

## HAY FEVER

The hay fever season is well and truly with us. Hay fever affects 1 in 5 of us and causes sneezing, blocked nose, watery eyes, itchy throat etc.

If you do suffer try to avoid triggers by closing windows, staying away from grassy and woodland areas, and washing your hands and face when you get in from outside.

If treatment is needed a wide range of medications can be purchased from community pharmacies and supermarkets without seeing a doctor. These medicines are often cheaper than on prescription.

**Antihistamines** are more effective if taken before symptoms start. Newer antihistamines such as loratadine and cetirizine are unlikely to cause drowsiness.

**Nasal sprays** containing steroids take about 3 days to work and are best started before the hay fever season begins and then used throughout the season.

**Eye drops** containing cromoglicate may be helpful if antihistamines alone don't work.

You should see a GP if you are experiencing wheezing or chest tightness, if you are pregnant or breast feeding or if your symptoms are not relieved by over the counter treatments



## How we use your medical records

### Important information for patients

You will probably be aware that new regulations have come into place on data protection and privacy for all individuals under EU law—this is **General Data Protection Regulation (GDPR)**.

It goes without saying that all NHS organisations have to be compliant with the new legislation.

- Dronfield Medical Practice handles medical records in-line with laws on data protection and confidentiality.
- We share medical records with those who are involved in providing you with care and treatment.
- In some circumstances we will also share medical records for medical research, for example to find out more about why people get ill.
- We share information when the law requires us to do so, for example, to prevent infectious diseases from spreading or to check the care being provided to you is safe.
- You have the right to be given a copy of your medical record.
- You have the right to object to your medical records being shared with those who provide you with care.
- You have the right to object to your information being used for medical research and to plan health services.
- You have the right to have any mistakes corrected and to complain to the Information Commissioner's Office. Please see the practice privacy notice on the website or speak to a member of staff for more information about your rights.
- For more information ask at reception for a leaflet or visit our website [www.dronfieldhealth.co.uk](http://www.dronfieldhealth.co.uk)

## HAPPY RETIREMENT

Monica Hall has retired after 8 years as Practice Nurse at Dronfield Medical Practice.

Monica always went the extra mile for her patients and we know that she'll be sorely missed by patients and colleagues alike. We wish her the very best in her retirement.

We welcome Emma Smith who joins the nursing team as Monica leaves.

## TRAVELLING ABROAD

Going far this summer?

Remember that if you need **travel vaccines** these need to be planned weeks in advance of your departure date.

We frequently have patients presenting a few days before travel and expecting to be fully immunised for their exotic holiday. Unfortunately this is rarely possible as many vaccines have to be given as courses and it can take weeks for immunity to develop.

We also face national shortages of some travel vaccines and this is obviously beyond our control.

If travelling within the EU remember to apply for an **EHIC (European Health Insurance Card)** - this allows you to get state healthcare in other EU countries at a reduced rate or sometimes for free. EHIC is free and you can apply for one via the NHS Choices website.

We often receive calls from patients while they're abroad on health matters and our advice is always to see a clinician locally.

If you are thinking of **cancelling a holiday** on health grounds you need to consult us **BEFORE** you cancel, otherwise we will not be able to complete any travel insurance cancellation forms.

## BREAST SCREENING

The NHS breast screening programme invites women to have a screen every 3 years between the ages of 50 and 70.

The invitations are sent centrally by the NHS and not by the practice.

Unfortunately it now appears that some women may have missed their final invitation (sometime between their 68th and 71st birthday) in a problem that dates back to 2009.

All women affected by this should by now have received a letter from the NHS but if you are worried that you did not receive the final screening invitation please call the helpline on 0800 169 2692.



## THE NHS AT 70

As the NHS turns 70 it's becoming increasingly apparent that we all need to use this invaluable resource more wisely.

Last year :-

- 12 million GP appointments were missed costing the NHS £500 million
- 8 million hospital appointments were missed costing £1 billion
- 9 million patients were sent home from A+E with just advice they could have easily received by calling 111 or visiting a pharmacy

Food for thought ?