am.

Access to Surgery

IN HOURS

How to access a doctor

If you would like an appointment within 48hrs, we provide a telephone consultation service. You will be asked for your name, contact details and a brief description. You will be on the consultation list and a doctor will call you back.

If an appointment is still needed, the doctor will be able to book one for at your convenience.

Pre Bookable Appointment

You can book an appointment in advance with any doctor (if available) between 2 days and 3 weeks. The appointment line is usually busy between 08.30-09.30, so it would be advisable to ring later in the day if you require a pre-bookable appointment.

Home Visit

Please ring **0114 2720689 before 10.30am** if you require a home visit. Your details and contact number will be requested and a doctor will call you back.

How to Access a Nurse/ Health care assistant

Access is by pre-booked appointment via the appointment line.

Repeat Prescription

Telephone us **between 11.00-14.00**, on the number on front of leaflet.

Or
Post/ fax or email to address on back of leaflet.

Please give at least 48 hours before collection.



OUT OF HOURS

There are a number of places where you can either speak to or be seen by a doctor or a health care professional when the surgery is closed.

If you are wanting to speak to a doctor for advice or a need a doctor when surgery is closed then all you have to do is ring the surgery on: 0114 2720689 and you will be automatically transferred to the Out of Hours Service and can speak to a qualified health advisor who can advise you on the appropriate course of action.

The Out of Hours service is available from 06.00pm - 08.30am Monday - Friday and all day Saturday & Sunday. The Out of Hours service is also available on Bank Holidays.

Should you want to be seen by a doctor then there are a number of Walk-In centres situated in Sheffield that you can attend for minor ailments. There is no appointment necessary, you can just walk in!!

Sheffield City GP Health Centre (Darzi centre) 08:00—20:00

Rockingham House
75 Broad Lane
Sheffield
S1 3BP
Tel: 0114 2412700

Walk-in as an unregistered patient and see a GP or a nurse without an appointment
The Walk-in Centre offers fast and convenient access to healthcare advice and treatment for minor illnesses.

Needing urgent dental attention and your regular dentist is closed??

Then ring the Emergency Dentist on:
0844 736 8440

The Urgent Dental Care line is available day and night, 365 days a year, for both adults and children.



ACCIDENT & EMERGENCY



Duke Medical Centre
28 Talbot Road
Sheffield
S2 2TD

Phone: 0114 2720689
Fax: 0114 2262804
E-mail: dukemedicalcentre@nhs.net



GROUP PARTICIPATION GROUP

Would you like to become more involved in this practise?

If so we are setting up a patient participation group.

This is a group patient who wish to become more involve in the practise decision making, supporting the practise and facilitating communication between you, the patient and the practise.

If you would like to join us, please contact:

Rachel Green (practise manager) or leave your name at the reception.

Accident and emergency Information

We are undertaking a survey of all our patients who have recently been seen in the Accident and Emergency department at northern general hospital.

The purpose of the survey is to find out why patients are using A&E, as this is for emergencies and urgent conditions only.

Other services exist which are more appropriate for less serious problems. Did you know that by attending A&E, it costs the NHS a minimum of £70 before treatment is even given?

We are currently trying to reduce the number of patients attending the A&E inappropriately, and encouraging people to use other more appropriate and cost effective ways of accessing medical treatment and advice.



This will enable seriously ill people to receive the treatment they need faster and save money in the NHS which can be used to fund other patient services. The NHS is currently in a serious financial crisis.

Bowel Cancer - what you need to know.

In England Bowel cancer is the 3rd most common type of cancer you can get, and over 38,000 are diagnosed each year. It is estimated that around 16,000 people in the UK die from this disease each year.

95% of all diagnoses are in people over the age of 50, but if diagnosed at the earliest stage, bowel cancer is highly treatable. With a survival rate of more than 90% over five years.

Signs to look out for if you think you may have bowel cancer:

- A change in your normal bowel habit lasting four weeks or more.
- Bleeding from the bottom and/or blood in your stools (poo)
- Unexplained extreme tiredness and/

or unexplained weight loss

- A pain or lump in your abdomen (tummy)

Ways to lower the risk of bowel cancer:

- Keep to a healthy weight through regular exercise
- Eat a diet high in fibre, including *at least* five portions of fresh fruit and vegetables every day
- Don't smoke
- Be aware of your bowel cancer family history. You may be eligible for screening

There are many treatment and ways to help people who have been diagnosed with cancer, (please remember the earlier diagnosed the more chance of survival) any advice you may need or would like to find out more go to:

- 0800 8 40 35 40
- Or go to www.bowelcanceruk.org.uk



Were on the web from October!
Dukemedicalcentre.com

