

Newsletter March 2018

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Patients Who Did Not Attend Their Appointment:

Every working day during February, **an average of 7 patients** didn't turn up for their booked appointment. Unfortunately they didn't let us know.

Please try and cancel your booked appointment as soon as possible if you know you don't need it or can't make it to the surgery.

The sooner we know that you no longer need your appointment, we can then offer your slot to someone else who really does need it.

Surgery Closure Dates:

The surgery will be closed on **Wednesday 14 March** between **1pm & 4pm** and **Wednesday 21 March from 12.30pm** until 8am on Thursday 22 March.

The surgery will be closed on **Bank Holiday Good Friday 30 March** and **Easter Monday 2 April**. The surgery will be open as usual on Tuesday 3 April, 2018.

EMIS Online Patient Access:

Online Patient Access allows you to access a range of services via your own computer or mobile phone.

Once you have signed up and registered to use the service you will be able to:

- ❖ Book, check or cancel appointments online with a GP.
- ❖ Order repeat prescriptions online.
- ❖ View parts of your GP health record, including information about medication, allergies and vaccinations.

The service is free and available to all patients over the age of 16.

It's easy to get started; just ask for an application form at our reception desk or download it from the practice website. Complete the form; read the guidance and requirements, and return the form to the surgery.

Please ask a member of the reception team at the surgery or go to the surgery website for information on how to register for online access. www.waldersladesurgery.co.uk

EMIS Online Patient Access - Repeat Prescriptions:

If you are registered to use the EMIS Online Patient Access service and you use it to request repeat prescriptions, the practice will require **48 working hours' notice** to process it from receipt of your online request. This does not include weekends.



Know Your Prostate:

Only men have a prostate. It is a gland and is usually the shape and size of a walnut. It lies underneath the bladder and surrounds the urethra (the tube that empties out urine from the bladder). The main types of prostate problems are an enlarged prostate (this is the most common problem), prostatitis – an inflammation or infection in the prostate and prostate cancer. Symptoms caused by prostate problems include:

- ❖ Needing to go for a pee more often, especially at night.
- ❖ Difficulty starting to urinate.
- ❖ Straining or taking a long time to finish urinating.
- ❖ A weak flow when you urinate.
- ❖ A feeling that your bladder has not emptied properly.
- ❖ Needing to rush to the toilet – you may occasionally leak before you get there.
- ❖ Dribbling urine.

There are other less common symptoms but if you have any of the changes described here then you need to see your GP; it is important to get them checked.

Prostate Cancer:

1 in 8 men in the UK will get prostate cancer making it the most common cancer in men. Prostate cancer usually develops slowly, so there may be no signs you have it for many years. There is no single test for prostate cancer. The most commonly used tests are blood tests, a physical examination of your prostate (known as a digital rectal examination or DRE) and a biopsy.

The PSA test is a blood test that measures the total amount of prostate specific antigen (PSA) in your blood. PSA is a protein produced by cells in the prostate. Your PSA level rises as you get older. Prostate problems such as an enlarged prostate and prostatitis, as well as prostate cancer, can cause your PSA level to rise. A PSA test alone cannot tell you whether you have prostate cancer. Your GP will need to look at your PSA level together with other test results.

For further information about prostate cancer call Prostate Cancer UK on 0800 074 8383 to speak to a specialist nurse or go to www.prostatecanceruk.org or www.nhs.uk

Walderslade Surgery Opening Times & i-HEART Barnsley365:

- ❖ Monday 8am - 8pm (6.30pm – 8pm for pre-arranged appointments only).
- ❖ Tuesday 8am – 8pm (6.30pm – 8pm for pre-arranged appointments only).
- ❖ Wednesday to Friday 8am - 6.30pm (7am – 8am on Friday's for pre-arranged appointments only).
- ❖ Saturday, Sunday & Public Holidays – Closed all day.

i-HEART Barnsley365:

Surgery hubs at Chapelfield Medical Centre Wombwell and Woodlands Drive Medical Centre Barnsley, can

offer Walderslade Surgery patients access to appointments with a GP or nurse during evenings, weekends and bank holidays. When you contact i-HEART a clinical advisor will conduct an assessment and if appropriate arrange an appointment.

Call **01226 242419** or see the website www.iheartbarnsley.org.uk

For NHS Out of Hours Service call 111.



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