

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

Dr D Sullivan (m) MB ChB 2006
GMC: 6145498

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

Practice Community Nurse

Barbara Kelly

Healthcare Assistants

Nicola Parker
Karen Parker

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
8:00 am - 6:30 pm

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



WELCOME TO OUR NEW GP PARTNER

We are extremely pleased to announce a new addition to Killamarsh Medical Practice Partnership from Monday 15 April 2019. Dr Daniel Sullivan has previously worked as a Locum GP across various medical practices within Derbyshire and South Yorkshire. He enjoys the variety which General Practice presents and has a specialist interest in Paediatrics. Dr Sullivan will be available on Monday, Wednesday, Thursday and Friday.



Easter Surgery Hours

Thursday 18 April - Normal Surgery Hours 08:00 - 18:30

Friday 19 April (Good Friday) - **CLOSED**

Saturday 20 April - **CLOSED**

Sunday 21 April (Easter Sunday) - **CLOSED**

Monday 22 April (Easter Monday) - **CLOSED**

Tuesday 23 April - Normal Surgery Hours 08:00-18:30

Early May Bank Holiday Surgery Hours

Friday 3 May – 08:00 – 18:30

Saturday 4 May - **CLOSED**

Sunday 5 May - **CLOSED**

Monday 6 May (Early May Bank Holiday Monday) – **CLOSED**

Tuesday 7 May - 08:00-18:30

Spring Bank Holiday Surgery Hours

Friday 24 May – 08:00 – 18:30

Saturday 25 May - **CLOSED**

Sunday 26 May - **CLOSED**

Monday 27 May (Spring Bank Holiday Monday) – **CLOSED**

Tuesday 28 May - 08:00 – 18:30

If there is no surgery and you think you need a doctor, you should call our out-of-hours provider, Derbyshire Health United, free of charge on



IMPORTANT INFORMATION FOR PATIENTS TAKING

GABAPENTIN OR PREGABALIN

From 1 April 2019 Gabapentin and Pregabalin was reclassified as Schedule 3 Controlled Drugs.

What does this mean for me?

- Prescriptions for controlled drugs should be written for a maximum of one month's supply.
- Prescriptions for controlled drugs must be presented at the pharmacy within 28 days of the prescription date.
- Gabapentin or Pregabalin will no longer be allowed on repeat dispensing (batch prescriptions) and will need to be issued monthly from your GP.



Hayfever

Hayfever, also known as seasonal allergic rhinitis, is a common condition that affects around 1 in 5 people in the UK. It often runs in families and is more likely to affect people who suffer from asthma and eczema.

It is an allergic condition, where the body's immune system overreacts to substances that are usually harmless, for example, pollen from grasses; flowers; weeds; or trees. The pollen causes the release of a chemical called histamine from cells in the nose, eyes and airways, which causes inflammation. Some people suffer symptoms all year round, they can be allergic to indoor allergens such as house dust mites, pets and indoor moulds. This is called perennial allergic rhinitis.

Symptoms include:

- Sneezing , headaches and sinus pain
- Red, itchy, puffy or watery eyes
- Itchy, blocked or runny nose
- Itchy throat

Managing your condition

The severity of symptoms can vary, some people need medication to manage their symptoms and others can manage their condition by avoiding triggers. If treatment is needed, a wide range of medications can be purchased from community pharmacies and supermarkets without seeing a doctor. These medicines are often cheaper than medicines on prescription.

How can I avoid triggers / suggested lifestyle changes

- Keep house and car windows closed, especially when the pollen count is high (early morning between 7am to 9am and evenings 5pm and 7pm)
- Avoid large grassy areas, woodland, grass cuttings, pollutants and car fumes
- Wear wrap-around sunglasses
- When you get in from outside, wash your hands, face, hair, rinse your eyes and change your clothes
- If possible stay indoors when the pollen count is high
- Use petroleum jelly inside your nose to block inhalation of pollen
- Keep your house clean and wear a mask and glasses when doing house work
- Don't dry washing outside to avoid pollen sticking to your clothes
- You could buy a pollen filter for the air vents in the car

How do I treat?

There are many products available to treat hay fever dependent upon which symptoms you are suffering. **Speak to your pharmacist for advice** if you're not sure which type of medicine is best for you and your symptoms.

When should I seek advice?

- If you are experiencing wheezing, breathlessness or tightness in the chest
- If you are pregnant or breastfeeding
- If your symptoms are not relieved by over the counter treatments in combination with measures to reduce your exposure to pollen
- If you are suffering from very severe photophobia (aversion to light), painful ears or sinuses, severe coughing and swollen lymph glands

More information is available at the following websites

- NHS Choices - www.nhs.uk
 - Stay Well Derbyshire – www.nhsstaywellderbyshire.co.uk
- Or visit your local pharmacy for advice



Hay fever medicines suitable for self-care and available to buy over the counter have been removed from patients' repeat prescriptions in line with NHS England guidance and the Derbyshire self-care policy

These items are available to purchase from your local pharmacy or supermarket.

For info on how to self-care visit www.nhsstaywellderbyshire.co.uk

This is part of a national campaign to encourage the population to become more self-care aware and empower people to treat themselves for minor conditions instead of visiting their GP first. This change also aims to release appointments in the system for people with more serious conditions as well as reducing spend for the NHS on medication.

If you have visited the Practice recently, you will have seen our brightly coloured posters and information leaflets promoting the Derbyshire 'Be Self-care Aware' campaign. This campaign also asks GPs to review current repeat prescribing to ensure items which are available to buy over the counter are removed where appropriate.

We would like to remind you of the valuable service your community pharmacy offers. They are trained professionals who are able to talk through your symptoms, offering advice and reassurance on how long these may last and what to do if these continue or get worse. Please ask them for the most appropriate cost effective treatment if and when this is required.

We would also encourage you to visit the Stay Well Derbyshire website (www.nhsstaywellderbyshire.co.uk) to find out more information on how to self-care. You can also find more information on the NHS England website www.england.nhs.uk & search for 'OTC guidance'.

Important note: this is only applicable to patients aged over 18 years old.