

UNIVERSITY MEDICAL CENTRE NEWSLETTER WINTER 2018

Welcome to the Winter 2018 Newsletter.



Fresher's Fair

Once again, the University Medical Centre attended the University of Bath Fresher's Fair to support the new student registration process. The practice was supported by Public Health England and CCG colleagues at the event which saw a large number of new student patients attend to register.



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Flu Vaccination Programme 2018

Please book your appointment with our reception team to give yourself the best chance of protecting yourself against the flu this Winter.

The flu vaccination programme is well underway and whilst we have seen a good uptake to date, we still have the vaccine available and would like to remind all to book for vaccinations



Meningitis ACWY and MMR Programme

As part of our ongoing healthcare and vaccination programmes, we are ensuring that our existing and new patients have the option to receive their Meningitis ACWY and Measles, Mumps and Rubella vaccinations if they have not already had them. If you need to book in for an appointment, please contact the Reception Team.



Our new University Medical Centre website is coming very soon! More details to follow shortly.

Patient Participation Group Feedback

Many thanks for continuing to engage in our Patient Participation Group. If you have any feedback that you would like to share with the Practice or ideas relating to areas you feel should be prioritised for inclusion in our next Practice survey then please don't hesitate to let us know.

Please send your feedback to our administration email address:

BSCCG.bathumc@nhs.net

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Prescribing of over the counter medicines is changing

Why does the NHS need to reduce prescriptions for over the counter medicines?

The NHS has been spending around £136 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket, such as paracetamol. By reducing the amount the NHS spends on over the counter medicines, we can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.

How your local pharmacy team can help you

Your local pharmacy team are qualified healthcare professionals with the knowledge and skills to help with many health concerns.

Pharmacists can give clinical advice, right there and then, and help you choose the most appropriate treatment. If your symptoms suggest it's more serious, they'll ensure you get the care you need.

What can you do?

Keeping a few useful medicines at home means you can treat common conditions immediately without needing to see a healthcare professional.

These could include:

- Painkillers to help with pain, discomfort and fever
- Indigestion medicines, oral rehydration salts and treatments for constipation and diarrhoea
- Treatments for seasonal conditions like colds and hay fever
- Sunblock and after sun
- Basic first aid items (for example plasters or antiseptic cream)

If you have children, make sure you also have products suitable for them. Speak to your local pharmacy team about what medicines to keep at home, where to store them safely and how to use them.



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The Antibiotic Crossword

How much do you know about antibiotics?

Antibiotics are important medicines that are used to treat infections caused by bacteria. Bacteria can adapt and find ways to resist the effects of an antibiotic – becoming 'antibiotic resistant' – meaning that the antibiotic no longer kills the bacteria. The more often we use an antibiotic the more likely that the bacteria will become resistant to it.

Antibiotics don't work against infections caused by viruses, such as colds and flus. These common viral infections often get better without antibiotics. Ask your pharmacist about how you can treat your symptoms and pain using over the counter medicine.

Your doctor will only prescribe antibiotics when you need them, to treat infections caused by bacteria. Antibiotics may be life saving for some bacterial infections, such as meningitis. By using antibiotics in the right way, you and your doctor are helping to fight antibiotic resistance, and antibiotics are more likely to work when you do need them.

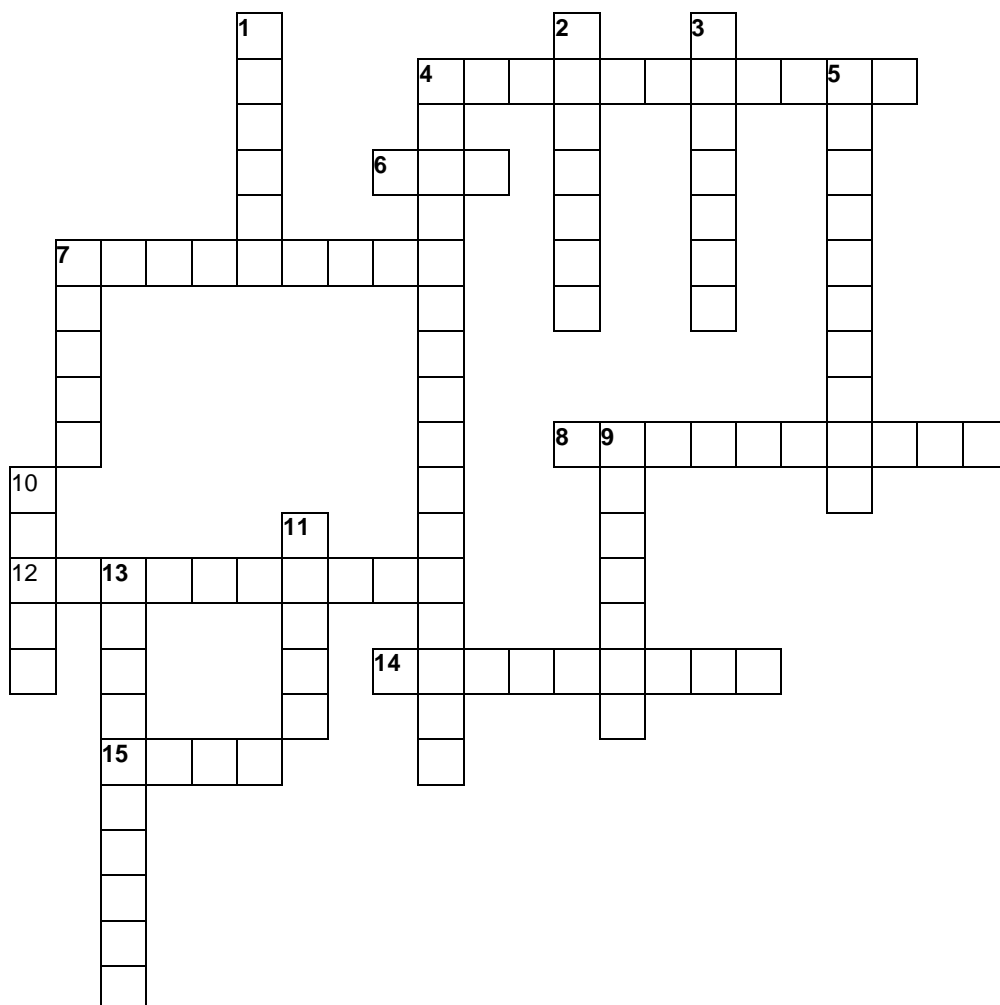
If your doctor gives you antibiotics ensure you use them as prescribed and never save them for later or share them with others. We can only slow down the development of antibiotic resistance by using antibiotics less often and in the right way.

Here is a little quiz for all the crossword lovers out there. The answers will be revealed on the last page of this newsletter. No peaking until you have finished it!

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Across

4. Urinary tract infections are often treated with this type of drug (11)
6. Someone who treats sick animals (3)
7. A common respiratory infection treated with antibiotics (9)
8. A type of antibiotic (10)
12. What does taking antibiotics when you don't need them help bacteria to develop? (10)
14. A side effect of some antibiotics (9)
15. You should always take antibiotics as directed, true or false? (4)

Down

1. A normal symptom of the common cold (6)
2. Ear ache is normally caused by? (7)
3. Professionals who normally prescribe antibiotics for humans (7)
4. Discoverer of penicillin (9, 7)
5. Respiratory infection that doesn't need to be treated with antibiotics (6, 4)
7. The form that antibiotics are normally prescribed in for adults? (5)
9. Otitis media is the medical name for which common childhood infection? (3, 4)
10. Form of antibiotics often given to children (5)
11. If you develop phlegm at the end of a cold you should consult your GP, true or false? (5)
13. A common unpleasant condition normally caused by a virus (4, 6)

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Thank you for reviewing this newsletter. If you have any feedback that you wish to share regarding areas for improvement or relating to services that you feel we are delivering well I would be very grateful for these comments. Please also let us know if you would like to be included in our next newsletter.

Please contact us via email: BSCCG.bathumc@nhs.net



Across:

4. Antibiotics
6. Vet
7. Pneumonia
8. Penicillin
12. Resistance
14. Diarrhoea
15. True

Down:

1. Phlegm
2. Viruses
3. Doctors
4. Alexander Fleming
5. Common Cold
7. Pills
9. Earache
10. Syrup
11. False
13. Sore Throat