



Please "Be kind" to our staff. A simple thank you, or a positive review could make the world of difference.

Email:
roccg.swallownestcarecoordinators@nhs.net



Swallownest Health
Centre

Cancer and Me



<https://www.westonpark.org.uk/managing-physically>

Managing side effects

Every type of cancer and its treatment is associated with different symptoms and side effects. Knowing what to expect and when to seek advice, can help you to feel more in control of what's happening.

Whether you are living with or beyond cancer or are affected by it in any way, we provide a range of therapies which can promote a feeling of calm, reduce anxiety and help you to feel more relaxed.

Fatigue, hot flushes and sleep

Common side effects of cancer and cancer treatment are fatigue, hot flushes and difficulty sleeping.

Fatigue

Fatigue is not always seen by loved ones, who may comment on 'how well you look', when you may feel exhausted.

Among the causes of fatigue are:

- Cancer itself
- Chemotherapy and radiotherapy treatment
- Travel
- Stress
- Medication
- Pain
- Surgery
- Changes to nutrition
- Emotional state
- Anaemia
- Hormone therapy
- Other underlying medical conditions



World breastfeeding Awareness
week 1-7 August 2023

<https://worldbreastfeedingweek.org/>



Please contact your pharmacy in the first instance when chasing your prescription

Local pharmacy numbers:

Lloyds- 01142872232

Weldricks – 01142877006

Kiveton - 0114 698 0161

Whitworth – 01142692761

Boots Drakehouse – 01142478430

We would like to remind our patients that we have not accepted repeat prescription requests via telephone since 13/07/2018. Please use online services or drop your request in the box.

Hot flushes

Hot flushes are also common among people going through cancer or cancer treatment.

At Weston Park Cancer Support, we are able to provide four weekly sessions of Auricular Acupuncture for people experiencing hot flushes as a result of cancer and its treatment. Discover more about auricular acupuncture the our website.

Sleep

Disturbed or altered sleep patterns are common following cancer treatment.

When we lack sleep, our resilience both physically and mentally is affected and this can have a huge impact on daily living, as well as family and working life.

Disturbed sleep patterns during cancer treatment can be caused by a number of things including pain, breathing difficulties, itchy skin, nausea, hot flushes, anxiety and depression.

At Weston Park Cancer Support, you can talk to one of our specialist healthcare professionals about any sleep problems you may be having. They can offer you tips and advice on 'sleep hygiene' and ways to ensure you get the rest you need.

Our Mindfulness sessions can also help to alleviate any causes of disturbed sleep, including anxiety.

Find out more about Mindfulness
<https://www.westonpark.org.uk/mindfulness>

Day in the life of our.....



Clinical Pharmacist:

There are two PCN clinical pharmacists that cover SHC and another GP practice via a job share. Their regular day to day work involves:

- Telephone appointments for medication reviews and structure medication reviews.

- Face to face appointments can be arranged for those who require due to hearing impairment, excessive polypharmacy (over 10 medications on your repeat) resulting in confusion etc
- Prescription or medication queries from patients, community pharmacies, care homes and hospitals
- Out of stock queries and processing prescriptions for suitable alternatives
- Providing advice and guidance to GPs regarding prescribing guidelines, policies, and interactions
- Dealing with nomad queries and requests (these are the premade medication trays some patients have)
- Dealing with medical alerts
- Actioning discharge letters for medication changes
- Dealing with requests to prescribe medication from other clinicians, such as midwives, optometrists, district nurses and diabetes specialist nurses etc
- Actioning tasks from various clinicians and other team members

Other work also includes:

- Drug monitoring
- Audits
- Work relating to targets and funding.
- Training of other staff

We also have meetings with GPs, managerial staff and the PCN to plan out the workload to ensure we can achieve our targets and to improve patient safety and outcomes.

We are Closed for training the afternoon of
Thursday 17th August 2023

Have you tried our Self-Screening Health Kiosk?

The kiosk allows patients to answer health questions from a library of 18 plus Care Pathways and take vital signs measurements independently of a clinician. Results are seamlessly integrated into the patient record. This streamlines the patient flow without compromising on care whilst capturing important data, saving clinical time and freeing up appointment time.

Our Health Kiosk is available in our waiting room to use Monday to Friday from 8:00am to 18:00.



Health Kiosk Pathways

General Health Check	New Patient Health Check	Asthma	COPD	Diabetes	CVS	Mental Health Assessment
Oral Contraceptive Medication Review	Physical Activity Assessment (GPPAQ)	Eating Disorder Assessment (SCOFF)	Phobia Assessment (IAPT)	Mood Self-assessment (PHQ9)	Depression Self-Assessment (HADS)	Anxiety Assessment (GAS-7)
Blood Pressure	Vital Signs	Dementia Carer's Review	Postnatal Assessment	Arthritis Assessment	Menopause Assessment	Medication Review