

# Barnabas Bulletin

Newsletter of the Barnabas Medical Centre

Issue 2, June 2013

## Staying safe in the sun

Whether you are in the UK or jetting off to a holiday in the sunshine, it's important to look after your own and your children's skin in the sun to avoid sunburn and heat exhaustion. Here are our tips for staying safe in the sun:

- ◆ Use sunscreen with a sun protection factor (SPF) of at least 15. The higher the SPF, the better. Broad-spectrum sunscreens protect against harmful UVA and UVB rays, so these are the best ones to choose, and make sure the product is not past its expiry date. Most sunscreens have a shelf life of two to three years.
- ◆ Avoid the sun when it is most damaging, between 11am and 3pm. A great time to have a siesta in the shade!
- ◆ Reapply sunscreen after you swim or spend time in water, as even "waterproof" sunscreen can wash off. Being in cooling water can make you think your skin isn't burning, but in fact the water reflects UV rays meaning the sun is even more damaging.
- ◆ When applying sunscreen to children always use a high SPF and apply it to all areas not covered by clothing, including face, ears, feet and backs of hands. And reapply it frequently, it's better to have too much than not enough! Wherever possible use products specially formulated for children, as these are less likely to irritate their delicate skin.
- ◆ If you do get sunburnt, sponge the skin with cool water and then apply soothing calamine lotion or an after-sun preparation. Painkillers such as Paracetamol or Ibuprofen will ease the pain by helping to reduce inflammation. If you feel unwell, or the skin blisters, seek medical help. And stay out of the sun until all redness has gone.
- ◆ Drink plenty of water to keep yourself well hydrated, and make sure children drink plenty too.
- ◆ Look out for signs of heat exhaustion, such as faintness, dizziness, palpitations, nausea, headaches, low blood pressure, tiredness, confusion, loss of appetite and hallucinations. If you suspect someone of having heat exhaustion place them in a cool room, preferably with air conditioning, sponge them with cool water, ensure they drink plenty of non-alcoholic fluids and if concerned seek medical advice.
- ◆ Don't forget travel insurance! If you are travelling to a holiday destination within Europe you can apply for a European Health Insurance Card, which will allow you to access emergency medical treatment, if required, at reduced cost or sometimes for free. This does not replace travel insurance though, so you will need both. You can find out more about the EHIC and apply at [www.nhs.uk/ehic](http://www.nhs.uk/ehic).

Following these tips means you and your family can have a safe and happy holiday in the sun.

## Travel vaccinations

If you are going abroad for your summer holiday don't forget to find out if you need any travel vaccinations. According to NHS Choices almost one in four UK holidaymakers don't have any vaccinations before they go away, despite travelling to areas that have life-threatening infectious diseases. Vaccinations protect you against many travel-related infections, such as yellow fever, typhoid and hepatitis A. You can read more about travel health on the NHS Choices website, [www.nhs.uk](http://www.nhs.uk).

The practice nurses can give you advice on what vaccinations are necessary or recommended for your holiday destination, and administer the vaccinations, so please book an appointment at least 8 weeks before you travel. Some vaccinations are free, whilst others are chargeable on the NHS, please ask the nurse for more information.

The Barnabas Medical Centre is also a registered Yellow Fever Centre, which means that the nurses can provide vaccinations against yellow fever if you are travelling to a high risk area.

Don't delay! Book your appointment with a practice nurse now! And enjoy your holiday.

## Going on holiday?

**Don't forget to make sure you have enough prescription medication to last, and if necessary request your repeat prescription in plenty of time!**

**Remember you can request your repeat prescription online**

**A large print version is available from Reception**

## DoctorView

*The regular column by our doctors*

### Repeat Prescriptions

#### Why does it take 48 hours to issue a repeat prescription?

**Patient safety and doing no harm is a fundamental responsibility of all doctors.**

**This means there are several steps the Practice has to go through to ensure the repeat prescription you get is the right one for you, all safety checks have been completed and that no further tests are needed.**

Each prescription is reviewed by the doctors before it is authorised. **Has anything changed? Has the hospital changed the drugs you're on? Do you need any tests to ensure the drug is still safe for you? Are you due for a regular review appointment?**

The doctors do this review after finishing their morning surgery and home visits. Urgent requests are always dealt with on the day.

#### So there are four stages:

- You make the request
- Prescription is produced
- **Clinical review by doctors**
- Prescription is authorised

All these steps are designed to ensure that you get the right prescription once the clinical review has been done. This process takes 48 hours.

For those with internet access, repeat prescriptions can be requested after you have registered on the Practice website, [www.barnabasmedicalcentre.co.uk](http://www.barnabasmedicalcentre.co.uk) – just click on the "Repeat Prescriptions" box.

For your own safety we do not take telephone requests for prescriptions as this is where errors can easily be made: many medicines have similar sounding names.

## Medical Centre Update

The full refurbishment of the Nurse Treatment Room (Room 6) has now been completed, with a full refit of the floor, storage cupboards, two new sinks and redecoration. The room now fully meets current NHS Infection Control and Care Quality Commission criteria. Even though we say so ourselves, it looks fantastic and all the clinical staff are delighted with the end result.

Ealing Council have also granted planning permission for two additional Consulting Rooms to the right of the building as you look from the road. We now have to get the funding to actually do the work.

### Barnabas Medical Centre Survey 2013

Every year the Medical Centre is required by the NHS to survey patients, and this year the annual survey took place during the week of 11 to 15 February. Thank you to everyone who completed the survey during this time, either online or by filling in the form when attending the surgery that week. And many thanks to the Patient Participation Group (PPG) members who helped out by approaching all patients and carers with a clipboard and pen!

There were 538 questionnaires returned, and 83% of respondents rated the overall service provided by the medical centre as excellent or very good. The specific focus of this year's survey was the repeat prescription service, as well as overall performance of the practice and suggestions for additional services. The summary results and full survey report are now available on the Medical Centre website, [www.barnabasmedicalcentre.co.uk](http://www.barnabasmedicalcentre.co.uk).

The practice has noted all the comments, both positive and negative. We will communicate our follow-up actions over the coming months.

**Our September issue will be looking at the support available for carers**

## Barnabas Medical Centre

Girton Road  
Northolt, UB5 4SR

☎ 020 8864 4437

[www.barnabasmedicalcentre.co.uk](http://www.barnabasmedicalcentre.co.uk)

### Surgery Times

Monday to Friday  
0830 to 1800

(Closed Mon & Fri 1300-1400)

### Out of Hours

If you need healthcare urgently outside surgery times please call  
111

### Repeat prescriptions

Repeat prescriptions must be requested in writing or online and will normally be available for collection after 2 working days

### Doctors

Dr MG Parmar  
Dr DG Knight  
Dr HS Kooner  
Dr HK Bhatoa  
Dr M Dhinsa  
Dr K Patten

### Practice Nurses

Henny Shanta, Anna Wan  
Purnima Dave

### Practice Manager

Paul Ranken

### Patient Participation Group

Chairman: Keith Marshall  
020 8864 7993

[barnabas.ppg@gmail.com](mailto:barnabas.ppg@gmail.com)

This newsletter is a joint production of  
Barnabas Medical Centre and the Barnabas  
Patient Participation Group.

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## Are you a carer?

If so, please tell your doctor as there may be additional support and information available to you. We will be looking at carer support in the next issue of the Barnabas Bulletin. Carers UK and the Carers Trust both offer information and support to carers and are planning awareness activities for National Carers Week, 10–16 June. Please contact them for more information:

**Carers UK:** [www.carersuk.org](http://www.carersuk.org) or  
phone 0808 808 7777\*

**Carers Trust:** [www.carers.org](http://www.carers.org) or  
phone 0844 800 4361\*

\* call charges may apply