

JANUARY 2014 NEWSLETTER

Codeine in the under 18s

A new safety warning has been issued about the use of codeine in those under 18 years of age. It can cause suppression of breathing and has been linked with some deaths. It is no longer recommended for children post tonsillectomy and/or adenoidectomy for obstructive sleep apnoea. It is also not recommended for breast feeding mothers as it can pass into the breast milk.

Metoclopramide (Maxolon)

New guidelines have recommended that this should not be taken regularly for more than 5 days at a time. A message will be added to all future scripts to warn patients of this and to seek safer alternatives if taken on a regular basis.

Live Life Well www.live-lifewell.net

If you get the chance, please visit this website for useful self-help and advice and information on local services. It contains advice on eating well/exercising/socialising and maintaining positive mental health. We should be getting some leaflets soon about this for those without computer access.

Patient Survey

Many thanks to those who contributed to the annual practice survey. Our overall score increased from 88% to 93%. The results of the survey will be discussed at this month's Patient Participation Group meeting and will be in the February newsletter.

Flu Vaccination

We are coming to the end of our flu vaccine order. If you are eligible and still want the vaccination, please inform front desk staff ASAP. If we run out of vaccines and you are eligible for it and still wish to be vaccinated, this can be done by Andy at the pharmacy in the centre of the village.

Summary Care Record

From 16th January your Summary Care Record will be made available to other health care providers unless you have previously opted out or withhold consent at the time of asking. We have no objection to this as it will be used purely for your benefit when you are being seen for health reasons outside the practice. It will include significant active and past health problems, drug history and allergy history. This is entirely different to the data extraction which is also due to take place soon – and about which each household should be receiving written information in the coming month. Further details of this next month.

Dr E MacRae

Is having surgery to her right arm on 17th January. Not sure how useful arm will be for following two weeks. Please bear this in mind when booking appointments – female patients will understand this, male patients – don't go there!!

Thank You

We would like to offer sincere thanks for all the gifts and good wishes we have received over Christmas. It is very much appreciated. Happy New Year to all.