



Newsletter

- Welcome to the fourth edition of our newsletter
- Latest News
- Seasonal Medical Advice

Latest News

Extended Hours

Are you aware that we provide this service? Do you know to what this relates ?

On certain days of the week we offer late appointments from 6.30pm till 8.00pm. We also have Saturday morning appointments from 8.30am till 11.45am. These are only available if booked in advance. Please check with the receptionist.

The Out of Hours Service provides emergency cover outside normal surgery times.

The majority of Doctors around

South Gloucestershire opted out of providing an out of hours service and with the monies made available, South Gloucestershire Primary Care Trust provide patients with an out of hours service between the hours of 6.30pm - 8.00pm. This is currently being provided by FRENDOC who employ GP's who may already work in general practice, or who are GP Locums.

By ringing 01454 412599 your call is transferred to the FRENDOC Out of Hours Service when the surgery is closed.

Health Centre - refurbishment & upgrade

The painting and decorating in the Health Centre has been finished.

A number of chairs have been purchased that are at a higher level than the chairs available normally. This will assist those patients who find lower chairs difficult to use.

Background music is now present in patient waiting areas to help reduce the risk of consultations with the Doctor or Nurse being overheard.

Outside the Health Centre CCTV cameras have been installed to help protect the premises and the immediate perimeter.

We are presently working on moving patients written notes to a secure storage area upstairs to release more

working space for our administrative team in reception.

We are currently waiting for an upgraded telephone system to be installed this Spring.

The upgrade of the telephone system will increase line capacity to a fully digital system to try and help you gain easier access on the telephone.

However we do need your help:
First thing in the morning the telephones can become particularly busy and if you do **not** need to contact us then waiting till a little later in the day will certainly be helpful to us in managing calls.

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“ Are you aged 65 years or over, on 31 March 2010 - and have never had a pneumococcal vaccination to protect you from pneumonia?”

Ask at Reception

Only one vaccination is necessary to protect you for life.

Remember to use our website
www.drburneyandpartners.co.uk

Hayfever

Hay fever, is also known as seasonal allergic rhinitis and can affect 20% of people in the UK.

Hay fever usually occurs during early spring and late summer, depending on the pollen or pollens to which you are allergic.

The pollens most likely to cause problems in early spring are those from trees. Grasses pollinate during mid summer and in late summer different types of weeds can sometimes become a problem.

The Symptoms are:

Frequent sneezing, runny or blocked nose, itchy or watery eyes, and an itchy throat, mouth, nose and ears.

What can I do about it?

Avoiding the trigger substance of pollen is best but can be very difficult to do. A variety of hay fever treatments are available including tablets, nasal sprays and eye drops. Many of these are available to purchase over the counter, at your local pharmacy. The Phar-

macist will be able to advise you on which treatments are best for you.

Starting these treatments early will be more beneficial.

When should I seek medical attention?

If symptoms remain severe despite medication contact our Practice Nurse or the Doctor.

Hay fever can often make asthma symptoms worse and if you are affected in this way please speak to our Practice Nurse.

Research

We are a Research Practice and from time to time you may be approached to participate in various studies.

During the last year we have been involved with the following studies:

REEACT Trial - A national study being run by Bristol University. The trial is investigating whether patients suffering from depression would benefit from using computerised rather than a face-to-face Cognitive Behaviour Therapy.

ADEPT - Alcohol Detoxification in Primary Care Treatment—this research is investigating the best way of symptom control for patients undergoing detoxification from alcohol.

PROTECT Study - a new feasibility study called ProDiet investigates whether men at elevated risk of prostate cancer will be willing to modify their diets. The trial will investigate green tea and lycopene as two dietary agents.

SWINE FLU - We are involved in monitoring and following up some patients vaccinated within the government vaccination programme.

Thank you to our patients who have taken part.

Dr Helen Pyke

Dr Pyke is currently on Maternity Leave and Dr Holly Paris is covering her absence.

Dr Pyke had a little boy called Tom and is spending time at home before returning to work again later this year.

Sick Note To Fit Note

On 6 April 2010 the sick note certificate will change and become a “fit “note.

So now when you fall ill, or are injured, your doctor can advise you whether with extra support (such as a phased return, altered hours, amended duties or workplace alterations) you could make an earlier return to work. This is because, in many cases, going back to work can aid your recovery. For more information go to:

www.dwp.gov.uk/fitnote