



May/June 2018

Bourn Surgery Newsletter

The Surgery will be closed on Monday 28th May.

There will be no Gransden Surgery on Tuesday 29th May and 12th June 2018

The General Data Protection Regulation (GDPR)

The GDPR is European Union legislation that will become directly applicable on 25th May 2018. It is a regulation by which the European Parliament, the Council of the EU and the European Commission intend to strengthen and unify data protection for all individuals within the EU. The GDPR strengthens the controls that organisations (controllers) are required to have in place over the processing of personal data. The GDPR requires GP practices to process data “fairly” and in a “transparent manner” which is “easily accessible and easy to understand”. This means that practices must provide information to patients about how the practice processes patient data in the form of ‘practice privacy notices’. Below is our privacy poster, which contains the basic information, and directs you to further, more detailed, information:

Bourn Surgery Drs Redwood and Partners

How we use your medical records; Important information for patients

- This practice handles medical records in-line with laws on data protection and confidentiality.
- We share medical records with those who are involved in providing you with care and treatment.
- In some circumstances we will also share medical records for medical research, for example to find out more about why people get ill.
- We share information when the law requires us to do so, for example, to prevent infectious diseases from spreading or to check the care being provided to you is safe.
- You have the right to be given a copy of your medical record.
- You have the right to object to your medical records being shared with those who provide you with care.
- You have the right to object to your information being used for medical research and to plan health services.
- You have the right to have any mistakes corrected and to complain to the Information Commissioner’s Office. Please see the practice privacy notice on the website or speak to a member of staff for more information about your rights.

For more information ask at reception for a leaflet or visit our website at www.bournsurgery.nhs.uk

Our Nursing Team

You may have noticed further changes to our nursing team in the last few months. Due to unforeseen circumstances we have had to say goodbye to both Lesley Richards and Sara Devlin. While we have been in a period of transition, we have been helped immeasurably by our wonderful locum nurse Heather Malia, who has been worth her weight in gold, and we have all benefitted from her experience and skill. We have also been hugely grateful to our very own Judith Eales, who has taken time out of her retirement to come back and help us out; we have all enjoyed the silver lining of Judith's excellent nursing skills again! An enormous thank you to both.

Looking to the future we have recently been joined by Sue Clarke, an experienced nurse with both practice nursing background and specialism in allergy and asthma. We are delighted to welcome her to the team. We hope to appoint a second nurse shortly, and will hopefully have a full team of nurses in the near future.

Hayfever Season is here!

Cambridgeshire and Peterborough CCG have produced the following guidance for patients regarding managing the symptoms of hay fever.

Hay fever and seasonal allergy treatments such as tablets, eye drops and nasal sprays are all easily available at low cost from your local pharmacy – no prescription from your GP required!

Antihistamines are usually the best treatment for hay fever and these can easily be bought from local pharmacies or supermarkets. Buying a packet of 30 tablets can cost as little as £2, but if a patient goes to their GP to get a prescription then it costs the NHS considerably more.

By going to the pharmacy you'll be saving yourself time and money, freeing up GP appointments for people with more urgent needs as well as doing your bit to help the NHS save money on unnecessary prescription costs.

For more information about treating allergies or to find your nearest pharmacy and opening times visit www.nhs.uk

Top tips to help ease hay fever symptoms:

- Keep house and car windows closed, especially when the pollen count is high (early morning between 7am to 9am and evenings between 5pm and 7pm).
- Avoid large grassy areas, woodland, cutting the grass and car fumes.
- Wear wrap-around sunglasses.
- Use petroleum jelly inside your nose to block inhalation of pollen.
- Don't dry wash outside to avoid pollen sticking to your clothes.
- When you get in from outside wash your hands, face, hair, rinse your eyes and change your clothes.

Reception

- **Mon-Fri:**
8.30am-1pm, 1.30pm-6pm
- **Appointments:** 01954 719469
- **Emergencies:** 01954 719313

Dispensary

- **Mon-Fri:** 8.30am-1pm,
2pm-6pm

Out of Hours

- **01954 719313 and listen to the automated message.**