



Park Lane Surgery

Waters Green Medical Centre
Sunderland Street
Macclesfield
SKI 1 6JL

Issue 11
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Starters and Leavers

Dr J Banns

Dr Banns who is currently our Registrar at the practice has recently passed his Clinical Skills Assessment and will be submitting his portfolio at the end of May prior to completing his training and becoming a full GP. He studied Medicine at Manchester University and spent his Junior Doctor years in Wales prior to moving up to the area. He is interested in Musculoskeletal Medicine and has been helping with Minor Surgery alongside Dr Erskine. Outside of medicine he is a keen triathlete and spends his free time either swimming in Lakes or running and cycling in the hills.

Dr Helen MacLeod

Dr Helen Macleod is leaving on 27th April 2016 after 17 years with Park Lane Surgery. Over the last 18 months she has worked at East Cheshire Hospice as well as the surgery and has made the decision to take more work at the Hospice. Dr MacLeod has been both a GP Partner and a salaried GP in her time at Park Lane and will be greatly missed by both patients and staff. We wish her well in her new medical role.

Online full record access

The practice is now able to offer patients online access to their full health record held on the computer system at the practice. Patients must apply to the practice after reading an information booklet available from reception and filling in the appropriate form. If the application is successful then the patient can see:

Medication: View and request. **Appointments:** View, book & cancel. **Medical Records:** A summary that gives you the most important and recent entries in your health record. **Consultations:** including: date, GP seen, reason for visit, history, examination, outcome, investigations etc. **Medical record showing:** diagnoses, investigations, procedures. **Allergies Patient information leaflets:** linked from the diagnoses in the medical record section. **Results:** showing all investigations such as blood results, liver tests, blood pressure etc. **Vaccinations. Letters:** to and from the GP. **Email:** the reception team.

It is also possible to have online access to just appointments medication, email and basic records. For more information please ask at reception.

Accessible Information Standard

The AIS asks the practice to make sure people with a disability, impairment or sensory loss receive information in a format they can access and understand. We will be asking new patients if they have any specific communication support needs. We would also like to hear from current practice patients who may have any specific communication needs. If you require large print on your letters, easy read leaflets or an interpreter please let us know.

Cheshire Care record

The CCR is summary of your health including information on test results, current and past problems, medications, allergies and social care information that can be viewed by a number of care providers including hospitals and community services, social care, mental health and cancer care.

The record means that:

- People won't have to keep repeating their medical or social care history
- Care professionals will have access to the right information when they need it
- Duplicate appointments and tests will be reduced
- People will receive the right treatment and care at the right time and in the most appropriate care setting.

People who don't want their information shared will be able to opt out by completing a form that will be available in GP practices before the launch.

Cheshire Care Record partners include GP practices plus [East Cheshire NHS Trust](#), [Cheshire East Council](#), [Cheshire and Wirral Partnership NHS Foundation Trust](#) and [NHS Eastern Cheshire CCG](#).

To find out more please go to: <http://cheshirepioneer.co.uk/cheshire-care-record/>

Useful Telephone Numbers

District Nurses 01625 264080

Provide Nurse treatment to elderly and housebound

1st Floor Services 01625 264095

Blood tests, Dietician, Midwife, Epilepsy and chiropody

Health Visitors 01625 264079

If you have a new baby and or young children and need advise, or you need to alter an arranged visit.

Patient Transport Booking Centre 08000323240

If you have no means of transport for attending hospital appointments and if you are unable to comfortably use a car and require some assistance

Family Planning 01625 663400 & GUM Clinic 01625 663399

Please telephone the above number to make an appointment or enquire about the services they offer.

Dental Emergency & Services 0161 476 9651

The new number for dental emergencies out of hours or in hours (if you are not registered at a practice.)

Smoking Cessation

Freephone 0800 085 8818

Based on the 1st Floor, Waters Green Medical Centre

This clinic is now an appointment only service please call the above number to make an appointment.

Reducing Our Use of Antibiotics

In certain conditions antibiotics are important: those affecting the lungs, heart, the elderly, or are immunosuppressed.

The following can normally be managed at home with the help of your local pharmacist

Conjunctivitis –caused by both bacteria and viruses and normally develops alongside a cold. Improves within a week without permanent damage to the eyes.

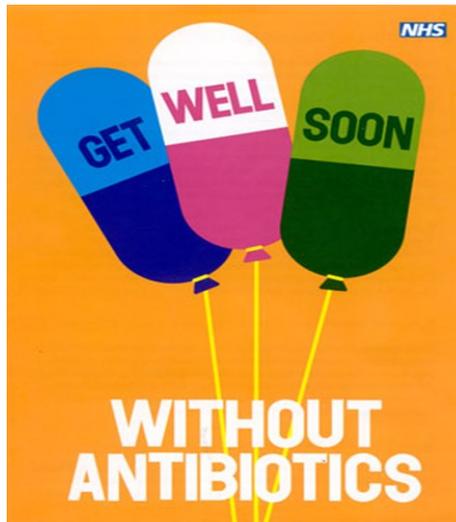
Symptoms - eyes feel gritty and water, the white of the eyes may become inflamed

Treatment - bathing the eyes with cool clean water. Lubricant eye drops and antibiotic eye drops after discussion with your local pharmacist if cases are

Sore Throat – mainly viral and occurs following a cold. They will often improve within a week.

Symptoms – high temperature, pain on swallowing and hoarse-ness.

Treatment – plenty of clear fluids, paracetamol and ibuprofen, your pharmacist can advise on sprays and gargles



Coughs –part of the body’s defence mechanism preventing infection in the lungs. Both chesty coughs where a lot of mucus is produced and dry coughs can last for 3 weeks

Treatment – drink plenty of fluids, take paracetamol, some people will find cough medicines, lozenges or sweets soothing

Middle Ear Infections –lasts 2-4 days and 14 out of 15 cases will improve without antibiotics as quickly as they would with antibiotics.

Symptoms – Ear ache, temperature, fever, loss of hearing and discharge from the ears.

Treatment – simple painkillers and avoiding putting anything into the ear.

Sinusitis – in 98% are caused by a virus and will often last 3 weeks

Symptoms – pain over the affected area, running of the nose with yellow/green mucus, fever

Treatment – paracetamol and ibuprofen, intra-nasal corticosteroids, intra-nasal decongestants, saline nasal drops and steam inhalation

Why we are trying to reduce the use of antibiotics:

- Bacteria can adapt and find ways to survive antibiotics. This can lead to antibiotic resistance
- Antibiotic resistance can spread to other people in close contact with you.
- Antibiotics can upset the natural balance of bacteria in your body, leading to an increase in other bacterial. This may result in diarrhoea or thrush
- Some antibiotics can cause allergic reactions such as rashes, being sick with alcohol or sensitivity to sunlight.



Comments and suggestions

For the attention of the patient group

Name:

Comment/Suggestion:

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Have your say

