

Bryn Darland Surgery

Newsletter

Dr Debra Davies has decided to become part time, and we are pleased to welcome Dr Anna Billings who will be job sharing with Dr Debra, Dr Anna is a very experienced GP and the Surgery considers itself lucky to have obtained her services.

Appointments

All morning appointments are open, you come to surgery and just wait your turn.

You are able to book appointments for the Doctors up to two weeks in advance for Tuesday lunch time and all evening surgeries.

However 5 appointments are kept for the day for anyone who becomes ill on the day.

If there are no appointments left in the evening and you consider it is an emergency you would need to come to surgery and see the Practice Nurse. She will assess the problem, organise a prescription if necessary, request a Doctor sees you, or give you an appointment for next day.

Results

If you have a test of any kind, blood, urine, x-ray etc., you may ring for your results, we would appreciate it if you rang after lunch once the phones become a little quieter.

However we will only give the results to the Patient. If you want someone else to have your results you must sign the book in surgery giving permission.

Vaccinations

Mumps

As you are probably aware from the Press, we are in the middle of a Mumps epidemic, it is also thought that an epidemic of Measles could follow in the near future. Please ensure that Children's vaccines are up to date. If you have any queries or wish to talk to anyone about these, the Doctor or Practice Nurse would be pleased to help.

If you are Student age please check that you are covered for Mumps, Rubella and Measles, we are able to give an MMR if necessary, the Practice Nurse will be available for advice.

Pneumonia

The Government are recommending anyone over 65 has a Pneumonia vaccine, only one is needed in a life time and will protect against Pneumonia.

It is also recommended that anyone who could be at risk eg Diabetic, Asthma, Heart Disease etc, also have the vaccine. The Practice Nurse will give advice and arrange the vaccine

Holiday Vaccines

If you are traveling abroad to any destination your UK Vaccines should be up to date. For places like Turkey, Dominican Republic etc you will need Hepatitis A, Typhoid, and UK vaccines, these are available free of charge at the Surgery.

For more exotic travel you may need Yellow Fever and that is also available at the Surgery, but there is a charge for this one.

Stress

Symptoms Tiredness, mood swings, skin problems, muscle tension, disturbed sleep patterns, low self esteem, anxiety, poor concentration/forgetfulness. People vary in how much stress they can experience before it has an effect on their health.

How can I treat stress signals? Exercise has a positive effect on the common symptoms of stress and is useful in helping to prevent stress related ill-health.

Make time for yourself. Relaxation techniques or medication can be useful for many people.

There are many types of relaxation classes available including meditation, yoga, pilates etc.

Taking a positive approach to your health can help you avoid turning to food, alcohol or other drugs like nicotine as comforters when feeling stressed.

How can I deal with stress at work Organise your work if too much work and too little time, speak to your employer.

Change your work environment, list your priorities.

Take regular breaks during the day and a lunch time, and take proper holidays.

Exercise - going to the gym, a brisk walk, running or swimming are all good ways to take your mind off things.

Find out if your company has counselling service.

Learn simple relaxation techniques that you can do at work such as deep breathing.

Where to get advice Use the occupational health service at work or ask your personnel department.

You may find information re relaxation courses at your library

Practice Nurse

Sister Elaine Ashfield is trained in Minor Illness and able to see and treat various minor complaints.

Sister Ashfield is also training as a Nurse Practitioner, and is working at present as Student Nurse Practitioner.

Stop Smoking

Benefits improved smell, taste, Circulation, decrease your risk of lung cancer, and other Cancers, heart disease, osteoporosis, and stomach ulcers.

You do not smoke alone, if you have children and smoke around them, they smoke with you.

Make a plan, tell friends and family so they can support you, try to get someone to give up with you for support. Wanting to stop is the first step.

You can get help and advice from smokeline 0800 84 84 84

Or NHS 24 08454 24 24 24

The Practice Nurse in the Surgery is also able to help, advise and support you.

Ask at reception for an Appointment

Ask about medication to help, nicotine replacement therapy eg patches, gum, Inhalator, lozenges etc can double your chances of giving up.

Resuscitation

What would you do in an Emergency.

We Are able to offer a training evening once every 6 weeks, 6 -7pm, we will cover CPR, bleeding, choking etc. Please give your name to reception if you are interested.