



Akerman News Update

AUGUST 2018
WELCOME TO AKERMAN MEDICAL
PRACTICE SUMMER EDITION

www.AkermanMedicalPractice.com

Below is a list of self care treatments that are available to purchase over the counter without a prescription:

Acne treatment	Benzoyl peroxide e.g. Quinoderm®
Analgesic/pain relief treatment (short term pain, fever, headache, muscle/joint injury)	Paracetamol and ibuprofen tablets and liquid, pain relieving gels/creams e.g. Panadol®, Calpol®, Nurofen®, Ibuleve®, Movelat®
Anti-fungal treatment (athlete's foot, oral and vaginal thrush, ring worm)	Clotrimazole cream/pessaries, fluconazole oral capsule, ketoconazole shampoo, terbinafine cream/spray e.g. Canesten®, Diflucan®, Nizoral®, Lamisil®
Antiperspirant treatment (excessive sweating)	Aluminium chloride hexahydrate e.g. Anhydrol Forte®
Cold sore treatment	Aciclovir cream e.g. Zovirax®
Colic treatment	Simeticone, dimeticone, lactase enzyme, gripe water e.g. Colief®, Infacol®, Dentinox®, Woodward's®
Constipation treatment	Senna, ispaghula husk, docusate sodium, lactulose e.g. Senokot®, Fybogel®, Dulcolax®
Cough, cold and sore throat treatment	Capsule, tablet, syrup, linctus, powder, lozenge and pastille preparations e.g. Lemsip®, Beechams®
Diarrhoea treatment	Loperamide, oral rehydration salts e.g. Imodium®, Dioralyte®
Ear wax remover	Oils, sodium bicarbonate, urea hydrogen peroxide e.g. Otex®, Cerumol®
Eye treatments/lubricating products (Conjunctivitis/dry eyes)	Chloramphenicol eye drops/ointment, artificial tears and ocular lubricants e.g. Liquifilm®, Snotears®, Hylo-tear®, Systane®
Haemorrhoid (piles) treatment	Creams, gels, ointments and suppositories e.g. Anusol®, Germoloids®
Hayfever treatment	Steroid nasal sprays, antihistamines, sodium cromoglycate eye drops e.g. Beconase®, Flixonase®, Clarityn®, Piriton®, Benadryl®, Opticrom®

Head lice treatment	Dimeticone, malathion and permethrin liquid/lotion/spray/mousse/gel e.g. Hedrin®, Derbac-M®, Lyclear®
Herbal and complementary treatments	Homeopathic preparations, bitters and tonics, herbal medicines, health supplements, probiotics (VSL#3®, Symprove®)
Indigestion and heartburn (dyspepsia) treatment	Antacid and alginate tablets and mixtures e.g. Mucogel®, Rennie®, Gaviscon®
Mouth ulcer treatment	Benzydamine and chlorhexidine mouthwashes/sprays, choline salicylate, hydrocortisone buccal tablets e.g. Bonjela®, Corsodyl®, Difflam®
Nappy rash treatment	Metanium®, Bepanthen®
Scabies treatment	Permethrin liquid/cream e.g. Lyclear®
Threadworm treatment	Mebendazole tablet/suspension e.g. Ovex®
Topical steroid treatment (insect bites/stings, contact dermatitis, nappy rash)	Hydrocortisone 1% cream/ointment e.g. HC45®
Vitamins and minerals	Vitamin A, B, C, D, E, K, multivitamins, zinc, calcium and magnesium supplements
Wart and verruca treatment	Salicylic acid preparations e.g. Bazuka®, Occlusal®

BACK PAIN CAFÉ — 'LIVING WELL WITH BACK PAIN'

Akerman Medical Practice in association with specialist physiotherapist Kathy Payne from Guys and St. Thomas' Hospital have launched a new innovative service for patients with back pain. This service is exclusively available only to patients registered with Akerman Medical Practice.

The aim of this service is to provide support for people with recurrent or persistent Low Back Pain to reduce suffering and empower management.

Low back pain is the biggest cause of disability worldwide.

Each session with the Physiotherapist consists of a 1 hour group meeting for 10 participants with rolling programme of discussion on key areas relevant to promoting back pain management followed

by a ½ hour post meeting peer discussion group.

Role of Back pain advisor meeting:

To discuss LBP concerns on an individual basis EG: Managing a flare

Signposting to:

- Management options available locally,
- Reputable information sources
- Wider lifestyle management discussion
- Referral onwards if required

JOIN our Patient Participation Group (PPG)

Our next PPG meeting will be on 13th August at 5.30pm and would like YOUR input! You can confirm your attendance by emailing the practice manager at LAMCCG.akermanmedicalpractice@nhs.net

FREE AND CONCESSIONARY GYM FOR LAMBETH RESIDENTS

Open Gym and classes are FREE for concessions (job seekers, single parents, retirees and full time students – proof up-on entry).

All designated community users MUST register with the Foundry.

The Foundry also offer 20% discount to registered concessions on all other classes they run outside of these hours.

Click [here](#) for more information

Open Gym

Mon – Fri, 8am – 12pm

Registered Concession:
Free (Optional voluntary contribution)

Open gym member:
£3 drop in or £15 a month

Community Classes

Mon/Tues/Thurs/Fri, 10am – 11am

Registered Concession:
Free (Optional voluntary contribution)

Open gym member:
£5 per class

Local Pharmacy Timings

Pharmacies

Millennium Pharmacy (Lothian branch) 9:00 - 19:30

Day Lewis Pharmacy 9:00 - 18:30

New Park Pharmacy 9:00 - 18:30

Westbury Chemist 9:00 - 12 midnight

You can request emergency contraception at all the pharmacies above



Local Dentist

Dentists

The Dental Practice

167 Camberwell New Rd London SE5 0TJ 0207 582 2562

Kennington Dental Surgery

234 Kennington Park Rd, London SE11 4DA 020 7735 4579

Opticians for Minor Ailments

Oval eyes

8 Clapham Rd, London SW9 0JG 020 7820 0935

Out of hours

Contact details - NHS 111

REPEAT PRESCRIPTION

If you are on regular medication and you need a repeat prescription of your medication please make sure these are requested 48 hours before. If you run out of your normal medication you can also get emergency supply of your regular medication for up to 7 days from your regular pharmacist.

The Practice Appointment System

- As part of our intentions to respond to patients needs we are constantly looking at ways of improving our services.
- As a result we have 90% of our consultations through telephone consultations this has allowed us to double the amount of appointments we provide to our patients.
- This has helped reduce unnecessary appointments taken for issues which can be dealt with over the phone or without patients seeing a clinician.
- It has helped reduced DNA appointments which prevents patients who need to be seen accessing required appointments.
- Another benefit of telephone consultations is the clinician is able to triage the patient and bring you in within 24-36 hours if you need to be seen face to face.
- As the telephone consultations have proved so successful we will be moving to 100% telephone consultations with the option of the GP bringing you in if required, Reception will not be able to book face to face appointments.