



Budbrooke Medical Centre

July 2022



Updated guidance to Fit Notes

From July 1st, more NHS healthcare professionals will be able to legally certify fit notes. This will allow our patients to be seen by the most appropriate healthcare professional who can also provide a fit note to you. The expansion of healthcare professionals will include Nurses, Physiotherapists, Occupational Therapists and Pharmacists.

This means our own Nurses can issue you a fit note, and after completion of training our FCP Lucy McCann and others will follow.

Health Calendar July 2022:

5th – 11th July - National Hygiene Week:

Feeling clean should not be seen as a luxury or a privilege for anyone in our society, yet many are living in poverty and cannot afford to stay clean. This week is focusing on tackling hygiene poverty. This is not being able to afford many of the everyday hygiene and personal grooming products most of us take for granted. For more information and ways in which you can help visit: <https://thehygienebank.com/>

Clinics at Budbrooke

FCP Lucy McCann - our first contact practitioner is now in the practice every other Thursday. Lucy specialises in all soft tissue injuries, sprains, arthritis, back pain, neck pain, pins and needles/numbness, post-orthopaedic surgery and possible problems with muscles, ligaments, bone etc. Face to face appointments and telephone calls are available.

Clinical Pharmacist Sahima Ali – our new clinical pharmacist completes a lot of our reviews such as medication reviews, asthma reviews, pill checks, hypertension reviews, Stroke/TIA reviews and secondary care medication changes.

Digital Care Coordinator Nik Mason – our digital care coordinator is here to set up access to your online health record! If you need any support with the NHS app, online patient access or covid vaccination passes he is available at the surgery on Thursdays for face to face appointments or phone calls.

Appointment reminders

We are in the process of getting back our texting system which sends out automatic SMS messages to remind you about your upcoming appointment at Budbrooke Medical Centre. During COVID we had to temporarily stop our reminders as most appointments were over the phone. If you would like to opt out of this service please let reception know.



2022 Flu Clinics

Secure your flu jab now!

We have secured the following dates at

St Michael Church:

Saturday 17th September

Thursday 22nd September

Saturday 24th September

(More to be announced and to be held at the surgery)

We are also looking for volunteers to help run our flu clinics this year.

To join the fun and for more information please contact Caroline Edwards on community@stmbb.church

COVID19 antiviral

Treatment



As a research practice we have been lucky enough to enrol in the national anti-viral treatment study which aims to reduce the need for hospital admissions in patients with COVID19. The eligibility is anyone over the age of 50, or 18-49 with a comorbidity. You must make sure you are also reporting your positive LF test to come up in our searches.

Self-care advice – Hayfever Season

Hayfever is a common allergic reaction which is usually worse for people between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.



There are simple things you can do to help yourself, these include putting Vaseline around your nostrils to trap the pollen, vacuum regularly and dust with a damp cloth, avoid smoke and stay indoors where possible – keep windows and doors closed especially during the morning 7am-9am and evenings 5pm-7pm as this is when the pollen count is higher.

By going to the pharmacy and buying medication over the counter you will be saving yourself time and money, free up GP appointments for people with urgent needs and help the NHS save money on unnecessary prescription costs. Many hay fever symptoms can be controlled with over-the-counter medication at your local pharmacy.