



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

Send any comments and feedback to
email: roccg.swallownestcarecoordinators@nhs.net

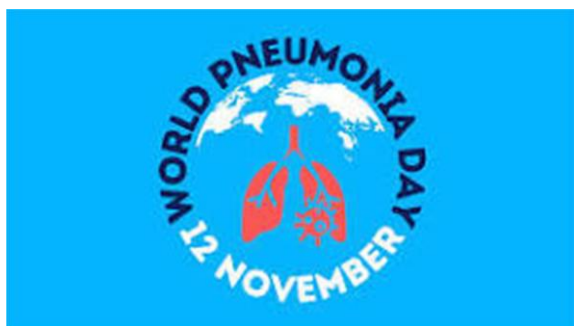
🔔 **#MedSafetyWeek starts today!**

3-9th November

Medicines safety starts with you and me. Whether you're a patient, healthcare professional, regulator, or company, we all have the power to make medicines safer.

Be a #MedSafetyHero and report suspected side effects 👉

<https://yellowcard.mhra.gov.uk/>



World Pneumonia day 12th November

Aged 65 and over?

(and those with pre-existing health conditions like heart, lung, or kidney disease)

Have you been contacted for your vaccination?

Book in today!

Are Your medicines working for you?

Why should I book a medication review?

Over time our bodies change, so to make sure they still work for you your medicines may need to change too. A review is for both you and a healthcare professional to make a decision about your medication together.

It's important that your medications are reviewed regularly, as:

-Your condition or circumstances may have changed, and the medicines you were prescribed may no longer be appropriate.

-You may have had your annual checks and some medicines may require dosage alterations.

-You may have medication still on your repeat order form that you haven't requested in a long time or medications that you have requested more than expected.

When should I have my review?

You may be invited in for this yearly or 6 monthly depending on the medications you take and the conditions you have.

If you have any changes in your condition or circumstances, or you notice any unwanted side effects, it is important you request a review as soon as possible, rather than wait for your regular review.

Who will see me during my medication review?

Your review is a private appointment between you and a qualified healthcare professional. It could be a Practice Pharmacist, a GP or practice nurse. The review may take place in person or over the phone.

If I request a review, I am worried I may be taken off my medication

The aim of a medicine review is to check that the medicines you are prescribed are still



working for you and that you are getting the best from them. Stopping a medication may be the most appropriate outcome however it is not always the outcome. Any concerns around changing or stopping medicines will be fully discussed with you, and your health professional will always ensure you are happy with any decisions made around your care.

Are your medicines stacking up?

Around £20 million is wasted every year on unused medicines. This includes inhalers, pain medication and creams, across our region. By only ordering what we need we can make sure NHS resources go where they are most needed.

Why cant I throw away my unused medicine at home?

By throwing your old medicines down the toilet or in general waste you can effect the ecology of the water system. Please return them to your pharmacy.

Will my unused medicines be sent to third world countries?

No, this is a myth. Unused medicines sent back to pharmacy cannot be reused, they will be in incinerated for safety purposes.

<https://areyourmedicinesworking.co.uk/>



<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

Carers Rights Day 20th November

This year, Carers Rights Day is on Thursday 20 November and the theme is 'Know your rights, use your rights.' Get involved and help to make sure more carers are aware of their rights and feel empowered to use them.

Every day, 12,000 people become unpaid carers for a partner, family member or a friend – many of whom don't see themselves as carers, often

unaware of their legal rights and what they're entitled to in terms of support and benefits.

Carers UK telephone Helpline is available on 0808 808 7777 from Monday to Friday, 9am – 6pm (including Bank Holidays).

Also ask to see Swallownest Health centres Link worker for more carers support.



GP appointment?
Can't make it?
Don't need it?



DNA's Breakdown

357 patients did not attend their appointments last month

That's **3%** of appointments.

Here is the Breakdown of some appointments that were missed.

- GP appointments – 76
- Nurse appointments & HCA (blood/BP /other clinics) – 185
- Other (minor ailments, paramedic, pharmacist etc)- 19
- Flu - 77

Appointments are valuable, and it's important that if you can't attend to let us know in plenty of time.

Did you know that the average cost of a GP appointment in the UK is £49?

To cancel an appointment please use the following options to allow someone else to use it.

call us on 0114 433 3888 the following options appear: -

Press 1 to cancel your appointment via an auto attendant.

Advisor if you also need to rebook.

You can also cancel by emailing syicb-rotherham.swallownestnoreply@nhs.net

Our next close afternoon for training is Thursday 13th November