

# Killamarsh Medical Practice

## Your Healthcare Team

### **GP Partners**

Dr P Cracknell (m) MB ChB 1989  
GMC: 3350784

Dr S Shaw (m) MB ChB 1990  
GMC: 3497359

Dr H Brar (f) MD 1996  
GMC: 4330963

Dr G Strachan (m) MB ChB 1996  
GMC: 4299428

### **Salaried GPs**

Dr A Oldale (f) MB ChB 1999  
GMC: 4606015

Dr H Bird (f) MB ChB 2008  
GMC: 7014777

### **Practice Nurses**

Teresa Brunt  
Kristy Evett

### **Community Nurse**

Barbara Kelly

### **Healthcare Assistants**

Nicola Parker  
Jessica Humphries

### **Business Manager**

Victoria Webb

*Our healthcare team is supported by a highly experienced and dedicated team of administrative staff. We all work together as part of a team to deliver a high quality of healthcare services to our patients.*

### **Surgery Opening Times**

Monday - Friday  
08:00am - 18:30pm

If you need to contact a doctor when the surgery is closed



When it's less urgent  
than 999

# HELLO Spring

### **Do you suffer from hay fever?**

Hay fever is a common allergic condition that affects up to one in five people. Symptoms of hay fever include sneezing, a runny nose and itchy eyes. Even though your hay fever symptoms may be mild, they can interfere with your sleep and your daily activities at school or work.

### **When to seek medical advice?**

Before going to see your GP, you could visit your pharmacist -they can advise you on treatment as most cases of hay fever can be treated with over-the-counter medications, such as antihistamines. You usually only need to see your GP if you can't control your symptoms with over-the-counter medications or if you have any troublesome side effects. If you're experiencing persistent complications of hay fever, such as worsening of asthma or repeated episodes of sinusitis, make an appointment to see your GP if your symptoms don't improve after using antihistamines.



## **Smear Test Overdue?**

### **Book yours today**

Across the whole of the UK women are invited for cervical screening between the ages of 25 and 64.

Almost 1 in 4 women put themselves at risk of life-threatening cervical cancer in the last year through failing to attend cervical screening.

Cervical screening saves 5,000 lives a year in the UK, so don't delay! Book yours today.

A smear test  
lasts **5** minutes.

The impact of cervical cancer  
lasts a lifetime.

# Winter Pressures Continues

Winter conditions are still putting an enormous amount of pressure on our NHS services.

Killamarsh Medical Practice continues to offer extra on-the-day GP appointments and telephone triage for urgent cases to help meet patient demand.

The Doctors would like to thank you for your continued patience during this busy period.

It's essential for patients to continue to choose the right NHS service!

## Stay well

Guide to help you choose the right service for you and your NHS



Self-care	Pharmacy	GP	Minor Injuries	A&E/999
<p>Hangover. Cough. Colds. Grazes. Small cuts. Sore throat.</p>	<p>Diarrhoea. Earache. Painful cough. Sticky eye. Teething. Rashes.</p>	<p>Arthritis. Asthma. Back pain. Vomiting. Stomach ache.</p>	<p>Cuts. Sprains. Strain. Bruises. Itchy rash. Minor burns.</p>	<p>Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.</p>
<p><b>Self-care</b> is the best choice to treat minor illnesses and injuries.</p> <p>A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.</p>	<p><b>Pharmacists</b> advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&amp;E department, and save time.</p> <p>No appointment is needed and most pharmacies have private consulting areas.</p>	<p><b>GPs and nurses</b> have an excellent understanding of general health issues and can deal with a whole range of health problems.</p>	<p><b>Minor Injuries Units, Walk-in Centres and Urgent Care Centres</b> provide non-urgent services for a range of conditions.</p> <p>They are usually led by nurses and an appointment is not necessary.</p>	<p><b>A&amp;E or 999</b> are best used in an emergency for serious or life-threatening situations.</p>

### NHS 111

If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call **NHS 111**.



24 hours a day  
7 days a week

### NHS Choices

You can also access health advice and guidance or find your nearest service online through **NHS Choices**.



Visit [www.nhs.uk](http://www.nhs.uk)

## Easter Opening Hours

Thursday 29 March - 08:00am -18:30pm

Friday 30 March – Surgery Closed

Saturday 31 March – Surgery Closed

Sunday 1 April – Surgery Closed

Monday 2 April – Surgery Closed

Tuesday 3 April – 08:00am – 18:30pm

**Please ensure that you have enough medication to last you over the Easter period.**



## Join our Patient Participation Group Today!

If you are interested in joining our relaxed PPG group which meets twice a year for an hour, please call 01142 510000 and speak to our Business Manager, Victoria Webb

## Wasted Appointments

During the month of February the following appointments failed to attend:

**Doctors: 65 failed appointments and over 10 hours wasted**

**Nurses: 115 failed appointments and over 24 hours wasted**

Please can we ask that patients cancel any unwanted appointments in advance! This will enable us to allocate those appointment slots to patients that really need them the most.