

## How we use your medical records

This practice handles medical records in-line with laws on data protection and confidentiality.

We share medical records with those who are involved in providing you with care and treatment.

In some circumstances we will also share medical records for medical research, for example to find out more about why people get ill.

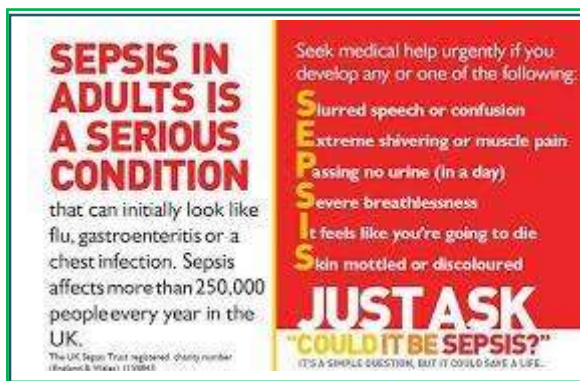
We share information when the law requires us to do so, for example, to prevent infectious diseases from spreading or to check the care being provided to you is safe. You have the right to be given a copy of your medical record.

You have the right to object to your medical records being shared with those who provide you with care.

You have the right to object to your information being used for medical research and to plan health services.

You have the right to have any mistakes corrected and to complain to the Information Commissioner's Office. Please see the practice privacy notice on the website or speak to a member of staff for more information about your rights.

**National Data Opt Out for patients** is going live on 25th May (This is completely unrelated to GDPR but has the same launch date) Patients can choose to opt out of their confidential information being used for research and service provision planning purposes if they wish to. Patients will do this direct (**not at the practice**) and they will need to log onto a website to do so. More information will be available soon.



**SEPSIS IN ADULTS IS A SERIOUS CONDITION**

that can initially look like flu, gastroenteritis or a chest infection. Sepsis affects more than 250,000 people every year in the UK.

Seek medical help urgently if you develop any or one of the following:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- S**passing no urine (in a day)
- P**severe breathlessness
- S**It feels like you're going to die
- I**skin mottled or discoloured

**JUST ASK**  
"COULD IT BE SEPSIS?"  
IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

The UK Sepsis Trust registered charity number (England & Wales) 1120845

## To all parents.....

Some schools are asking GPs to provide prescriptions for over-the-counter medication for children, saying they will not administer such medication unless it is prescribed by a GP.

GPs do not normally prescribe OTC medications for any patient, including children, and a doctor's prescription is not required before administering such medicines to a child.

It is appropriate for OTC medicines to be given, or authorised, by parents when they consider it necessary and an appointment for a child with their GP for the sole purpose of acquiring a prescription for an OTC medicine to satisfy a nursery or school is a misuse of GP time.

## Have you moved house?

If you move house **PLEASE** let us know so we can update your record. If you are receiving treatment at any hospital as well, **PLEASE** let the hospital know as well.

## Medicines for Self-Care

Somerset Clinical Commissioning Group has made the decision to advise our GPs not to prescribe certain medicines that can be obtained over the counter in pharmacies and some supermarkets. These medicines include the following:

- Hay Fever preparations
- Pain killers for minor aches and pains
- Cough and cold remedies
- Treatment for non-serious constipation or diarrhoea
- Athletes' foot creams and powders
- Verruca and wart treatments

Plus many more

The decision has been taken for a number of reasons:

- Somerset we are working to ensure patients feel more empowered and informed to manage their own health
- Somerset spent almost £5 million last year on these medicines which is no longer affordable
- All of these products, are the same strength that the GP had been prescribing, and are readily available over the counter.
- Some of them do not actually work very well, e.g cough syrups
- This money could be better spent on more serious conditions such as cancer, heart disease and mental health.
- Funding is needed to continue prescribing for chronic long term conditions such as arthritis, diabetes, asthma and more severe eczema.

## Are You Sun Aware?

- According to the British Association of Dermatologists, there are more than 100,000 new cases of skin cancer are diagnoses every year in the UK.
- The dark pigment that gives your skin its natural colour is called Melanin.
- Wearing sunscreen with sun protection factor (SPF) would prevent UVC light burning your skin.
- SPF30 or higher should be used if you have very fair skin that burns easily in the sun
- Some sun exposure is beneficial as it helps your skin produce vitamin D. Vitamin D is needed for healthy bones. Most of our vitamin D comes from sunlight. Vitamin D may help lower blood pressure.
- Melanoma is considered to be the most serious type of skin cancer as it's more likely to spread than other types. The good news is that protecting your skin from sun damage will reduce your risk of developing melanoma.
- According to the NHS, a SPF of at least 15 is recommended for all skin types, plus you should also make sure the sunscreen you use protects against UVA as well as UVB rays.
- Don't forget to wear a hat and sunglasses when you're in the sun as well as sun cream.
- If you are determined to get a tan, the NHS advises starting with just 30 minutes of sun exposure a day and increasing it gradually by five or ten minutes a day.