

The Glenfield Surgery

Patient Participation Group



Welcome to the November 2017 edition of the PPG Newsletter

Practice news

Prescribing of Antibiotics

There is a big drive on within the NHS to reduce the number of antibiotics prescribed by GPs.

Taking antibiotics encourages harmful bacteria that live inside you to become resistant. That means that antibiotics may not work when you really need them. This puts you and your family at risk of a more severe or longer illness.

Keep Antibiotics Working

Taking ANTIBIOTICS when you don't need them puts you and your family at risk

ANTIBIOTICS DON'T WORK FOR

Colds
Flu
Vomiting
Most coughs
Most ear infections
Most sore throats
Most diarrhoea
Most cystitis

ANTIBIOTICS ARE NEEDED FOR

Serious bacterial infections including:
Pneumonia
Urinary tract infections
Sexually transmitted infections
like gonorrhoea
Meningococcal meningitis
Sepsis

As we get into the winter and more of us get coughs and colds, which antibiotics won't help with, a trip to your local pharmacy may be useful as they can often supply you with something to ease your symptoms.

DEMENTIA REVIEWS

The practice is working to identify patients who may be at risk of, or currently have undiagnosed dementia.

We have been asking patients and their carers during our flu campaign if they have any concerns with their memory.

For those patients who have expressed concerns, we will be inviting a proportion of patients in for a review over the next month.

This review will include a memory screening as well as a medication review to help review these concerns with each patient.

If you wish to receive this newsletter by email each month, then either complete a form in the surgery and leave in the PPG suggestions box in the ground floor waiting room or email your request to glenfieldsurgeryppg@outlook.com

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What is Home Blood Pressure Monitoring?

Patients can purchase their own Home Blood Pressure Monitor and perform measurements of their own blood pressure outside of a clinical setting.

Research shows that Home Blood Pressure Monitoring can improve adherence and health outcomes for hypertensive patients.

Home BP Monitoring

Ensure sitting in correct position and use a validated automatic BP monitor

Take 2 consecutive measurements, at least 1 minute apart.

Record BP twice daily, ideally in the morning and evening.

Continue this for 7 days.

	Morning 1	Morning 2	Evening 1	Evening 2
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

All patients are welcome to drop their Home BP readings into Reception at the Surgery.

Doctors will then work out your average BP reading and contact you should there be any further action required.

USEFUL CONTACT DETAILS

Glenfield Surgery	tel: 0116 2333600	Website: www.theglenfieldsurgery.co.uk
Out of Hours GP service	tel: 111	
NHS111 Advice 24/7	tel: 111	
Glenfield Pharmacy	tel: 01162876167	Website: www.glenfieldpharmacy.co.uk
Morningside Pharmacy	tel: 0116 2332713	Website: glenfield@morningsidepharmacy.co.uk
Patient Participation Group		email: glenfieldsurgeryppg@outlook.com

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