



# VALE MEDICAL GROUP



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## Prescription Changes

Come **April 1<sup>st</sup> 2023**, the NHS Prescription Charge will **increase to £9.65 per prescription item**. The cost of PPCs has also increased, with the price of a three-month PCC at **£31.25 (an increase of £1.00)** and a 12-month PPC at **£111.60 (an increase of £3.50)**. PPCs offer savings for those needing four or more items in three months, or 12 or more items in a year.

A recent announcement of **Hormone Replacement Therapy PPC** has come into place and will cost **£19.30** (the cost of two prescription charges). This prescription prepayment certificate is valid for a 12-month period and can be used against any listed HRT prescription item(s) licensed for the treatment of menopause.

Either of these can be purchased from: NHS Business Services Authority (NHSBSA) website by visiting [www.nhsbsa.nhs.uk/ppc](http://www.nhsbsa.nhs.uk/ppc) Or [www.nhsbsa.nhs.uk/hrt-ppc](http://www.nhsbsa.nhs.uk/hrt-ppc)

## Stress Awareness Month – April 2023

This month is Stress Awareness month in the Practice and nationwide. Most people feel stressed sometimes and some people find stress helpful or even motivating. But if stress is affecting your life, there are things you can try that may help.

Support is also available if you're finding it hard to cope with stress.

Stress can cause many different symptoms

Stress can cause many different symptoms. It might affect how you feel physically, mentally, and how you behave.

It's not always easy to recognise when stress is the reason you're feeling or acting differently.

For more information on Stress and how to manage the symptoms please visit the NHS website and these helpful links:

[www.mind.org.uk](http://www.mind.org.uk)  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)  
[www.doit.life](http://www.doit.life)  
[www.hse.gov.uk](http://www.hse.gov.uk)  
[www.mindtools.com](http://www.mindtools.com)  
[www.samaritans.org](http://www.samaritans.org)  
[www.stress.org.uk](http://www.stress.org.uk)



### UPCOMING EVENTS

**PPG Meeting –  
Wednesday 19<sup>th</sup> April  
2023 – 7pm – Long  
Clawson Medical  
Practice**

**PLT – The surgery will be  
closed between 1pm –  
6.30pm on Wednesday  
26<sup>th</sup> April 2023 for  
essential staff training.**

## Happy Easter to all our Patients at Vale Medical Group





## Antibiotics Usage & Resistance



Antibiotics are used to **treat or prevent** some types of bacterial infection. However, many **mild bacterial infections** get better on their own **without using antibiotics**. They are **not effective against viral infections**, such as the common cold or flu.

**Antibiotics** are sometimes **given as a precaution to prevent**, rather than treat an infection.

Antibiotics are **no longer routinely used to treat infections**, as many infections are caused by viruses, and **therefore antibiotics are not effective**.

The **more** antibiotics are used to treat **trivial conditions**, the more likely they are to be **ineffective** for treating **more serious conditions**.

Please see link attached which explains why antibiotics **do not work** on viral infections. It is important to note that the overuse of antibiotics leads to them becoming less effective and has led to the emergence of **'superbugs'** which have developed resistance to many antibiotics.

<https://www.youtube.com/watch?v=Oh1bcN2yDvs>

## Pharmacy Closure

Please be advised the **pharmacy** will be **closed between 1pm – 2pm**. This allows for our pharmacy team to process patient orders.

Sorry for any inconvenience. We hope to re-open again during this period soon.



## Travel Vaccinations

If you require any vaccinations relating to foreign travel, you need to make an appointment with the practice nurse to discuss your travel arrangements. This will include which countries and areas within countries that you are visiting to determine what vaccinations are required. Please indicate your destination(s) as precisely as possible. Before making an appointment, please [download](#) and return our travel assessment form **8 weeks prior to date of travel**.



## Clinical Pharmacist

Each month we will take a look at different roles within the practice this month we are looking at the Clinical Pharmacist role and what they can do to help you.

Clinical Pharmacists are increasingly working with general practice teams. They are highly qualified experts in medicine, and they carry out medication reviews/reconciliation as well as updating medication from hospital letters as well as dealing with medication queries from patients.