



Get  
Flu Shot

k10710682 fotosearch.com

Flu season is now upon us, please contact the surgery to book your flu injection – our flu clinic is on Friday 9<sup>th</sup> October at the Digby hall, plus Saturday 3<sup>rd</sup> October at the surgery for adults and Saturday 10<sup>th</sup> October for children.



Thank you for everyone who sponsored me for the Prudential Ride London, on Sunday 2<sup>nd</sup> August, 100 miles bike ride! I completed the course 6 hours and 18 mins I raised £222.50 for Little Princess Trust and £444.50 for Diabetes UK –

**Philippa Cannings**

## CQC Inspection August 2015

We had another CQC inspection in August, this was a rating inspection, we don't know the result until a few months, but the inspector gave positive feedback, many thanks to the patients who came into meet with the inspectors.

## Named GP

From the 1st of April 2015, the practice is required under the terms of the latest GP contract to allocate all patients, including children a named accountable GP.

Patients already have a named GP on their records as a part of the registration process. We recognise that this named GP may not be the doctor you normally see, therefore it is acceptable to assume your regular GP retains responsibility for your care.

**Please note:** there is no need to telephone the practice for further information.

This does not prevent you from requesting to see any GP or nurse for your appointments.

## Staff News!

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Caroline Clothier has joined the team as Lead Practice Nurse, Caroline has many years experience as a Practice Nurse within Dorset and Somerset and now has taken up the challenge of Lead Nurse – Caroline works all day Mondays and Thursdays.

Mary Dalsion has also joined the Nursing team, you may have seen Mary around Sherborne as she was a District Nurse before she joined us – Mary works Tuesday afternoons and all day Fridays.

## Waste Medication

Millions of pounds are lost each year in NHS through unused medication. This is not only out of date medication but items which are no longer used by the patient and are still ordered on a regular basis.

The picture (bottom right) is an average one months returned medication. This is not a hundred pounds of medication it came to over £1000. All this waste, imagine 12 months of this pile multiplied by the number of Pharmacies and Dispensaries in the UK. The NHS estimate this comes to £100 million pounds in one year. This is thought to be the tip of the 'ice berg' . Imagine what that amount of money could do with in the NHS,

MORE hip replacements,  
MORE community nurses,  
MORE knee replacements..

It is generally thought by patients that:

The prescription charge covers the cost of the medicines prescribed.

Unopened and unused medicine returned to the GP surgery or the pharmacy can be used again! **No we cannot reuse any returns they are all destined for the incinerator!**

**Over ordering and stockpiling of medicines is both wasteful and dangerous.**

**Why not help us at The Apples Surgery to help the NHS:**

Check your repeat slip before reordering your monthly medication  
Do you actually need all the items on your list this month  
Make sure the pharmacy are ordering the correct items, don't just sign to reorder, check the list

Get your repeat list from the chemist and check it. (A lot of the chemists are ordering for patients now)

Do you need everything on that list??? Do you still take everything on that list???  
Ask the GP to remove the items that you no longer take/need from your repeat list

If you are having side effects or problems taking a new medication. Don't just **stop taking it, let your GP know**

the problem, there is sure to be an alternative.

Please don't stock pile medication.

Return any unused medication to the surgery for safe disposal.

Have a medication review with your GP every six months. (This is not the same as a blood test or a blood pressure review with the nurse). This will enable you to discuss with the GP any worries or problems you are having with any medication.

**Many Thanks, Dispensary Team**



**DNA July/Aug/Sept:  
104**

**Philippa Cannings, Practice Manager**