



Baslow Health Centre PPG – News update March 2025

There have been no changes of staff since the previous news update in September 2024.

Repeat Prescribing Intervals

The practice has a policy of routinely providing a 28-day supply of repeat medication. This is in line with national and local guidance which suggests that 28 days is, for many patients, a good balance between patient convenience, clinical suitability and minimising waste. However, the guidance also highlights that some patients may wish, for reasons of cost or convenience, to have a longer period.

The PPG has confirmed with the practice that its policy is to treat any request for a longer repeat interval on its merits.

If your repeat medication is stable and unlikely to need changing in the medium term, your doctor will consider a request to extend your repeat interval to 56 days.

If, for example, you pay for your prescriptions, you might save money by requiring six, rather than twelve prescriptions per year. Alternatively, you may simply feel that it would be more convenient to request and collect your medication once every two months, rather than every month. This might especially be the case if you are out at work during the day, live a distance from the surgery, or rely on someone else to collect your prescriptions.

Obviously, if your doctor feels that there is a good clinical reason to maintain a 28-day interval then that will be explained to you, for example, controlled drugs will be prescribed at intervals of no longer than 30 days.

The practice's policy is reproduced below for reference.

Prescribing Intervals – Guidance for Patients

The NHS recognises that a 28-day repeat prescribing interval makes the best possible balance between patient convenience, good medical practice, and minimal drug wastage.

The benefits of 28-day prescribing include:

- Reducing the amount of medicine which is currently wasted when your doctor stops or changes or medicine.
- Reducing the potential for error when your medication is changed in the middle of supply.
- Increased safety as you will not have multiple containers of the same medicine meaning it is likely to reduce the number of mistakes made by, for example, elderly patients, and it will also reduce the risk of potential positioning of young children.
- Many medicines are supplied in 28-day packs, allowing you to check that you have taken your medication each day. You will start and finish the container of each medicine on the same day of the week meaning it will be easier for the doctor to review all the repeat medicines you are taking and to see when you have not ordered your medicines.
- Financial losses due to medicines waste represent a direct loss to patient care. Since 28-day prescribing reduces medicines waste, this produces a positive impact on patient care.

Studies in the UK and abroad have shown significant savings and a reduction in waste with 28-day prescribing. Your doctor will provide you with a prescription for an interval that they believe to be most clinically appropriate for you, taking into account all issues such as how

stable your condition is, how long they expect you to take the medication for, any side-effects you may experience, whether or not your medication may change in the future and any monitoring required.

For some patients on certain medications at a stable dose (e.g. contraceptives & HRT), your doctor may decide it is appropriate to issue prescriptions for prescribing intervals longer than 28 days and for medications. You will of course still have to comply with NHS regulations for a periodic medication review and any regular monitoring that you may require.

This policy is at the discretion of the individual prescribers to be implemented when appropriate for suitable patients.

Most patients collecting repeat prescribing do not pay prescription charges therefore there will be no difference to these patients in terms of cost due to 28-day prescribing. If you do pay for prescription charges you may wish to purchase a Pre-Payment Certificate if you are taking 2 or more medications, please ask the dispensary for further information.

Flu and norovirus

Flu and norovirus that causes vomiting and diarrhoea are quite prevalent in the general population at present. Norovirus is spread by contact so frequent hand washing reduces the chances of catching it. If you do catch norovirus it can usually be treated at home and should improve within 2 to 3 days. The most important thing is to have lots of fluids to avoid dehydration.

RSV

<https://www.nhs.uk/vaccinations/rsv-vaccine/>

The RSV vaccine helps protect against respiratory syncytial virus (RSV), a common virus that can make babies and older adults seriously ill. It's recommended during pregnancy and for adults aged 75 to 79.

Please contact the Practice to make an appointment.

NHS

The NHS is preparing a 10 Year Health Plan to be launched in spring 2025. The plan is to be based on three major shifts:-

- Making better use of technology in health and care.
- Moving more care from hospitals to communities
- Focussing on preventing sickness, not just treating it

It is not clear at this time what changes will affect GP practices but the practice must play a key role as the plan is developed.

If you have not tried it yet, it is worth trying the NHS App to access your NHS services. You can use it to request repeat prescriptions, check if you need urgent medical help using 111, see your GP health record and past and upcoming GP and hospital appointments. It seeks to combine GP and hospital information. It is not complete and needs development and more integration of GP and hospital information, but it can be helpful and is an indication of the direction we are heading.

If you require further information or help accessing the NHS App please contact the surgery directly, they will be happy to assist.

CQC Review

The Care Quality Commission published the following report on 12 December 2024 after a visit to Baslow Health Centre rating the practice overall as good and outstanding for caring: -

Our view of the service

We carried out an assessment of Baslow Health Centre between 17 – 22 October 2024. Baslow Health Centre is an NHS GP practice located in rural Derbyshire in an area of low deprivation. There were approximately 4,644 people registered with the service at the time of our assessment. We conducted this assessment due to a previous rating of requires improvement overall and in the key questions safe and well-led. We assessed 20 quality statements across the safe, caring and well-led key questions and have combined the scores for these areas with scores from the last inspection. At this assessment, we found there was a strong focus on safety and found that leaders investigated concerns appropriately. Staff involved people in decisions about their care and treatment and supported them to ask questions. People were treated with very high levels of kindness, compassion and dignity. The provider had clear and effective governance systems, which staff regularly reviewed.

People's experience of this service

People were very positive about the quality of their care and treatment. The provider had been commended by NHS England on their extremely high results in the latest National GP Patient Survey. Feedback received through the NHS Friends and Family Test, was also exceptionally positive in particular in relation to the carer's coffee morning provided by the practice. There was an active patient participation group (PPG) that represented the views of people using the service. Representatives from the PPG described how managers made positive changes because of feedback, such as implementing a new telephone system to improve access for patients.

CQC Ratings

Overall - Good

Safe – Good

Effective – Good

Caring – Outstanding

Responsive – Good

Well led - Good

Patient Participation Group

A Patient Participation Group (PPG) is a group of people who are patients of the surgery and want to help it work as well as it can for patients, doctors and staff. The NHS requires every practice to have a PPG.

The Patient Participation Group at the practice needs new members who can add their views and energy on behalf of patients. If you would like to join the group or find out more, please inform the reception team at the practice.

The next Patient Participation Group meeting will be at the surgery at 6.30pm on Tuesday 11 March. All patients are welcome.

Baslow Health Centre Patient Participation Group

