

Patients urged to contact pharmacists instead of GP

PETERBOROUGH people suffering with minor ailments are being urged to contact their local pharmacy rather than take up the time of their doctor.

The call comes from health bosses at NHS Peterborough who have organised Ask Your Pharmacist week starting on Monday.

It will encourage patients to consult local pharmacists about minor ailments, rather than visit GPs or

hospital accident and emergency units, where there can be a wait.

Harriet Murch, clinical pharmacy lead for NHS Peterborough, said:

"Our pharmacists are fully trained in many aspects of health care and as well as providing medicines they offer advice on managing minor ailments and a range of additional services such as stopping smoking.

"Not only that, eight per cent of all accident and emergency attendees

nationally could have been treated at their local pharmacy, saving both time and money.

She added: "And don't forget about the Pharmacy First for Children service. If a child is under 16 and registered with a Peterborough GP, you can attend any pharmacy in Peterborough without an appointment for fast advice and free treatment and medicines where appropriate for minor ailments like

headaches, acute pain, hayfever, sore throats and conjunctivitis."

Mehboob Dattoo from Cambridge-shire and Peterborough Local Pharmacy Committee said: "When you go into your local pharmacy, you can access a package of care, not just packets of pills. Services provided by pharmacists include blood pressure monitoring, diabetes testing, help with weight loss and other medical advice."

www.peterboroughtoday.co.uk

Ask for medical information at pharmacist

RESIDENTS are being reminded to take advantage of free services offered at chemists this winter.

The reminder comes as part of Ask Your Pharmacist Week, a national campaign, which is being held this week.

The campaign is designed to help people get more information about the services on offer at pharmacists.

Mehboob Dattoo, a Peterborough member of the Local Pharmaceutical Committee (LPC) backed the campaign, and said: "When you go into your local pharmacy, remember you can access a package of care there, not just packets of pills.

"There is expert health and wellbeing advice and a range of services that you might not even know are there.

"The benefits of a frank conversation with a pharmacist about your medicines can be enormous - you'll get the most out of your medicine and you're also less likely to suffer harm through inappropriate use.

"Ask any questions you may have, no matter how trivial you think they are. Most pharmacies now have consultation areas where you can sit down and talk with the pharmacist about your medicines without being overheard."

For details visit www.askyourpharmacist.co.uk.

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