

BCP – Patient Advisory Group News Letter

October 2019



BCP

Your Practice. Your Care. Your Health.

BOLTON COMMUNITY PRACTICE PATIENT ADVISORY GROUP (PAG)



The next meeting of the PAG will take place on **Wednesday, 6th November** at Waters Meeting Health Centre, commencing at 2.30 pm.

Prescription Changes

GPs are no longer able to give you a prescription for some medicines which are widely available at pharmacies and supermarkets, even if you qualify for free prescriptions.

These include remedies for common ailments such as:

Coughs, colds, nasal congestion, sore throat, adult diarrhoea, dry/sore eyes, earwax, haemorrhoids, indigestion, heartburn, insect bites and stings, mouth ulcers, oral thrush, ringworm, athlete's foot, sun protection, sunburn, threadworm, travel sickness, warts and verrucae, cradle cap, infant colic, nappy rash, teething/mild toothache and some other mild or minor conditions.

Your local pharmacy can give clinical advice and help you choose an appropriate treatment.

You should consider keeping some useful medicines at home, these could include:

- Painkillers
- Indigestion medication
- Constipation and diarrhoea treatment
- Cold and hay fever remedies
- Sunblock and after sun
- Basic first aid items (plasters and antiseptic cream).

Flu Vaccinations

The following patients are eligible for flu vaccinations this year:

- All children aged two to ten (but not eleven years or older) on 31 August 2019
- Those aged 65 years and over
- Those aged six months to under 65 years in clinical risk groups
- Those in long-stay residential care homes
- Pregnant women
- Carers (who care for relatives or friends)
- Close contacts of immunocompromised individuals

There have been some delays in delivery of flu vaccines throughout the country.

The vaccine for patients aged 65 and over is available now. Please contact the surgery and make your appointment if you are in this age group.

Unfortunately, the delivery for the vaccinations for the under 65s has been delayed, but clinics will be available in October and you can book in now.

Telephone System

The updating of the BCP telephone system is now complete and the new phone system is in place.

Please note that we no longer have a central reception. All calls are taken by staff members at each of our surgeries.

Online Access

If you have a smartphone and are registered as an online user at the surgery, there is a **MyGP** App available for both Android and IOS (Apple devices).

There has been excellent feedback from patients who report that **MyGP** is easy to navigate, saves time and is reliable. **MyGP** allows you to book appointments, order your repeat medication and access your medical records.

Editor's Note: I can endorse these comments as I use it.