

MARDEN NEWS

The monthly newsletter from Marden Medical Practice

June 2017

Position Statement: Prescribing of Medications Available to Purchase Over the Counter



NHS Shropshire CCG does not support the routine prescribing of medication that is available to buy from local pharmacies or supermarkets for children or adults. The medications listed below are examples of medicines that should be purchased by the patient/parent/guardian.

Moisturising creams, gels, ointments and balms for dry skin with no diagnosis: Hay fever remedies: Bath oils and shower gel (unless recommended by a specialist for infected atopic eczema): Vitamins and supplements: Potassium hydroxide for Molluscum contagiosum e.g. Molludab: Lubricating eye drops and chloramphenicol eye drops and eye ointment: Anti-diarrhoeal medication for short term diarrhoea: Paracetamol and ibuprofen for short term use: Antifungal preparations e.g. Canesten: Rehydration sachets: Anti-inflammatory gels e.g. ibuprofen gel: Laxatives for short term use: Head lice treatments: Threadworm tablets: Lactose free infant formula (This does not include Hypoallergic milks for use with diagnosed Cows Milk Protein Allergy) and 'Comfort Milks': Cough and cold remedies: Medicated shampoos e.g. Alphosyl, Capasal: Haemorrhoidal preparations e.g. Anusol



The reasons for this are as follows: Patients have a responsibility to look after themselves and their children where possible and manage self-limiting minor ailments with support from their local pharmacy if needed: patients should keep a small supply of simple treatments in their own medicine cabinet so they are able to manage minor ailments at home: all these medicines are widely available from supermarkets and pharmacies at reasonable cost: many of these treatments are more expensive when prescribed on the NHS compared to when they are purchased in pharmacies or supermarkets e.g. paracetamol is approximately 4 times as expensive on prescription.



before asking your GP to prescribe over-the-counter medicines.

The NHS belongs to everybody and the CCG must ensure that its resources are used in the best possible way for all patients.

For more information, pick up a leaflet at reception or visit our website:

www.shropshireccg.nhs.net/medicines-management. **Ask your local pharmacist for advice on the best medicines to treat minor illness.**

Useful Numbers

Health Visitors 452300
District Nurses 277709
RSH 261000
Family Planning 283382

Pharmacies

Rowland's On Site
369446
Asda 276810
Sainsbury's 244744
Taylor - Radbrook
249931
Williams Co-op
344277
Conway 352352
Lunt's - Hereford Rd
351918
Boots - Pride Hill
351311
Rhodes 343998
Boots - Copthorne
350747
Boots - Coleham
362496
Lloyds - Riverside
344523
Tesco
845449
Pharmacy Express
245715

Volunteering

I want to



Volunteering can make a real difference to your own life and the lives of those around you. We want to ensure that anyone thinking about giving their time can find a volunteering opportunity which is right for them, whether it's supporting a victim of crime or helping out at a local sports club.

NCVO doesn't broker or place volunteers in charities directly but below is a selection of links to help you find a volunteering opportunity to suit you.

Contact your local Volunteer Centre

Volunteer Centres are local organisations that provide support to volunteers and the organisations that involve them. If you want to find an opportunity in your local area, this can be an ideal place to start. Use the link below to locate your nearest centre.

Search the 'Do-it' volunteering database: Do-it is the national database of volunteering opportunities.

Read how-to guides on NCVO Knowhow Nonprofit: View How-to guides on Knowhow [HYPERLINK "http://knowhownonprofit.org/how-to/@@search?Subject=volunteering"](http://knowhownonprofit.org/how-to/@@search?Subject=volunteering)Nonprofit

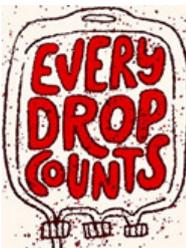
Search for voluntary work on CharityJOB: [Visit HYPERLINK "http://www.charityjob.co.uk/Volunteer-Jobs"](http://www.charityjob.co.uk/Volunteer-Jobs)CharityJob

Blood Donor—Why give blood ?

Giving blood saves lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments. Many people would not be alive today if donors had not generously given their blood.



Why do we need you to give blood?



We need over 6,000 blood donations every day to treat patients in need across England, which is why there's always a need for people to give blood.

Each year we need approximately 200,000 new donors, as some donors can no longer give blood. Most people between the ages of 17-65 are able to give blood; around half our current donors are over 45. That's why we need more young people (over the age of 17) to start giving blood, so we can make sure we have enough blood in the future.

Blood groups and types needed now—We need more donors from all blood groups and types but we particularly need more people from Black, Asian and minority ethnic communities to give blood so that we have a supply of certain blood types.

Who can give blood? Most people can give blood. You can give blood if you are fit and healthy: weigh over 7 stone 12 lbs or 50kg: are aged between 17 and 66: are over 70 and have given blood in the last two years.

How often can I give blood? Men can give blood every 12 weeks and women can give blood every 16 weeks.



Register as a blood donor and book an appointment to give blood and help someone in need today.

Contact Information

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