



# Dukinfield Medical Practice Practice Patient Group Newsletter - Winter 2021



## Important Practice Information

### Opening Times

Monday	8:00 - 19:30
Tuesday	8:00 - 18:30
Wednesday	7:00 - 18:30
Thursday	8:00 - 18:30
Friday	8:00 - 18:30

When we are closed:

Please ring NHS 111 for advice or alternatively, visit the Walk-In Centre at Tameside Hospital.

Open 9am to 9pm every day including Bank Holidays, no appointment required.

Only ring 999 if you believe it is a life-threatening emergency.

### Evening and Weekend Appointments:

Patients who are registered at this practice can now book an appointment to see a GP or nurse on weekday evenings (after 6.30pm) or at the weekends (on Saturday and Sunday). These appointments will take place at another NHS site nearby.



### Practice Contact Details:

Tel: [0161 343 6382](tel:01613436382)

email: [tgccg.dukinfieldmedicalpractice@nhs.net](mailto:tgccg.dukinfieldmedicalpractice@nhs.net)

Website: [dukinfieldmedicalpractice.co.uk](http://dukinfieldmedicalpractice.co.uk)

facebook: [facebook.com/dukinfieldmedicalpractice](https://facebook.com/dukinfieldmedicalpractice)

PPG contacts: [dukppg@gmail.com](mailto:dukppg@gmail.com) or  
by text only: [07576 411627](tel:07576411627)



### Training Days:

20<sup>th</sup> January, 17<sup>th</sup> February  
Later dates are on the website  
Practice closed from 12:30pm

### Christmas Closing:

The Practice will be closed on:  
27<sup>th</sup> and 28<sup>th</sup> December and  
3<sup>rd</sup> January

## DMP Staff The Doctors



Dr Dowling (P)



Dr Harvey (P)



Dr Roberts (P)



Dr McBride (P)



Dr Richman



Dr Williams



Dr Hsu ST3



Dr Khan ST3



Dr Lim ST3



Dr Moss ST3



Dr Pardes ST3



Dr Sandi ST1



Dr Halstead



Dr Burghel

STs are qualified doctors in their first, second or third year of GP training. (P) means Practice Partner.

## The Nursing Staff



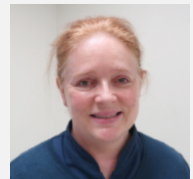
Bromley (P)



Chris



Claire



Elizabeth



Yvonne



Marie



Gillian



Mr Afzal Pharmacist

## WHO CAN HAVE THE FLU VACCINE?

The flu vaccine is given free on the NHS to people who:

- are 50 and over (including those who'll be 50 by 31 March 2022)
- have certain health conditions
- are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- frontline health or social care workers

### Where to get the flu vaccine

You can have the NHS flu vaccine at:

- your GP surgery
- a pharmacy offering the service
- your midwifery service if you're pregnant
- a hospital appointment

If you do not have your flu vaccine at your GP surgery, you do not have to tell the surgery.

This will be done for you.

**Please note that if you are eligible, your NHS flu jab will now be given at the surgery, and no longer at the Covid centres.**

**Also:** At the link below you will find a well documented route to the Hattersley drive-in centre which avoids the M67 and the busy roundabout at its end.

<https://dukinfieldmedicalpractice.co.uk/wp-content/uploads/2021/10/Route-with-Map.pdf>

## UPPER RESPIRATORY TRACT INFECTIONS (URTI)

It is that time of year when there are lots of people with coughs, colds and sore throats. These viral symptoms normally pass within two weeks but please follow the link below for some useful self-help advice, options of medication to get from the pharmacy and advice about when to seek help from the GP. It is rare to need antibiotics for this type of illness and if you feel your symptoms may be covid-19, please book a covid-19 PCR test.

<https://www.nhs.uk/conditions/respiratory-tract-infection/>



**Are you eligible for a free NHS flu vaccination?**

Flu can be more dangerous if you are over 65, have an existing health problem, are pregnant, a carer, or children under 4.

Don't put it off. Get your flu vaccination straight away. Ask at your GP Practice.

**STAY WELL THIS WINTER**

## UNDERSTANDING PAIN BY DR A RICHMAN SALARIED GP

Pain can be a confusing and frustrating condition to live with, particularly as it's something that cannot be seen from the outside by those around us. Most of us grow up thinking that pain will eventually go away, so how do we make sense of pain that doesn't go away? Pain that doesn't go away and is persistent is called 'Chronic pain'.

When you have a new injury (acute pain) it is easy to guess which part of the body is causing the pain – the bruise, the broken bone or swelling for example around a sprained ankle. Sometimes it's easy to think that scans or x-rays might be able to give us all the answers but sadly it is impossible to say whether these are the source of the pain or not. With chronic pain it is much more difficult as often there is no obvious physical cause, no accident, bump, fall or stumble to blame. It's commonly misconceived that chronic pain is an indicator of an ongoing injury requiring suspension of activity, however this is very often not the case. Chronic pain is complex, often a product of abnormal neural signalling and usually requires a multimodal treatment approach. Our aim is to try and help you manage it most effectively.



### What treatment is available?

Firstly, you may not need to take painkillers to relieve your pain. Here are some alternatives:

- Applying heat to the skin can help some types of pain. Use compresses or products such as sprays, creams, ointments, gels and patches to help swelling and inflammation. These are available from your local pharmacy.
- Support from bandages or compression hosiery can help with sprains and strains.
- Rest if your body tells you to.
- Exercise gently as soon as you are able. Try to be active every day instead of only on the good days when you're not in so much pain.
- **Physiotherapy – you can self-refer using forms available on our surgery website or directly book an appointment at reception!**

When taken at the right dose, painkillers are safe and effective medicines. When you have short-term pain, it may be best to take the painkiller as recommended on the pack to help you remain active and stop the pain from building up and becoming intolerable. If a 2-week course of over-the-counter painkillers does not work, ask for help from your GP or pharmacist.

Common painkillers used to treat pain are:

- Paracetamol
- Aspirin
- Ibuprofen

*The above are readily available over the counter and should always be used first before considering the below:*

- Naproxen
- Codeine (please note we no longer readily prescribe co-codamol)

Aspirin, ibuprofen, and naproxen come from a group of drugs called nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs work by changing the body's response to pain and swelling. They are particularly helpful for acute strains and sprains, muscle and joint pains, however high doses or long-term use may lead to indigestion, bleeding from the gut, kidney problems, high blood pressure, fluid retention and slight increased risk of heart attack and stroke. They may also worsen asthma in about 10% of sufferers. Aspirin must never be given to under 16 years old due to a very rare but fatal condition called Reye's syndrome. Codeine and dihydrocodeine are a very mild derivative of morphine, and work by blocking pain messages in the brain and spinal cord. Paracetamol works in a different way to NSAIDs and codeine. It is particularly helpful in reducing fever and relieving pain.

Because each type of painkiller works in a different way to relieve pain, there are some products available that contain more than one type of painkiller. For example, aspirin, paracetamol or ibuprofen can be combined with codeine and/or caffeine.

Know what you are taking! Always read the instructions and do not take two products containing the same active ingredient.

**A WORD OF CAUTION ON CODEINE, CO-CODAMOL AND OTHER OPIOID BASED PRODUCTS - PROLONGED USE CAN LEAD TO CONSTIPATION, HEADACHES, TOLERANCE AND ADDICTION - PLEASE ONLY TAKE FOR SHORT PERIODS IF POSSIBLE AND SEEK HELP FROM YOUR GP OR OUR PHARMACIST IF YOU FEEL YOU NEED HELP WITH COMING OFF THESE PRODUCTS. THERE IS VERY LITTLE EVIDENCE THAT THEY ARE HELPFUL FOR LONG TERM PAIN.**

Whatever the treatment, its important to remember that there is help available and you are not on your own! In addition to support available from us at the practice there are also charities specialising in pain, such as Action on Pain and Pain Concern

These charities provide information, tips and techniques on pain management, and there is also the opportunity for you to speak to volunteers and join a community to share experiences with others suffering with similar conditions.

Sources and useful links:

[www.britishpainsociety.org](http://www.britishpainsociety.org)

[www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain/](http://www.nhs.uk/live-well/healthy-body/ways-to-manage-chronic-pain/)

[www.action-on-pain.co.uk/](http://www.action-on-pain.co.uk/)

[painconcern.org.uk/](http://painconcern.org.uk/)

[www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/](http://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/)

[www.fpm.ac.uk/opioids-aware/information-patients](http://www.fpm.ac.uk/opioids-aware/information-patients)

[www.paintoolkit.org/](http://www.paintoolkit.org/)



## **WASTED MEDICATION**

Unused medicines cost 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.



### **Only order the medication you really need:**

- Tell your GP if you have stopped taking any medication
- Check what medicines you still have before re-ordering
- Always attend a medication review when requested
- Think before you tick all the boxes on your repeat prescription request

Please be aware that if you return unused medication to a pharmacy, they cannot be re-used and will be incinerated.

This applies even if the package seals are still intact.

Please remember that some medicines are extremely expensive.

## **PATIENT GROUP PAGE (PPG)**

Have you considered joining us at our PPG meetings?

We meet approximately every six weeks at St John's Conference Centre on Vicarage Drive, Dukinfield.

At the meeting you would get the opportunity to give feedback to the Practice about what is going well, or perhaps not so well. Constructive feedback enables any issues to be addressed more quickly.

You would get news from the Practice, such as the progress in the build of the extension, any changes in the staff, updates on the provision of Covid and flu jabs and any planned changes in the NHS etc.

Other activities have been curtailed during the pandemic, but will hopefully resume in the New Year. However, we will be delivering Christmas hampers to vulnerable and isolated patients again this year.

We would like to hear what topics patients would like to be covered in future newsletters. If you cannot attend meetings, please email or text your ideas to the contact details on the front cover.

Similarly send us your contact details if you would like to be sent meeting invitations.



### **HOT PRESS**

- The Practice is increasing the number of GPs:  
Dr Burghel joined on 1st November and Dr Halstead will join on 6th December.  
You may remember that Dr Halstead left the Practice some time ago because she has moved out of the area, however she is going to help-out remotely with telephone consultations.
- The building work on the extension to the Concord Way site is on schedule. The concrete foundations have been installed and the bricklaying has started. The Practice hope to move in during May 2022.
- **Warm Home Discount:** Following the recent rapid increase in the cost of energy, it might be worth checking if you're entitled to receive this allowance. Not all energy providers are part of the scheme so check with your supplier. You can qualify by receiving particular benefits or by virtue of low income. You could receive up to £140 off your energy bill. If you're unsure about whether you would qualify, contact your supplier or have a look here:  
<https://www.gov.uk/the-warm-home-discount-scheme>

# NON-NHS WORK

## **What is non-NHS work and why is there a fee?**

The National Health Service provides most health care to most people free of charge, but there are exceptions: prescription charges have existed since 1951 and there are a number of other services for which fees are charged.

Sometimes the charge is because the service is not covered by the NHS, for example producing medical reports for insurance companies, solicitors or employers.

The Government's contract with GPs covers medical services to NHS patients but not non-NHS work. It is important to understand that many GPs are not employed by the NHS; they are self-employed and they have to cover their costs – staff, buildings, heating, lighting, etc – in the same way as any small business.

Examples of non-NHS services for which GPs can charge their own NHS patients are:

- Accident/sickness certificates for insurance purposes
- School fee and holiday insurance certificates
- Reports for health clubs to certify that patients are fit to exercise
- Private prescriptions for travel purposes
- Letter for PIP,DWP Health Assessments- Please note these will only be completed at appeal stage. Examples of non-NHS services for which GPs can charge other institutions are:
- Life assurance and income protection reports for insurance companies.
- Reports for the Department for Work and Pensions (DWP) in connection with disability living allowance, attendance allowance, PIP.
- Medical reports for local authorities in connection with adoption and fostering.

## **Do GPs have to do non-NHS work for their patients?**

With certain limited exceptions for example, a GP confirming that one of their patients is not fit for jury service, GPs do not have to carry out Non-NHS work on behalf of their patients.

Whilst GPs will always attempt to assist their patients with the completion of forms, they are not required to do such non-NHS work.

## **Why does it sometimes take my GP a long time to complete my form?**

Time spent completing forms and preparing reports takes the GP away from the medical care of his or her patients.

Most GPs have a very heavy workload and paperwork takes up an increasing amount of their time, so many GPs find they have to complete this work outside of and in addition to their normal hours.

## **I only need the doctor's signature – what is the problem?**

When a doctor signs a certificate or completes a report, it is a condition of remaining on the Medical Register that they only sign what they know to be true.

In order to complete even the simplest of forms therefore, the doctor might have to check the patient's entire medical record. Carelessness or an inaccurate report can have serious consequences for the doctor with the General Medical Council (the doctors' regulatory body) or even the police.