



Practice Monthly Newsletter



Tieve Tara Medical Centre

Welcome to the August edition of the Tieve Tara Medical Centre newsletter. In this edition we will up-date you on the steps we have taken to keep patients and staff safe during Covid-19.

We have introduced a number of changes in the past four months to ensure we continue to practice efficiently, safely and continue to deliver a robust service. These include:-

Telephone triage.
Telephone and Video appointments.
Digital photo requests.
Electronic prescriptions.
Increased SMS communications.

- ◆ We are currently unable to provide some services due to Covid-19 restrictions such as Spirometry, we are looking to offer this service again once we know we can do so safely.
- ◆ We are still available for all Acute problems, Long Term Condition monitoring, Vaccinations, Blood Tests and Smears.
- ◆ We will only bring you into the Surgery for essential face-to-face examination after undertaking a telephone triage assessment.

Flu Vaccinations



We have already purchased and reserved flu vaccinations for all eligible patients for the 2020/21 flu season. Further news will be coming shortly on how you can book into one of our flu clinics, **watch this space.**

Coronavirus Information

Information is available at [gov.uk/coronavirus](https://www.gov.uk/coronavirus) and <https://www.nhs.uk/conditions/coronavirus-covid-19>

- 111 Coronavirus service
- Face coverings: when to wear one
- Information about testing for Coronavirus ring 119 and what to do if contacted by the NHS Test and Trace service
- Check if you or your child has Coronavirus symptoms
- Advice for people at higher risk from Coronavirus
- Get an Isolation note

Prescribing Changes – Over the Counter Medications

Prescribing of over the counter medicines has changed - Please help the NHS to use resources sensibly.

Your GP or Nurse will no longer give you a prescription for over the counter medicines for a range of minor health concerns. Instead, over the counter medicines are available to **all patients** to buy in a pharmacy or supermarket in your local community. The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns and if your symptoms suggest it's more serious, they'll ensure you get the care you need. It applies to treatments for the following conditions:

Acute sore throat	Conjunctivitis	Coughs, colds and nasal congestion
Cradle cap	Dandruff	Dry eyes / sore tired eyes
Diarrhoea (adults)	Earwax	Excessive sweating
Haemorrhoids	Head lice	Indigestion and heartburn
Infant colic	Infrequent cold sores of the lip	Infrequent constipation
Infrequent migraine	Insect bites and stings	Mild acne
Mild dry skin	Mild cystitis	Mild irritant dermatitis
Mild to moderate hay fever	Minor burns and scalds	Minor pain, discomfort and fever (eg aches and sprains, headache, period pain, back pain)
Mouth ulcers	Nappy rash	Oral thrush
Prevention of tooth decay	Ringworm / athlete's foot	Sunburn
Sun protection	Teething / mild toothache	Threadworms

Staff News

We would like to welcome Dr E Umoh who joined the team as a salaried GP and will be working with us on Monday, Tuesday and Fridays. We are also happy to welcome back Dr Clarke who has returned from maternity leave and will be working Wednesdays and Thursdays.