

## February 2017 – Surgery Newsletter



We are finding that a large number of patients are leaving their repeat prescription orders until the last minute which puts enormous pressure on the surgery. We issue about 35,000 items in prescription each month which is an enormous task. **We need a minimum of 3 days' notice to prepare a repeat prescription, but patients also need to account for another 2 days for their pharmacy to have time to prepare their order.** Most monthly repeat prescriptions are issued every 28 days, so patients know exactly when they are due to run out almost a month ahead! So why do we get so many 'urgent' requests as people have either run out or are going to run out today/tomorrow? I can't help thinking of the harsh (but true!) quote I've heard so many times in the past:

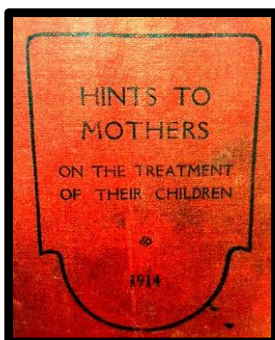
*"Poor planning on your part does not constitute an emergency on my part"*  
– Unknown

Of course there are times when events conspire against us, so I appreciate that we all get it wrong sometimes and that's fine as long as it's not a regular occurrence. However, in order to ensure that our organised patients do not see delays in their timely requests, we will be keeping a closer eye on these last minute requests in the future. Please note that our GPs only consider a handful of medications as genuinely urgent if requested late, so please do not be surprised if the 3 day turnaround is insisted upon. There are many ways to help patients remember to order medication from using a simple calendar to technology like computers and smartphones to set reminders.

**The next meeting of the Patient Participation Group will take place at 6.30pm on Thursday 16<sup>th</sup> February 2016 at the Great Bentley Village Hall.**

**Richard P Miller – Practice Manager**

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This part of our newsletter publishes suggestions from this 102 year old book called "**Hints to Mothers**" on the health and wellbeing of children prior to the NHS existing. We hope you find this interesting and in many instances still useful even today. ***Please bear in mind this was written a long time ago!***

**Rickets** – There are various degrees of rickets, the hunch-backed being the worse. Knock-knees, chicken-breasts, weak ankle, round shoulders, bowed legs and large wrist joints, are all forms, though mild, of rickets. Rickets is owing to the want of sufficient earthy matter in the bones, so that they bend and cause deformity. And rickety children, if not carefully watched and attended to, frequently die of an affection of the lungs when they become youths. The proper general treatment for the disease can be summed up in a few words. Give him plenty of good milk – a quart or three pints a day. Give him tender rump steak and mixed with bread crumbs and the gravy. Let him have rice puddings, suet puddings, bread and milk puddings. Give him fresh air and plenty of it. Let him live in the open when weather permits. Sea bathing and sea air are invaluable. A teaspoon of cod liver oil twice or two times a day will also help him. **Fortunately rickets has mostly disappeared from the western world in the last century since this book was written due to vitamin D being added to many foods. This was the 'earthy matter' referred to above and was in fact only discovered in the same year (1914) as this book was published!**