



# PATIENT'S NEWSLETTER

April 2023

## This month we focus on our nursing team

Ifield Medical Practice are very lucky to have 5 wonderful Nurses - Kirsty, Suzy, Ami, Kirstie and Maria.

Kirsty, Suzy and Ami are our Practice Nurses and based in the consulting rooms on the first floor.

Kirstie and Maria are our Healthcare Assistants and based on the ground floor.

Our Nursing team provide diabetes management, asthma checks, cervical screening, NHS health checks (40yrs-74 yrs), blood pressure checks, blood tests, child immunisations and ear syringing plus more.

We frequently receive lovely praise for our bubbly and knowledgeable nurses and they are truly an asset to us all.



**Free NHS Health Check** 

Helping you prevent heart disease, stroke, diabetes and kidney disease.




## FOOT CARE IN DIABETES





## Easter holidays

The Practice will be closed on  
Good Friday - 7th April  
Easter Monday, 10th April

Ifield Medical Practice wish you all a lovely  
Easter break

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If you are housebound and require a home visit please call us before 11:00am so the GPs can plan and assign the visits.

Please be prepared to give the receptionist any relevant information .

The Doctor may ring you first to find out more about the problem.

## HOME VISITS



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### BE KIND

All our staff are here to help you. The surgery has over 9900 registered patients which leads to a high demand for appointments. Staff always do their best to book patients in but do consider that if all patients wanted an appointment it would take one doctor over 280 days to see them all.

We have 4 GP Partners (2 full-time and 2 part-time), 3 GP Registrars and a Physician Associate so we do have a good taskforce here to help you however demand is always high. We can assure you that everyday we try and see as many patients as possible. We do however also understand disappointment for patients when all appointments have gone for the day.

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### Did You Know...

We have a First Contact Physiotherapist with appointments available every Wednesday at Ifield Medical Practice. Suitable for patients with a new acute condition such as soft tissue injuries, sprains, strains or sports injuries. Problems with muscles, ligaments, tendons or bone, eg tennis elbow, carpal tunnel syndrome, ankle sprains, Spinal pain including lower back pain, mid-back pain and neck pain. The Physiotherapist will assess you and give expert advice on how best to manage your condition. He can also refer you on to specialist services if necessary.

## HAYFEVER—BE PREPARED

Hayfever season starts around March with tree, grass and weed pollen.

Symptoms of hay fever include: • sneezing and coughing • a runny or blocked nose • itchy, red or watery eyes • itchy throat, mouth, nose and ears • loss of smell • pain around your temples and forehead • Headache • Earache • feeling tired If you have asthma

You might also: • have a tight feeling in your chest • be short of breath • wheeze and cough

Hay fever will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks. There are many over the counter remedies for hayfever, please ask your pharmacist for advice as to what will help best with your symptoms.

You only need to see the GP if your symptoms are not helped by medicines from the pharmacy.



## Self-Care

### What is self-care?

Self-care refers to the actions we take to recognise, treat and manage our own health. It's about doing small, everyday things for yourself to keep healthy and happy.

### What are the benefits?

Self-care is good for you and for the NHS. There are lots of benefits to self-care. We believe it is:

**Quicker** : No need to wait for a GP appointment. You can buy the medicines you need over the counter at your local pharmacy or supermarket and have them ready to use at home.

**Easier** : Many treatments can be bought without the need for a prescription at your local pharmacy or supermarket, often for much less than a prescription charge.

**Simple** Advice and information about self-care is widely available online. You can also call into any pharmacy for advice on the best treatment for your minor illness.

**Colds \* Congestion \* Earache/wax \* Dry/sore eyes \* Constipation \* hay fever \* Thrush \* Cystitis \* Cold sores \* skin complaints \* teething \* haemorrhoids \* sore throat \* skin dressings \* conjunctivitis \* infant colic**



**Ifield Medical Practice still want to see you for other complaints but tiny self-care measures for minor ailments makes a huge difference to our available appointments.**