



Fountains Medical Practice  
Delamere Street  
Chester  
CH1 4DS  
Tel: 01244 325721

## Newsletter

### Summer 2023

#### **Stay safe this summer**

By following a few simple tips, we can all enjoy the weather and avoid the risks of sunburn and sun damage, so how you can protect yourself?

- Apply sun protection factor (SPF) at least 30 to protect against UVB and at least 4 star UVA protection
- Wear suitable clothing, long and loose
- Spend time in the shade when the sun at its hottest (between 11am and 3pm), don't forget to stay hydrated, drink lots of water
- Protect your eyes, avoid looking directly at the sun without proper eye protection

Water can wash sunscreen off. If you have contact with water, use water-resistant sunscreen. The cooling effect of the water can make you think you are not getting burnt.

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>



#### **patches**

A new easy way to contact the surgery online.

All you have to do is register once then, you can submit a request for yourself or on behalf of someone you care for.

For more information please visit our website:

<https://www.fountainsmedicalpractice.co.uk/>

#### **Keito Machine**

Our keito machine is available to our patients. It can be used to measure B/P and BMI (height & weight).

The results will print out to take home with you as well as being added to your medical records, any abnormal reading will be reviewed by a clinician.



#### **Hayfever**

Hayfever is worse when the pollen count is at its highest which is between late March and September. There's currently no cure for hayfever and you cannot prevent it but you can do things to help your symptoms when the pollen count is high.



- Put Vaseline around your nostrils
- Shower and change your clothes after being outside
- Keep windows and doors shut
- Vacuum regularly

A pharmacist can help with hayfever and there is no need to see a doctor. The pharmacist can give you advice and suggest the best treatments like antihistamine drops, tablets or nasal sprays to help with itchy and watery eyes or blocked nose.

<https://www.nhs.uk/conditions/hay-fever/>



Fountains Medical Practice  
Delamere Street  
Chester  
CH1 4DS  
Tel: 01244 325721



### Primary Care Network (PCN)

A PCN is a group of general practices working closely together with a range of local providers across primary care, community services and social care. Focus on providing personalised care and support. There are many different services that PCN can offer such as:

- **Social prescribing link worker** - Provides short-term support to give people time and help to focus on what is important to them
- **Physiotherapist** – Provides expert consultation at first contact to help you to manage the pain
- **Specialist Dietitian** - Supporting adults with areas relating to nutrition and support people with complex obesity, diabetes management to optimise dietary changes

For more information please visit PCN website: [www.chestercentralpcn.nhs.uk/](http://www.chestercentralpcn.nhs.uk/)

### Health reviews

The practice do health check reviews such as respiratory, heart disease, stroke, diabetes, kidney disease, mental health etc on your birthday month, if you have any of them condition you may or already have received the invitation.

When you receive your invitation, it is important that you book in for your review with our practice nurse. We want to give our patients best outcomes and guidance that we can.



### What is diabetes?

Diabetes is a serious condition where your blood sugar level is too high. There are different types of diabetes:

**Type 1 diabetes** causes the level of glucose (sugar) in your blood to become too high. It happens when your body cannot produce enough of hormone called insulin, which controls blood glucose.

**Type 2 diabetes** is a serious condition where the insulin in your pancreas cannot work properly, or your pancreas can't make enough insulin. This means your blood glucose levels keep rising.

A healthy diet is a key part of the treatment for diabetes. That's why we review all our patients with diabetes so we can monitor and support your symptoms.

[www.nhs.uk/conditions/diabetes/](http://www.nhs.uk/conditions/diabetes/)



### News

Practice currently supporting a food donation service. If you would like to help you can drop donation at reception.



### Staff training dates

- July 18th closed 1PM –5PM
- September 21st closed 1PM –5PM
- October 17th closed 1PM-5PM

### Reminder

Please remember if you cannot attend your appointment to cancel ASAP. Your appointment could go to someone else.

Scan this code and make our day by leaving us a review on Google



Find us on Social Media for regular updates:

- [www.fountainsmedicalpractice.co.uk](http://www.fountainsmedicalpractice.co.uk)
- [www.facebook.com/fountainsmedicalpracticechester/](https://www.facebook.com/fountainsmedicalpracticechester/)
- [www.instagram.com/fountains\\_fmp/](https://www.instagram.com/fountains_fmp/)



Fountains Medical Practice  
Delamere Street  
Chester  
CH1 4DS  
Tel: 01244 325721



### **How our practice has been supporting patients?**

As a practice we use statistical data to monitor how we are performing in certain areas, this helps us proactively manage the workloads of the team and also make any required changes. The data showed from 1st April till June 2023

Please remember if you cannot attend your appointment, contact us to cancel it ASAP. Your appointment could be offered to another patient who urgently needs help.

We issued

1326

medications

We registered

271

new patients

Total number of  
physiotherapy  
appointments

118

We answered

7065

calls

We raised

243

referrals

We did

1174

pathology  
reports

Total number  
of GP Tel  
appointments

694

Total number  
of GP Face to  
Face  
appointments

1286

Total number  
of GP DNA

37

Total number  
of Nurse  
appointments

1884

Total number of  
Nurse DNA

68

Total number of  
Physiotherapy  
DNA

17