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Update from Cove Bay & Kincorth Medical Centre – March 2018

Changes at the Practice

The practice would like to congratulate Dr Jennifer Edwards and her husband on the safe arrival of their daughter, Ruby, who was born on 8th March 2018. Mum and baby are both doing well and Dr Edwards plans to return to the practice in December 2018 to complete her GP training.

We are also delighted to advise that Dr Carolyn Rennie has successfully completed her GP training and she will be staying with us to provide maternity leave cover.

Pharmacy First

Did you know that it was now possible to seek advice and treatment for straight forward urinary tract infection (“cystitis”) from the Community Pharmacies? This service is for women only (sorry guys – you still need to contact your GP) from ages 16 to 65 years old who are not pregnant. The Pharmacist is able to prescribe a 3 day course of antibiotics for those women who are suitable.

In a similar way, the Pharmacist is now also able to assess and prescribe for simple Impetigo (= a superficial bacterial skin infection) for children over 2 years old.

This service should be more convenient for patients as well as freeing up appointments with the G.P’s.

Children’s Coughs and Colds – “When should I worry?”

This is the time of year where children seem to have a never-ending run of colds, coughs, sore throats and sore ears. Some children can have 8 or more colds each year. There is now a huge amount of scientific evidence that antibiotics are rarely needed for any of these conditions and may in fact do more harm than good. However, it is natural to worry about one’s child when they are unwell and we are always happy to advise and assess children if you are worried about them, especially if less than 12 months old.

There is a very useful website/on line information leaflet available from Cardiff University called www.whenshouldiworry.com. This provides parents with information on coughs, earache, sore throat, fever, croup; green snot!, not eating or drinking, “what can I do” signs of more serious illness and reasons why G.P’s try **not** to prescribe antibiotics.

Cove Waiting Room Seat

Thank you very much to the Cove patient who contacted us to say she felt that we needed more than one of the larger seats with arms in the Cove waiting room. These seats are far easier for those who are less mobile or who have trouble rising from a standard chair. We are acting on this suggestion and will be purchasing a second seat for Cove. (Unfortunately the waiting room at Kincorth is too small to allow space for a second larger seat there as well).