

Buttercross Health Centre and Ilchester Surgery Newsletter



February 2022



We have been extremely short staffed due to staff sickness but have continued to work very hard and manage the demand.

Thank you for your understanding.

NOTICE

We have half day closure on Wednesday 16th March for staff training. We will be available for urgent queries ONLY.

OPENING HOURS

Monday 08.30 – 18.30

Tuesday 08.30 – 18.30

Wednesday 08.30 – 18.30

Thursday 08.30 – 18.30

Friday 08.30 – 18.30

PLEASE NOTE: the practice has extended hours on Thursday and Friday from 18.30 – 20.00 for pre-booked appointments only.

If you need urgent medical assistance between 18.30 and 08.00 Monday to Friday or at weekends and bank holidays, please telephone 111 for

Injured or unwell? Use the right service



 Self-care <ul style="list-style-type: none">• Grazed knees• Sore throat• Coughs & colds Visit nhs.uk for self-care advice	 Pharmacy <ul style="list-style-type: none">• Headaches• Upset stomach• Aches & pains• Bites & stings	 111 NHS 111 Visit 111.nhs.uk or call 111 for advice and support 24 hours a day 7 days a week	 GP Call your GP for symptoms that won't go away	 Minor Injury Unit Urgent but not life-threatening <ul style="list-style-type: none">• sprains• fractures• burns	999 A&E <ul style="list-style-type: none">• Unconscious• Breathing difficulties• Stroke• Heart attack• Heavy bleeding• Severe burns
--	---	---	--	--	---

#ChooseWell



Somerset
Mindline



0800 138 1692 Freephone
01823 276 892 Local

Here when you need us 24/7
For anyone of any age in Somerset experiencing
mental distress or wanting emotional support.

GET IN GEAR FOR YOUR SMEAR

- To make sure you are clear
Don't delay – book yours today
Smear tests save lives



FACT:

It is one of the few
cancers that can be
prevented through
screening*



FACT:

You only have to go
once every three
to five years



FACT:

Less than three-
quarters of women
invited for cervical
screening take
it up



FACT:

89% will survive
for five years or
more after diagnosis
if detected early
enough†

* More than half of those diagnosed each
year in the UK are under the age of 45
† Ages 16-74. See www.cancerscreening.nhs.uk/
for more information

This cervical cancer screening
campaign is being supported by
Cllr Maria Alexandrou,
Cllr Dinah Barry and Vicki Pite.

Contact your GP to book an appointment



Menopause & HRT Webinar

Monday 28th February, 7pm

Dr Kathryn Patrick, GP & Clinical Lead at
Buttercross Health Centre in Somerton, will be
running a Menopause & HRT Webinar on Monday
28th February at 7pm.

The session will be an informal opportunity to learn
more about the Menopause & HRT – and everyone
is welcome!

To join the webinar, please contact your surgery
(ideally via Ask My GP) so that a joining link may be
sent to you.

Please remember your face mask
when visiting healthcare settings



Face coverings remain a
requirement in healthcare
settings, such as GP surgeries,
hospitals, Minor Injury Units
and care homes.

Thank you for understanding



A message from one of our Clinical Leads...

One of the things the surgery takes pride in is our quest for and use of “latest guidance.” Treatments once thought to be effective are sometimes shown over time to be less so, and can be superseded by newer approaches, or used in new ways. For example, antibiotics, which are designed to treat bacterial infections, used to be more widely prescribed than they are now, and it has been shown that a shorter course – 5 days rather than 7 – can be just as effective. It is known that they are not effective for viral infections, but what is less obvious is that many bacterial infections are cleared by the body’s immune system without any need for antibiotics at all! In making decisions about managing them our team will have various levels of evidence and information available, including in-house training sessions, the county-level prescribing formulary, and the national NICE guidelines.

You may ask how these guidelines are set. The best and most robust evidence comes from clinical trials set up to answer the leading clinical management questions of our time. One such trial is PANORAMIC, which is currently testing the antivirals currently available in the UK for the treatment of Covid-19. Buttercross Health Centre research nurses are contacting and recruiting people with a recent diagnosis of Covid-19 and one or more vulnerability factors to the trial, which hopes to find out whether antivirals can reduce the risk of serious illness, Covid transmission, and long Covid, over and above any vaccination the volunteer has had. Trials like this lead to guidance on management, which is likely to lead to better outcomes for all. Please do consider supporting PANORAMIC if you are invited to take part.

Dr Chris Krasucki.