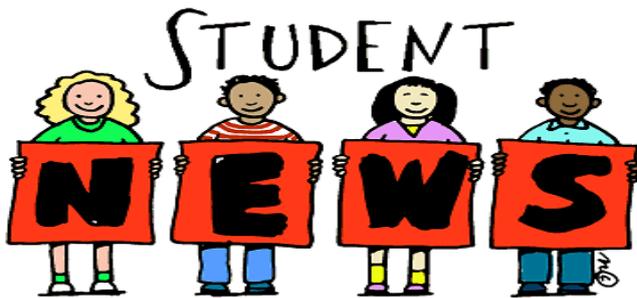


The Robert Darbishire Practice Student Patient Newsletter: September 2016

The Robert Darbishire Practice, Rusholme Health Centre, Walmer Street, Manchester M14 5NP.
Tel: 0161 225 6699



Welcome to Manchester! We hope you like our student patient newsletter which helps keep you informed about the services that we provide. If you would like to join our Virtual Patient Participation Group please contact us on CMCCG.rdp-ppg@nhs.net. We would like to hear your suggestions as to the sort of items you would find useful and would like us to include in future newsletters.



Online patient access

Once you have registered as a patient we can provide some of our services online through Patient Access. You can have 24hr online access to booking some appointments, cancelling all appointments, ordering repeat prescriptions and viewing your medication, allergies, immunisations and medical record. You will need to ask for a registration form at reception. You will then be able to register through our website at: www.rdp.org.uk



Text Messaging

We send out appointment reminders and other messages via text. If you do not wish to receive text messages please let reception know. If you need to cancel an appointment please call reception or if you are registered for online patient access please cancel your appointment online.

Nominate your pharmacy – reducing visits to the surgery

Since 2015 we have offered a service called Electronic Prescribing. This allows you to pick your repeat prescription up from the most convenient pharmacy for you. You can inform your pharmacy or our reception team to nominate your preferred choice. Each time you order a prescription, which is a repeat, it will be sent straight to your nominated pharmacy ready for you to collect. Most patients find this service more convenient as pharmacies are open for longer than the practice. If you need repeat prescriptions during your holiday you can change your nomination to a pharmacy close to home. Please remember to change this back when you return to Manchester for term time.

Services we provide

We provide all the usual GP and practice nurse services and a wide range of additional services. Our reception staff can advise you.

Many services are offered by our nurses: health screening (including cervical smears and health checks); travel advice and immunisations; blood tests, ear care, removal of stitches and injections; healthy lifestyle advice (including weight management and healthy eating); and reviews for long term conditions. Other services include minor surgery, maternity care, childhood immunisations (baby clinic), family planning (including implants) and services for drug and alcohol issues as well as mental health.

We also offer a sexual health service which is similar to that offered by hospital GUM clinics – please ask for an appointment.



Travel Immunisations

We hold travel clinics at the surgery and the aim of these is to keep you safe and healthy abroad. When you know your travel plans (at least six weeks before travel) ask for a travel appointment with the nurse. The nurse will ring you and discuss what injections you should consider and will arrange a suitable appointment(s) for you. Most vaccines are provided free; some however are not available on the NHS and you will need to pay a fee. The nurse will tell you about this during the initial telephone call.



Improving your health

If you would like more information about improving your health and the services available go to www.choosewellmanchester.org.uk/. The Minor Ailments Scheme service operates in partnership with your GP practice so that registered patients can get advice and any medicines they need from a local community pharmacy without the need for an appointment with your GP.

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Mental Health

If you experience Mental Health issues please ask to speak to one of our GP's. There are also good services provided by the Universities and information about these can be found at www.mmu.ac.uk/counselling/links.php for Manchester Metropolitan University or the University of Manchester at www.smhf.manchester.ac.uk/uom/counselling/. Alternatively you can also look at the NHS services provided at www.mhim.org.uk.

Contraceptive implants

Many women struggle to remember to take a daily contraceptive pill and prefer to have the security of using a long acting form of contraception such as the implant. Implants are an extremely reliable method of family planning that are suitable for most women- including those on long term medication or who may be breastfeeding.

If you would like to find out more about the different forms of contraception- please book a face to face appointment with a practice nurse. If you know you want to have an implant please book a telephone appointment first with Dr Henshall.

Chlamydia Screening

We offer free and confidential chlamydia testing for our patients aged 16-24 years. Did you know that 1 in 10 young people in Manchester have chlamydia? Chlamydia is a common sexually transmitted infection (STI). It often doesn't have obvious symptoms so lots of people who have it don't know it. It can lead to long-term health problems such as infertility (not being able to have children) if it isn't treated.

If you are under 25 years you should have a routine test, once a year, or when you change your sexual partner. **RuClear tests are free and painless.** There is no poking or probing involved, you just need to pee in a pot or do a simple self-taken vaginal swab. Your sample will be tested for chlamydia and another common STI called gonorrhoea. These infections can be treated with a simple course of tablets.

It's really easy to get a test.....you can pick up your free test kit at any time from reception, or if you are already seeing the doctor or nurse you can ask them for one.



Free sexual health clinic

Sexually transmitted infections (STIs) are infections that are passed from one person to another during sex. Lots of people will have an STI and not know it. This is because the symptoms for some STIs are not always obvious. These are some of the symptoms to look out for:

- pain when peeing
- blisters, sores or spots around the genitals or anus
- irritation of the urethra (where the pee comes out)
- pain when having sex
- unusual discharge from the penis, vagina or anus
- itching around the genitals or anus

If you think you might have an STI, you can come to one of our sexual health clinics on a Wednesday afternoon. These clinics are free and confidential, and will test and treat STIs and refer to other services as needed. Using a condom for sex reduces the risk of picking up or passing on an STI.

If you would like to book into one of our sexual health clinics please contact reception.



Pride in Practice

In conjunction with the Lesbian, Gay, Bisexual and Transgender Foundation, our practice is delighted to support and be a part of the Pride in Practice scheme. This scheme identifies GP surgeries that are fully committed to ensuring that their lesbian, gay, bisexual and transgender patients are treated fairly and are able to discuss their issues openly with their GP or healthcare provider. For more information: www.lgbt.foundation