

Practice Newsletter – May 2008

Internet Prescriptions & appointments

Just a reminder, that you are now able to order their repeat prescriptions and make appointments to see a doctor on-line via our website www.fairlands.co.uk If you are interested in this service, please see a member of reception staff to register and you will be issued with a password. The on-line appointments are not for all types of consultation – see the password letter that you are issued with for the restrictions that apply.



Prescription requests

When submitting written repeat prescription requests, please clearly state whether you wish to collect it from a nominated pharmacy (and clearly state which one) or whether you will collect it from reception. Please note that we are unable to accept telephone requests for repeat prescriptions.

If you are due a review of your medication, please contact your doctor as these may be done over the telephone in some cases.

Nurse-led clinics

Just a reminder that our fantastic team of Practice Nurses run a variety of clinics covering:

- Blood Pressure
- Chest
- Asthma
- Smoking cessation
- Childhood immunisations
- Diabetes

Please speak to your Doctor or contact reception to make a booking.

Staff News

Dr Oliver Middleton has joined the Practice to complete his final year of GP training.

Kristyn has joined us as lead nurse from New Zealand and has a specialist interest in Family Planning & Women's Health.

It is congratulations & farewell to Practice Nurse, Caroline who will be leaving us shortly after 6 years with the Practice. She will be missed and we wish her every success in her new role as Lead Nurse at another Guildford Surgery.

Lorraine is currently raising money for her trek to Peru in aid of GUTS at the Royal Surrey County Hospital. If you would like to sponsor her, please ask for the form at reception.



Holiday vaccinations

If you are visiting far off places this year, please remember that our nurses offer private holiday vaccinations. If you are unsure whether you require vaccinations please contact them for travel advice. For any vaccinations, we request 6 weeks notice if possible.

New Equipment



Our thanks go to the Fairwood Helpers who have kindly donated money so that the Practice could purchase a new ECG machine. This machine will help in the early detection of cardiac problems which if left untreated could lead to stroke, heart attack or death.

Diabetic Retinopathy Screening

Fairlands is now the Guildford site for people with diabetes to have their eyes screened. The optometrist is with us on Wednesday to Friday each week. If you have diabetes and would like to make an appointment to have your eyes screened please contact 01483 408323 or 408324.

Can't make your appointment? Please call us....

In March alone, 111 people failed to attend for their appointments with a nurse or doctor. These wasted appointments result in reduced availability and frustration for both patients and our receptionists. Many of these wasted appointments have even been booked the same day! If you cannot make your appointment, please let us know so that it may be offered to someone else instead. We are monitoring this closely and if a patient repeatedly fails to attend, it may result in them being deregistered from the Practice.

And finally....

Your views are important to us. If you have any comments or suggestions on how we can improve the service we provide at Fairlands, please contact Sarah Casemore, Practice Manager.

Health Promotion

Childhood Immunisations

Please remember that childhood diseases such as measles and diphtheria are still present, and cases have been noted recently in the London area. The spread of these diseases can be prevented by children being given their full complement of immunisations from birth to preschool. Please contact our nurses with any questions that you may have regarding these vaccinations and to make arrangements for your child to be vaccinated.

Testicular Self Examination

Cancers which are found early are the most easily treated.

The best way to check for testicular cancer is to examine yourself once a month. A good time to do this is after a warm bath or shower, when the scrotal skin is relaxed.

Hold your scrotum in the palms of your hands, so that you can use the fingers and thumb on both hands to examine your testicles.

Note the size and weight of the testicles. It is common to have one testicle slightly larger, or which hangs lower than the other, but any noticeable increase in size or weight may mean something is wrong.

Gently feel each testicle individually. You should feel a soft tube at the top and back of the testicle. This is the epididymis which carries and stores sperm. It may feel slightly tender. Don't confuse it with an abnormal lump.

You should be able to feel the firm, smooth tube of the spermatic cord which runs up from the epididymis.

Feel the testicle itself. It should be smooth with **no** lumps or swellings. It is unusual to develop cancer in both testicles at the same time, so if you are wondering whether a testicle is feeling normal or not you can compare it with the other.

Remember - if you do find a swelling in your testicle, make an appointment and have it checked by your doctor as soon as possible.