

*in*Touch

Salisbury House Patients



I would like to take this opportunity to introduce myself.

I have always had interest within the Medical Industry. I first was introduced to the Medical Industry in 2001 as a Pharmacy Technician for 6 years. During this period I also did some hands on experience and did some extra work on top of my Pharmacy work as a home career for the elderly. It was these experiences that brought me forward into Practice Management. I have been in General Practice for 10 years.

I started at Salisbury House Surgery nearly 7 Months ago as their new Practice Manager. I am enjoying my role at this Surgery.

I am pleased to announce Dr Melissa Teehan will be joining the Salisbury House team on the 20th July 2015. We would like to give Dr Teehan a warm welcome to the Surgery.

I would also like to take this opportunity to thank the Patient Participation Group for their commitment and dedication in starting up the PPG Surgery newsletters.

Many thanks
Zadie Hartwig
Practice Manager
Salisbury House Surgery



You can contact your PPG on shsppg@outlook.com



UPDATES & APPOINTMENTS

Have you updated your contact details and given us your email address?
Have you registered for the online prescription and appointment booking system?



DID YOU KNOW?

◆ A total of 644 appointments were missed and therefore wasted in the surgery between January and April 2015.

Staff Changes – Comings & goings!

We've said goodbye to **Nurse Carol** and **Kelly** and wish them luck in their ventures.

We welcome **Anita** and **Rachel** to the Reception team.

Congratulations to **Sally Szuca** who has been promoted to Deputy Practice Manager.



Farewell to **Dr Sarwar** and welcome to **Dr Melissa Teehan** who joins in July.



Going on holiday... Ensure you're covered

Before you go

- ◆ Contact the surgery when you have booked a holiday abroad to see if you need any vaccinations.
- ◆ Get them booked in.
- ◆ Buy travel insurance.



Whilst you're away

- ◆ Be safe in the sun:
- ◆ Spend time in the shade between 11am and 3pm.
- ◆ Make sure you never burn.
- ◆ Aim to cover up with a t-shirt, hat and sunglasses.
- ◆ Remember to take extra care with children.
- ◆ Then use factor 15+ sunscreen.



Take care

- ◆ Excessive alcohol increases the likelihood of risky behaviour and often causes accidents
- ◆ Be careful where you swim
- ◆ Protect against insect bites
- ◆ If you feel unwell on return to the UK speak to a pharmacist or seek medical advice

Further information about health and travel abroad can be found on the NHS choices website.

Sit and Wait Clinic

Every morning we run a Sit and Wait clinic. You will either see a Doctor or a Nurse Practitioner. Nurse Practitioners are part of a new generation of nurse who's training and expertise extend far beyond the stereotypical nurse duties of jabs, blood tests and dressings.

Nurse Practitioners have the ability to diagnose and prescribe for vast array of illnesses.

They will ask a doctor to see you, if they feel that is needed.

You can always see a Nurse Practitioners for the following:

UPPER RESPIRATORY TRACT

Asthma, Cold & Flu, Fever, Hayfever, Nosebleeds, Sore Throats, Sinusitis, Hyperventilation

WOMEN'S AILMENTS

Emergency Contraception, Missed pill, Vaginal discharge, Pill checks

EYES AND SKIN

Boils, Cold sores, Conjunctivitis, Head lice, Infected wounds, Infected nails, Insect bites and Stings, Rashes & Nap-py rash, Sore eyes & Styles, Sunburn, Eczema

HEAD, BACK AND NECK PAIN

Back pain, Dizziness, Earache, Headache, Neck pain

ABDOMEN

Constipation, Cystitis, Diarrhoea & vomiting, Threadworm, Tummy ache, Vomiting