

Willenhall Primary Care Centre – 1 July 2024

Dehydration



Babies, children, and older adults are more at risk of dehydration during periods of hot weather. Visit [nhs.uk](https://www.nhs.uk) for symptoms to look out for and what to do next.

Dietician Update

Hi, my name is Petya and I am the new dietitian at the PCN for the next 12 months. Prior to this I was at Central PCN and at UHCW as the diabetes service lead dietitian, so diabetes is my area of interest and expertise. I would like to offer practices a Lunch and Learn session on the latest evidence on dietary advice in diabetes



I would like to offer practices a Lunch and Learn session on the latest evidence on dietary advice in diabetes. Please let me know if you would like a Teams or in-person session. I work Monday to Thursday. You can contact me on Petya.popova@uhcw.nhs.uk if you have any queries, feedback or suggestions how to improve the dietetic service.

I will continue to see the same patient groups as Aminder did:

- diabetes, including people interested in achieving remission
- obesity,
- high blood lipids,
- malnutrition/weight loss,
- IBS, coeliac, diverticular disease

You can book a triage telephone slot on a Tuesday via GP Connect, and I will contact the patient to book either a telephone appointment on a Tuesday or a F2F appointment on a Thursday at the Forum. I am planning to run type 2 diabetes group education session in the very near future, more communication will come out about this once it has been finalised.

SIGNS OF GOOD ASTHMA CONTROL



Symptoms no more than 2 days a week



Use your reliever puffer no more than 2 days a week



Aren't limited by your asthma



Don't get symptoms at night or when you first wake up

TALK ASTHMA 

Sarcoma Awareness Month July

Sarcoma Awareness Month is a global healthcare event observed for the entire month of July every year for the last 15 years; commemorating sarcoma awareness, emphasises the significance of educating the public about current sarcoma treatments, early diagnosis, and their effects on families.




PACE
HOSPITALS



I use the NHS App
to order repeat
prescriptions

Your NHS, your way
Download the NHS App 📱



TELL US HOW WE'RE DOING! The team at Willenhall Primary Care Centre-1 work very hard to provide a high quality and responsive service to our patients but we are always looking for ways to improve our service and listen to what patients have to say. There are lots of ways for patients to have their say and we would appreciate hearing from you with any comments you may have as to how we can improve our service to you. **tel:02476302082**

cwicb.wpcc1coventry@nhs.net We will also send you a family and friend text message with a link for you to provide your feedback.

CHECKING INTO RECEPTION

Where possible, please use the check-in screen to mark yourself in for CHECKING INTO RECEPTION

Where possible, please use the check-in screen to mark yourself in for your booked appointment. The check in screen is located at the back of main reception. This helps us to reduce queues at the front desk and means we can support patients with queries quickly and get appointments booked. with queries more quickly

PRESCRIBED MEDICATION & WASTAGE

Each year across the NHS, approximately £300 million is lost due to medicine wastage, at least half of which is avoidable. This is a result of medication overordering and over use. To help reduce costs of medicines, please only order medications you need. If you feel you no longer need a medication or are not currently taking a medicine as prescribed, please book to speak to one of our pharmacy team at the practice. Taking medications you have been prescribed correctly is important for your safety. Many conditions need careful management and monitoring to ensure they are well treated. Skipping doses, taking too much medication or not following the prescribed schedule can have negative consequences. The cost to the NHS of people not taking their medicines properly and not getting the full benefits to their health is estimated at more than £500 million a year. If you have any queries or concerns about your prescribed medications, please book to speak to a Clinical Pharmacist

Whooping Cough

Cases of whooping cough are continuing to rise. If you are pregnant, it's important to get the whooping cough vaccine to protect your newborn baby, as they are at greatest risk. Find out more.

<https://www.nhs.uk/conditions/whooping-cough/>



**YOU DON'T HAVE TO BE BEACH READY
TO BE SMEAR READY**

Professional nurses will put you at ease and won't care what you look like either.

The NHS Cervical Screening Programme saves an estimated 5000 lives every year.

THIS QUICK APPOINTMENT COULD SAVE YOUR LIFE.