

The Blue Practice: Blue News

Spring 2019

Welcome to Blue News.



Information for the Easter :

Please note the surgery will be **closed** for the Easter Monday Bank Holidays:
Monday 22nd April 2019

Please contact NHS 24 on 111 if you require urgent assistance during this time

Shingles Vaccination !

We are continuing to contact; by letter, our patients in the 70 – 79 years old age range who have not yet been offered a shingles vaccination.

Please note this is a live vaccine so in some circumstance we cannot offer the vaccine as it may interfere with an existing course of treatment being undertaken or recently completed.

When you receive your invite, if you do **not** wish to have the vaccine please contact our reception to let them know.

Repeat Prescriptions – do we know your preferred Chemist?

Many of you have now registered to use our new online request system via Patient Services. Some of our patients have not informed us of their Chemists name

Here's what you need to do

Either Complete a **mandate** at reception to confirm your preference

Or please follow the steps below **when ordering online:**

- Tick the item(s) you require on the repeat list
- Scroll down
- Add the name of your preferred Chemist in the message box
- Click request
- Confirm

Long Term Repeat Prescriptions

The new system involves prescriptions lasting 24, 48 or 56 weeks and will allow you to collect your medication every four or eight weeks directly from your pharmacy. This will mean you do not need to place an order with the practice.

If you meet the following criteria it is possible you will get a long term prescription:

- * **Registered with a general practice in Scotland**
- * **On one or more suitable repeat medicine(s) which are taken on a regular basis**
- * **Attend, if required, for annual review and appropriate monitoring which can include blood tests or blood pressure**

If you are suitable for this type of prescription, your medication may be put on a long term prescription, for collection every four or eight weeks. This will be approved annually at a review by your GP practice. Medication which is only needed occasionally will remain on your standard repeat prescription and will need to be ordered by you when you require it.

Please note: not all regular repeat drugs can be put on a long term prescription

No deal BREXIT !!!! – no need to stockpile your medication

We have been advised by the Scottish Government that UK Pharmaceutical Companies and the NHS have taken steps to ensure continuity of supply. There is no need for patients to stockpile their medicines or medical supplies. Shortages may occur but the NHS will manage these.

Re-cycling your old Inhalers

"Complete the Cycle" from GlaxoSmithKline (GSK) is the first UK-wide recycling and recovery scheme for all respiratory inhalers. In the same way that household rubbish is recycled, this scheme allows you to recycle the aluminium and plastic from your empty inhalers or inhalers you no longer require. It is the first scheme of its kind in Europe, and through taking part you can reduce the harmful environmental impact associated with the landfill disposal of respiratory inhalers. You can safely and responsibly recycle your empty inhalers or inhalers you no longer require through any participating pharmacy.

The GSK website states 73 million respiratory inhalers are prescribed every year in the UK. Since 2011 over 1.2 million inhalers have been recycled and recovered. This has saved carbon dioxide emissions equivalent to taking 5,199 cars off UK roads.

Local Chemists in Strathern are taking part in the scheme.