

The Misbourne Practice

Patient Newsletter

February 2024

Issue#1

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Opening Hours

The phone lines at both of our sites are open from 8.30am to 6pm Monday to Friday.

The surgery buildings are closed between 6pm and 8am on weekdays, and all-day weekends and bank holidays.

Bucks 24/7 (Fed Bucks) provides Out of Hours services when the surgery is closed.

They can be contacted by dialling **111**, which is free from both landlines and mobiles, or by visiting **111 online: NHS 111 Online**

If you need to be seen, you may be asked to attend an Urgent Treatment Centre base in Amersham or Wycombe.

If the problem is a life-threatening emergency, call 999.

Other sources of medical help or advice are:

NHS 111 Online

Your local Pharmacist - [click here to find out how your pharmacy can help](#)

Farewell to Dr. Sonia Birgani

It is with mixed emotions that we share the news of Dr. Sonia Birgani's departure from our practice from March this year. For over a decade, Dr. Birgani has been an integral part of our medical team, offering exceptional care, warmth, and expertise to each and every one of you.

Dr. Birgani has been a beloved figure within our practice, earning the respect and admiration of both patients and staff alike.

We know that Dr. Birgani will be greatly missed by all who have had the privilege of knowing her. Her dedication to her patients and her unwavering commitment to excellence have left an indelible mark on our practice.

As we bid her farewell, we express our deepest gratitude for her years of service and wish her all the best in her future endeavours. We are confident that her new workplace will be gaining an exceptional professional, just as we have been fortunate to have had her among us.

Please join us in extending our warmest wishes to Dr. Birgani as she embarks on this new chapter in her life. We will miss her greatly, and her legacy within our practice will endure.

Pharmacy First

What is Pharmacy First?

The Pharmacy First scheme provides professional health care advice, treatments, and medicines for common illnesses from your local pharmacy, without the need for an appointment.

Community pharmacies can offer treatment for seven common conditions without patients needing to see a GP, as part of a major transformation in the way the NHS delivers care.

Highly trained pharmacists at more than nine in ten pharmacies can now access and treat patients for conditions below without the need for a GP appointment.

- Earache

Urgent Treatment Centre (Minor Illness and Injury Unit) Wycombe Hospital, Queen Alexandra Road, High Wycombe, HP11 2TT - call 111 or visit 111 online to arrange an appointment.

Mount Vernon Hospital Minor Injuries Unit, Rickmansworth Road, Northwood, HA6 2RN

Slough NHS Walk-in Centre, Upton Hospital, Albert Street, Slough, Berks SL1 2BJ.

Dates that we are closed in 2024 for Staff Training

Protected Learning Time (PLT) is an opportunity for GP practices to address staff learning and professional development needs.

There are ten Protected Learning Time dates each year where the practice will be closed from 1 pm.

When the practice is closed, please use the 111 service for any urgent medical needs.

Dates the practice will be closed for the afternoon during 2024:

- Wednesday 13th March
- Wednesday 17th April
- Tuesday 14th May
- Wednesday 5th June
- Wednesday 10th July
- Thursday 19th September
- Thursday 17th October
- Wednesday 13th November

Living Healthier Lives

Be Healthy Bucks – a free healthy lifestyle service that offers a range of support to stop smoking, be a healthier weight (for adults and children), cut down on alcohol and provides NHS Health Checks in the community.

- Impetigo
- Infected
- Insect bites
- Shingles
- Sinusitis
- Sore throat
- Urinary tract infections (UTIs) for women aged 16-64

Available on the high-street, community pharmacy teams have the right clinical training to give people the health advice they need, with no appointment necessary and private consultations available. Community pharmacists will signpost patients to other local services where necessary.

By expanding the services community pharmacies offer, the NHS is aiming to help free up GP appointments and give people more choice in how and where they access care. Don't wait for minor health concerns to get worse – think pharmacy first and get seen by your local pharmacy team. For more information, visit nhs.uk/thinkpharmacyfirst

Benefits:

- Pharmacists are highly qualified health care professionals who are experts in medicines. They can give the same advice and treatment for common illnesses as the GP.
- Pharmacies are open during normal business hours, and many are open late, on Saturdays and on Sundays.
- It may be quicker to see your pharmacist than wait for a GP appointment.
- You don't need an appointment.
- Medicines offered are free of charge if you are normally exempt from prescription charges. If you usually pay for prescription charges, you can still receive advice and can pay the cost of any medicine issued or the standard prescription charge, whatever is cheaper.
- Anything you say to the pharmacist is treated with confidence.

Important information

If accessing the Pharmacy First Scheme you must tell your pharmacist if:

- You are pregnant and/or breastfeeding
- You think you might be pregnant
- Other medications you are taking
- Any allergies that you have

Please check with your local pharmacy to see if they are participating in the Pharmacy First scheme.

Get Ready for Ramadan 2024

Ramadan 2024 will fall on the evening of Sunday, 10 March and continue to sundown on Tuesday, 9 April.

In the UK, Muslims will be fasting for approximately 14 hours each day. The exact times of suhoor and iftar will vary between cities due to geography and their positioning in relation to the sun.

The [Diabetes and Ramadan International Alliance](#) has lots of useful guidelines to help you prepare and support you to safely fast during Ramadan.

[The DAR risk calculator](#) will help you to identify your risk before opting to fast: Risk Calculator Diabetes UK and Ramadan 2024 Diabetes UK have produced a factsheet about diabetes and Ramadan, which includes information about fasting and management of diabetes during this time. This has been developed in partnership with the British Islamic Medical Association (BIMA).

Available to download in [English, Arabic, Bengali, Gujarati and Urdu](#)

More information at: [Diabetes and Ramadan | Fasting | Diabetes UK](#)

Sexual Health

(Buckinghamshire Sexual Health and Wellbeing) - offers a free, confidential sexual health service covering a range of issues including contraception and the prevention and treatment of sexually transmitted infections.

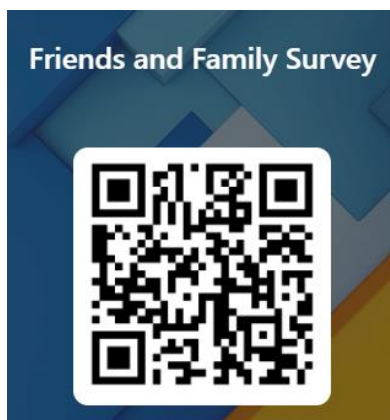
Order STI self-testing kits online and book face to face consultations via the online booking form.

Be Healthy Bucks

You could be eligible for eight weeks of FREE tailored support to help stop smoking for good. Be Healthy Bucks offer digital, telephone, and face-to-face help together with stop smoking aids such as nicotine replacement therapy and e-cigarettes so you can be smoke-free.

Be Healthy Bucks also has a variety of services such as Alcohol Reduction, Weight Management for adults and children and General Lifestyle Coaching.

Suicide Bereavement Support Service - delivers first contact bereavement support after suicide, listening support and practical and advocacy support.



Pump It Up

Pump It Up encourages Buckinghamshire residents to regularly monitor their blood pressure and share their results with us, your GP practice.

The Buckinghamshire Public Health team joined forces with two PCNs to revise the [blood pressure information and results booklet](#) which now allows users of BP monitors or health kiosks to record their results, full name, and NHS number (if known).

Pump It Up Kiosks are available in Aylesbury, High Wycombe and Chesham libraries plus Unit 33 in Friars Square Shopping Centre. Residents can loan a BP monitor from Aylesbury, Castlefield, Chesham, High Wycombe and Micklefield libraries.

Travel Clinic

We are pleased to announce we are able to offer a travel clinic service to our patients.

All patients need to complete a **Travel Risk Assessment** form which can be found on our website, alternatively, forms can be collected from reception at all three sites.

Please allow seven working days for forms to be processed by our travel nurses and please allow at least 10 weeks in order to book the appropriate appointments.

Patients will be informed when this process has been completed and will then be able to book the appropriate appointment. Please check the government website for advice and guidance on travel abroad regarding the Covid-19 pandemic and visit travelhealthpro.org.uk for individual country information.

NHS APP

You can now see and access your prescriptions electronically in the NHS App, allowing you to:

- easily see the details of medicines/ items healthcare professionals have confirmed for you
- use a prescription barcode to collect your medicine if you don't have a nominated pharmacy, without needing to collect a paper prescription

This functionality is being rolled out gradually and will be available to all patients in England.

For help and support, visit [prescriptions in the NHS App](#)

Your Feedback Matters

Thinking about your recent visit at The Misbourne Practice, how likely are you to recommend our service to friends and family if they required similar care or treatment – please provide your feedback using [this link](#) or using the QR code on the left.

Until next time

Thank you for being an integral part of our practice. Please send any feedback or topics that you would like to know more about via our [feedback form](#) or via post to the practice.