

UNDERWOOD SURGERY

NEWSLETTER 06 / 18

Over the Counter Medicines

A range of medicines that are available to buy over the counter from pharmacies and supermarkets will no longer be routinely prescribed by GP surgeries. The decision in Gloucestershire follows a recent national consultation and NHS England guidance which recommends this change.

These are medicines associated with the following minor, short term conditions, which either get better by themselves or you can treat yourself:

1. Probiotics
2. Vitamins and minerals
3. Acute sore throat (short term sore throat)
4. Cold sores of the lip (infrequent)
5. Conjunctivitis (pink eye/swelling and redness around the eye/eye infection)
6. Coughs and colds and nasal congestion
7. Cradle cap that causes distress to the infant and is not improving (yellow scaly patches that sometimes appear on the scalps of young babies).
8. Haemorrhoids (piles)
9. Infant colic (stomach pain/trapped wind pain)
10. Mild cystitis (pain when you urinate due to mild infection)
11. Mild irritant contact dermatitis (mild allergic type of skin reaction)
12. Dandruff (mild scaling of the scalp without itching)
13. Diarrhoea (adults) (frequent watery bowel movements)
14. Dry eyes / sore tired eyes
15. Earwax
16. Excessive sweating (mild - moderate hyperhidrosis)
17. Head lice
18. Indigestion and heartburn
19. Infrequent constipation (difficulty in passing stools)
20. Infrequent migraines
21. Insect bites and stings
22. Mild Acne
23. Mild dry skin
24. Sunburn
25. Sun protection
26. Mild to moderate hay fever / seasonal rhinitis
27. Minor burns or scalds
29. Mouth ulcers
30. Nappy rash
31. Oral thrush
32. Prevention of dental caries (tooth decay)
33. Ringworm/athletes foot (types of fungal skin infection)
34. Teething/mild toothache
35. Threadworms
36. Travel sickness tablets
37. Warts and verrucae

The annual prescribing cost for these medicines in Gloucestershire is around £2 million which the Clinical Commissioning Group thinks could be put to better use to support more serious health conditions. Costs to the NHS are often higher than those over the counter when other fees are included such as those for dispensing or medical consultations.

The change will also help to ease some of the pressure on GP surgeries, so doctors and other healthcare professionals can concentrate on patients with more serious or long term conditions.

The average cost of many of these medicines no longer prescribed on NHS prescription will be around £2 to £3 - for example olive oil ear drops, antifungal skin cream or antihistamine tablets.

ST PAULS
MEDICAL CENTRE
GL50 4DP



The Chapel is found on the north side of Swindon Road near the main Post Office sorting office. There is free car parking and two pharmacies within easy walking distance.

Overton Park
Surgery, Overton
Park Rd, GL50 3BP



The Surgery is found on Overton Park Road, a few minutes' walk from the Town Centre.

Dr Ann Murphy has now reduced her hours to two half days per week due to increased commitments away from the Surgery.

If you usually consult with her it would be helpful if you could consider seeing another GP as her workload needs to be adjusted.

We have appointed two new Partners who will start in the Autumn.

PHARMACY MINOR AILMENTS SCHEME

Patients suffering from any of the conditions listed below may be referred in to the Minor Ailments Scheme for advice and treatment .

<http://psnc.org.uk/gloucestershire-lpc/services/minor-ailments-service/>

•Acute Pain/Earache/Headache/Temperature •Athlete's Foot •Bites and Stings •Colds/Flu-like symptoms/Nasal Congestion •Cold Sores •Conjunctivitis (acute bacterial) •Constipation (acute) •Cough •Cystitis •Dermatitis/Dry Skin/Allergic Type Skin Rash •Diarrhoea •Hay Fever (Seasonal Allergic Rhinitis) •Head Lice •Haemorrhoids •Heartburn/Indigestion •Infant Colic •Mouth Ulcers •Nappy Rash •Oral Thrush •Scabies •Sore Throat •Sprains and Strains •Teething •Threadworms •Vaginal Thrush

Please note that if the pharmacist is not able to help you will be fast-tracked back to your GP

If you don't pay prescription charges then under the NHS Minor Ailments scheme you may be offered advice and medications free of charge. However if you do pay prescription charges then please note that most medications are cheaper when bought over the counter.

PRACTICE NURSES

Many Practice Nurses can now can assess patients with acute medical problems and in addition they can prescribe medications such as antibiotics and pain relief.

PHYSIOTHERAPIST

Most injuries get better without medical intervention. It is often better to consult a physiotherapist before seeing a doctor:

<https://www.gloshospitals.nhs.uk/our-services/services-we-offer/physiotherapy/>

In order to contact a physiotherapist the receptionist might give you the Physio Direct telephone number or ask you to complete and submit this form:

<https://scripts2.glosnhs.net/mpqreferralform/>

IMPROVED ACCESS GP SURGERIES

Seven of your local Cheltenham GP surgeries are now working together to provide additional GP appointments for all their registered patients. They have called this group of practices the Cheltenham Central Cluster.

These appointments will be available to you and your family up until 8.00pm Monday to Friday and on Saturday mornings. These daily appointments are pre-bookable and will be available at the following locations:

- Overton Park Surgery 4pm–8pm Monday–Thursday
- St Paul's Chapel 4pm–8pm Monday, Tuesday, Wednesday and Friday and 8.30am–1.30pm on Saturdays

Urgent appointments will also be available on Saturday afternoons and all day on Sundays up until 8pm in central locations in Cheltenham, Gloucester and Stroud.

Cheltenham



Central Cluster
Pop. 51,419

Surgeries:
Berkeley Place
Crescent Bakery
Overton Park
Royal Crescent
Springbank
Underwood
Yorkleigh

Doctor Robin Hollands