

**Welcome to the summer news letter**

**Practice Nurse**

As some of you already know, we have a new practice nurse who has joined our increasing team here at Erimus. Her name is Daljit Keala and she joins us from James Cook University Hospital. We are certain you will all give her a very warm welcome as she adjusts to life in a surgery.

**CQC Meeting**

We have recently had our CQC meeting. A big thank you to all our patients for their understanding at that time. We are hopeful for a positive outcome as some of the feedback we received on the day certainly was.

**Holiday Vaccinations**

Please be aware of changes made by the NHS for holiday vaccinations and prescriptions. There is now a charge for the following:

Hepatitis B (£40 for adults, £27 for children)

Meningitis (ACWY) (£50 including certificate)

**Minor Ailments and Self Help**

Pharmacies provide an invaluable service to the community. Pharmacists work in conjunction with numerous healthcare services, providing help and advice for the majority of minor ailments. We would like to ask patients to see their pharmacist before trying to book an appointment to see either a doctor of nurse practitioner.

A list has been compiled of the most basic medication that we should all be keeping in a locked medicine cabinet at home.

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| What should I have at home? | | | | | |
|  | **Pain Relief**  Paracetamol and ibuprofen are the most common remedies available in tablet and liquid form. Aspirin and ibuprofen also reduce inflammation.  (Remember, aspirin should not be given to anyone under 16 years of age)  **Anti-histamines** Help allergies, such as hay fever and runny noses. These are available as tablets and liquids.  **Diarrhoea treatments** Make sure you drink plenty of non-alcoholic liquid for the first 24 hours, specifically water. Your pharmacist can also recommend rehydration drinks.  **Indigestion remedies** Various different types are available. A simple antacid will relieve the majority of symptoms.  **Sun Protection** Sunscreen SPF 30 (or SP50 for children and vulnerable adults) and sunburn treatment e.g. calamine lotion. |  |  | **Sore throat remedy** General pain relief is recommended e.g. paracetamol. Adults may gargle with soluble aspirin. Throat lozenges and sprays may also ease symptoms.  **Cough linctus** Many different types are available. These will either reduce a cough or loosen it.  **Travel sickness tablets** Containing hyoscine or an antihistamine such as cinnarizine  **A mild laxative** For constipation  **Children's medicines** There are children's formulations available for most medicines. Ask your pharmacist if there is a sugar free variety available, particularly if it's a regularly used medicine. |  |
| **Remember if you are on medication to get your repeat prescriptions from your GP.** **in plenty of time and before running out** | | | | | |