

NORVIC FAMILY PRACTICE

Volume 2/ Issue 1. March 2022

WHAT NOW

It has been 2 years since we all were confronted with the uncertainty of a Coronavirus pandemic.

Lately, due to staff isolation, we've had to shut Norman Road Branch on Friday afternoons.

Just as we breathed in relief at the potential of living with Covid-19, the world is now confronted with a new challenge in Europe.

MINOR AILMENTS

Everyone can go to their Pharmacist for free advice or to buy medicine for minor illnesses. This scheme is an NHS service, including those who don't pay for their prescriptions. The Pharmacist will be able to give advice and medicines free of charge without the need to see a doctor. The following minor illnesses qualify.

Acne	Hayfever
Athlete's foot	Head lice
Cold sore	Indigestion/Heartburn
Conjunctivitis	Insect bites/stings
Cough/Cold/Flu	Mouth ulcers
Constipation	Mouth or gum swellings
Cystitis	Nasal congestion
Dandruff	Nappy rash
Diarrhoea	Sore throat
Dry eyes	Teething
Eczema/Dry or itchy skin	Threadworms
Ear Wax	Thrush
Fever after vaccination	Verrucas
Haemorrhoids (Piles)	Warts

Our reception team may signpost patients to their local Pharmacist if the enquiry relates to any of the above. This gives us the opportunity to efficiently meet the life changing needs of our most vulnerable patients



PRESCRIPTIONS

In February, we received over 1,400 prescription requests by email alone. Our desire is to turn these around promptly and safely. **We remind all that there is a 48-hour turnaround required for prescriptions to be made available,** please factor this into your plans when ordering prescriptions. We have few patients

making requests when they have run out or have just one day of medication left. This puts avoidable pressure on patients and staff.



MONITORING BLOOD TESTS

For those with Long term conditions; some medicines require routine blood test monitoring. When blood tests are overdue, it makes prompt prescribing of medicines more difficult. If you are unsure of your tests becoming due, you can enquire using our triage service on [consult us online](#)

“We are committed to listening, informing, evolving, educating and adapting in challenging times.” Norvic Family Practice.

LONG TERM CONDITIONS

All our patients with long term conditions such as Diabetes, Hypertension, Asthma and so forth will be contacted based on their month of birth for yearly reviews. We are encouraging all to endeavor to attend these reviews as we work to deliver improved healthcare in our diverse local community. These



conditions potentially worsen and cause complications for the future. These reviews help us identify and reduce risk early.



DIABETES

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.

There are 2 main types of diabetes:

Type 1 diabetes – where the body's immune system attacks and destroys the cells that produce insulin

Type 2 diabetes – where the body does not produce enough insulin, or the body's

cells do not react to insulin

Type 2 diabetes is far more common than type 1. In the UK, around 90% of all adults with diabetes have type 2. [Read more here](#)

The **Norvic Patient Participation Group** is actively seeking members.

Meetings are held virtually on Microsoft Teams, so you can make a huge difference to the local healthcare delivery from the comfort of your home.

Email your interest to

Norvicppg@gmail.com.

Want more information? [Check here](#)



Coming Soon:

The PPG is planning a Sponsored walk for charity and promotion of healthy habits over the summer. Watch this space in the next issue for more information.



PPG members meeting with the Practice Staff on 17th March 2022. L-R Dr Akhibi, Gillian Justice, Dr Pathan, Lisa Thacker and Tina Caswell.

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