



Autumn 2016

HAWTHORN MEDICAL PRACTICE

PATIENT NEWSLETTER

MEDICATION WASTE COSTS MILLIONS!!

Unused medication costs the NHS around £300 million every year, with an estimated £110 million worth of medicine returned to Pharmacies, £90 million worth of unused prescriptions being stored in homes and £50 million worth of medicines disposed of by Care Homes.

Sometimes patients receive medicines they don't actually use, or use only occasionally. Over half of all the medication returned had not even been opened. This means that patients are ordering and receiving medication that they don't even start to use. Why do they do this?

- "Just in case I need it"
- "I don't want to run out"
- "I forget to take it"

By reducing the amount of medicines being wasted each year, we could increase the available funding for other desperately needed health services. £300 million could pay for:

- 80,906 MORE hip replacements*
- 101,351 MORE knee replacements*
- 19,799 MORE drug treatment courses for breast cancer*
- 11,778 MORE community nurses*
- 300,000 MORE drug treatment courses for Alzheimer's*

(*based on average costs)

Only order the medications you really need:

- Please let your GP or Pharmacist know if you've stopped taking any of your medicines
- Check what medicines you still have at home before re-ordering
- Discuss your medication with your GP or Pharmacist on a regular basis
- Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need
- If you don't need the medicine please don't order it! If you need the medicine in the future you can still request it.
- If you need to go into hospital, please remember to take all your medicines with you in a clearly marked bag.
- Please also remember that your medicines are prescribed only for you; it's not safe to share them with anyone else.

Unused medicines cannot be recycled or prescribed to other patients even if returned to the Pharmacy. Store and dispose of medications carefully – keep out of reach of children.

The cost of prescribing Paracetamol escalates:

In 2015 the county spent £1.2 m on prescribing Paracetamol. There are several long term conditions whereby patients need a regular prescription for Paracetamol. However, patients across Lincolnshire are asked to consider the cost effectiveness of requesting this medication on prescription when it can be bought in supermarkets for as little as 25p. For minor ailments such as headaches, colds and menstrual cramps, please speak to your local pharmacist for advice.



Clocks go back 1 hour on 30th October

HEALTHWATCH LINCOLNSHIRE VISIT

Healthwatch will be in the surgery on Monday, 10th October to talk to our patients and seek their view on services. This will not impact on any of our services or cause any clinic delays.

FLU CLINICS

If you are over 65, or are the main carer of an elderly or disabled person whose welfare may be at risk if you fall ill or if you suffer from a chronic disease such as diabetes, asthma, hypertension, lowered immunity, chronic chest condition liver or kidney disease, or are pregnant then don't forget our flu clinics will be held on:

Skegness 9 am -12 noon & 2 pm -5 pm
 Thurs 22 Sept
 Thurs 29 Sept
 Fri 30 Sept
 Thurs 6 Oct
 Thurs 13 Oct
 Weds 19 Oct
 Fri 21 Oct
 Thurs 27 Oct

Burgh 9 am -11.45 am & 2 pm -5 pm
 Weds 5 Oct

Please note: An appointment is required

Have you signed up for our text messaging service yet?

Our text messaging service has now gone live! If you own a mobile phone then please remember to sign up for our text messaging service. It's a very simple, easy process and you will never forget your appointment because we send you a reminder. Please ask our Receptionist for more details.

STEPS 2CHANGE

One in four people experience problems with mental well being but you don't need to struggle alone. Steps2Change is a FREE and confidential NHS service for anyone who is feeling stressed, unhappy, depressed, sad, worried or anxious. Contact number 0303 123 4000 (available 24/7) or look them up on the internet.

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PRACTICAL WAYS TO LOOK AFTER YOUR MENTAL HEALTH



TALK ABOUT YOUR FEELINGS



EAT WELL



KEEP IN TOUCH



TAKE A BREAK



ACCEPT WHO YOU ARE



KEEP ACTIVE



DRINK SENSIBLY



ASK FOR HELP



DO THINGS YOU ARE GOOD AT



CARE FOR OTHERS

We were recently inspected by the Care Quality Commission (CQC) who told us our services were "Good". Our dedicated staff work hard to ensure that the organisation meets all of the quality and safety standards required and our patients are safe and cared for when using our services. We are awaiting our full report, which we should receive by October.