

Summer & Autumn Newsletter

Kinson Road Medical Centre (No 3)



2024

Welcome to Kinson Road Medical Centre Newsletter which will initially run as a twice-yearly edition (Summer/Autumn and Winter/Spring). We are always looking for topics that our patients specifically want more information about. Therefore, members of the Patient Participation Group (PPG) will receive a text before the next newsletter edition to ask for topics and feedback from previous newsletters. Members of the PPG will also be sent a text when the newsletter is published with a web link. Should you wish to share a topic or receive notification of the newsletter, please consider joining our PPG.

Main Topics to share

- Access Wellbeing Poole opened the support hub doors back in January 24. Here you will find dedicated staff members to help with a variety of different topics including mental and emotional health, social connections, bereavement, support for carers and advice on issues such as work, money and housing.
- NHS Dorset launched a campaign in February 24, urging people to only order the medication they need from their repeat prescriptions to prevent medication waste. Repeat prescriptions cost NHS £10 million a month - www.nhsdorset.nhs.uk/yourmeds
- Pharm refer – You may be referred by one of our Patient Services Coordinators to a dedicated Pharmacist Service designed to help with common ailments who are able to prescribe certain medications. Please see more information in the General Advice Topic section of this Newsletter
- University Hospital Dorset has published a brochure highlighting how hospital sites are being transformed in the area it is titled 'Transforming Care together: Better for patients, better for staff'. It can be found under the news section of www.uhd.nhs.uk/news/latest-news-list
- Dedicated Veteran Card service has been accepting applications since 29th January 24. Cards confirm veteran status to simplify access to support services. For more information and to apply visit www.gov.uk/veteran-card



During June 24

- Wasted Appointments due to non-attendance
 - GP appointments -36 Wasted – 360 minutes
 - Nurse 47 Wasted -Time 470 minutes
 - Phlebotomy 14 Wasted-Time 98 minutes
- Appointments that took place 3229



Repeat prescriptions?

Only order what you need

-  10% of medicines prescribed nationally are not needed
-  In Dorset we spend £9 million a month on repeat medications
-  Speak to your pharmacy team about only ordering what you need

Find out more about our medicine waste campaign at:
nhsdorset.nhs.uk/yourmeds

Patient Participation Group

As a group the PPG met at Kinson Community Centre on 23rd July 24 where Surgery Updates were given. We discussed the Medication Waste Campaign, BP at Home and discussed how to grow the PPG Members and trialling a new meeting day.

The next PPG meeting will be on Thursday 24th October 24 at Kinson Community Centre, Milhams Road at 12pm -1pm.

General Health Advice Topic

What can a pharmacy do for me?

Pharmacists are qualified healthcare professionals. They train for five years to offer clinical advice and over-the-counter medicines for various minor illnesses. They are skilled enough to know if you need to visit the doctor or another healthcare service such as a hospital or dentist.

The services that are provided in a pharmacy include;

- Dispensing NHS prescriptions
- Repeat prescription service
- Emergency supply of medicine (upon decision of pharmacist)
- Non-prescription medicines such as paracetamol, ibuprofen, or cold/flu remedies
- Disposal of unwanted or out-of-date medicines

A pharmacist can offer advice and over-the-counter medication for common ailments including coughs, colds, flu and for aches, pains, and skin rashes. They can give general advice for your health and wellbeing and can offer NHS services such as smoking cessation, blood pressure tests, weight management and flu and covid vaccines. Some can even diagnose and prescribe for other ailments such as infections.