

News from Holbrook and Shotley Surgery

GP and Staff Training afternoons

Our next training afternoon will be on Wednesday 13th February. The practice will be open for patients to come in to collect/drop off prescriptions and book appointments/make enquiries at reception. However, there will be no clinical staff on site and our telephone lines will be switched over to the out of hours' service on these afternoons to allow for staff training. Please ring 111 for advice if your query cannot wait until the following day. In an emergency, dial 999.

Thank you

Huge thanks to all those who kindly gave biscuits, cakes, chocolates and other seasonal gifts to our staff at Christmas. These are much appreciated and we are always overwhelmed by your generosity. It is a fantastic recognition of the hard work of our staff who provide an excellent service.

Flu or a cold?

The NHS website www.nhs.uk has good advice on how to differentiate between a cold and flu. Flu symptoms come on very quickly and can include: a sudden fever (temperature over 38°C); aching body; feeling tired or exhausted; dry cough; sore throat; headache; difficulty sleeping; loss of appetite; diarrhoea or tummy pain; nausea and being sick. The symptoms are similar for children, but they can also get pain in the ear and appear less active. Recommended treatment is rest and sleep; keep warm; take paracetamol or ibuprofen to lower your temperature and treat aches and pains; drink plenty of water to avoid dehydration (your urine should be light yellow or clear). If you are concerned about a child, you are pregnant, you are 65 or over, you have a long term medical condition or a weakened immune system or if you continue to have symptoms after 7 days, please contact the surgery for an appointment. GPs don't recommend antibiotics for flu because they won't relieve your symptoms or speed up your recovery. Don't forget, if you are eligible for the flu vaccination, we still have vaccines at the practice so please book an appointment at reception.

Urine samples

We may ask you to bring a urine sample in to the practice for testing, either if a urine infection is suspected or for a routine review for diabetes and some other long term health conditions.

We are no longer supplied with free bottles for collecting these samples so if you have a small sterilised bottle at home (eg one that has been cleaned in a dishwasher or with boiling water) then we can accept these but you must take them home with you after testing. This will reduce the cost to the practice and avoid us having to charge patients for a bottle.

We are able to supply a free monovette syringe system to those able to use them but these can only be sent away for testing and cannot be dipped in practice. Our receptionists can guide you if you have any queries but please be prepared for these changes.

Julia Smith
Practice Manager