



PATIENT'S NEWSLETTER

June 2023

Welcome to the June edition of our patient newsletter. We hope you are all enjoying the glorious weather we are having at the moment and keeping well.

Stay safe in the sun

By following a few simple safety tips, we can all enjoy the warmer weather and avoid the risks of sunburn, sunstroke and skin cancer.

- Stay out of the heat between 11am and 3pm when the sun is at its hottest
- Wear light, loose-fitting clothing and a hat/scarf
- Apply sunscreen regularly - minimum factor 15. Apply 30 minutes before you go out in the sun
- Babies, children and very fair skinned people should avoid direct sunlight
- Drink plenty of cold drinks, avoiding alcohol, caffeine and sugary drinks
- Keep your home cool by keeping windows shaded and closed during the day
- Open windows at night to cool the home, if safe to do so - electric fans may help too
- Older people, particularly those with health conditions, should take additional care
- Ensure any medication is kept below 25°C
- Take extra care when planning outdoor activities such as barbecues and those around water

For more information go to www.nhs.uk/summerhealth, telephone NHS 111 or visit your local chemist.

May's statistics

During the month of May we achieved **3853** appointments.

We sadly had **202** Did not Attends which was 5.2% of our available appointments.

We saw **2105** different patients during the month of May

929 patients had multiple appointments during that month

We issued exactly **7000** prescriptions in the month of May

We currently have **9997** patients on our practice list

Ifield Medical Practice's Patient Participation Group needs you!

Would you like to help influence the development of local health services?

We already have a small group who identify issues on behalf of our patients and support the practice in times of change.

We would like to grow our PPG group - If you are a patient of ours and have 1-2 hours spare a month please email us at the practice at

ifieldmedicalpractice@nhs.net

NON-NHS / PRIVATE WORK

We are receiving an increasing number of requests for driving medicals that are classed as non-NHS or Private work.

If you request a medical of this nature, please be aware that you should submit your request early to avoid disappointment.

Please do submit your requests at least six weeks before your current licence expires.

Please continue to allow 72 hours for all prescription requests

Thank you



On the 22nd July 2023 at 11:00am, 14 members of our staff will be participating in the 3K Race for Life event at Tilgate Park. Please cheer the team on if you are attending!

Cervical Screening Awareness 19th - 24th June



5 minutes that matters

Going for your cervical screening appointment when you are recalled will be just a very short appointment with our lovely friendly Nurses Kirsty and Suzy.

Embarrassment and body image can be barriers to attendance for between a third to half of women due a smear. Please do not fear - our Nurses are so kind and caring and will put you at ease. If you are nervous you can always ask for a longer appointment with our Reception team to talk to the Nurse beforehand.

Hay Fever

As Spring/Summer arrives, so does Hay Fever for many patients. The symptoms of hay fever can include runny nose, itchy throat, sneezing, itchy and watery eyes, wheeziness and cough. These symptoms can be miserable for some so it is worth taking note of when in the year your symptoms tend to start. It is better to commence a daily antihistamine tablet prior to your symptoms developing as this gives you the best opportunity to control your hay fever.

Eye drops and nose sprays are very effective additions to the antihistamine tablet. Pharmacists are a wonderful source of advice regarding what can be purchased to combat hay fever over the counter.

Chronic Disease Management Annual Reviews

Over the course of 2023/24 we invite patients for their annual review of certain medical conditions usually by birthday month.

If you have a long-term condition such as Diabetes or asthma, you will receive an invitation to book your annual review with the practice. When you do our Reception Team will identify the appointments you need to support your care.

A blood test appointment may be required for certain conditions and your blood pressure taken. This provides us with general information about your health to monitor your care.

If appropriate you will also be offered an annual review with a Practice Nurse or GP depending on the condition.