

Paramedics in Primary Care

Large numbers of UK paramedics are now employed in the field of Primary Care.

In GP practices, in minor injury and illness units and in a variety of other settings, suitably qualified and experienced paramedics are proving to be flexible, adaptable and safe in the delivery of urgent and ongoing care. These paramedics are capable of;

- Taking medical histories, examining patients and diagnosing possible differentials
- Ordering or carrying out diagnostic tests/procedures
- Recommending treatment/management plans
- Accepting and receiving referrals
- Performing home visits to assess patients who are too unwell to attend the surgery

They are supervised by GP mentors allowing additional testing and prescriptions.

Paramedics in primary care will have spent time working in the pre-hospital emergency care setting following their initial paramedic degree, normally on a road ambulance or rapid response vehicle. In order to work within primary care they have obtained additional qualifications, often at a masters level, and completed other courses to further their existing medical knowledge.

Susannah Shaw

Susannah qualified in 2016 as a Paramedic having worked for the ambulance service since 2013. She worked for both Yorkshire and the North East Ambulance Service as a road paramedic and mentor. Susannah moved into primary care at the start of 2022 assisting with GP home visits but joined Monkseaton Medical in February 2023.

Sam Thomas

Sam qualified as a Paramedic in 2018, he has over 3 years experience working on emergency ambulances, before moving into an urgent treatment centre in 2022, where he treated patients with acute minor illnesses and injuries. He joined Monkseaton Medical in February 2023.

Sam and Susannah have clinical supervision throughout their clinics with regular teaching from GP mentors and they both work across both practices.

On completion of a non-medical prescribing course, Sam and Susannah will be able to autonomously create prescriptions without the necessity for a GP to sign these off.

Online Updates

Changes to Online Access

If you are over 16 and have an online account, such as through the NHS app or GP online services, on the 31st October 2023 you will automatically be able to see all future information entered on your medical record. Some people can already access this feature, this won't change for you.

This means that you will be able to see records from your appointments, as well as test results and any letters that are saved on your records. This only applies to records from your doctor (GP), not from hospitals or other specialists, although you will be able to see any letters that hospitals or specialists send to your doctor (GP). You will only be able to see information from 31st October 2023. For most people, access will be automatic, and you won't need to do anything.

These changes only apply to people with online accounts. If you do not have an online account and wish to be set up, please contact reception. You will need to provide ID to be able to access your medical records online.



See new entries in your GP health record on your NHS App
Visit www.nhs.uk/gp-record

[VIEW YOUR GP HEALTH RECORD](#)

Booking X-Ray Appointments

If you are 16 or above you can book a time for your x-ray appointment for North Tyneside & Northumberland Hospitals.

1. Scan the QR code to book on the patient portal
2. Select a hospital, date & time that suits you
3. Enter your details
4. You'll receive a confirmation via SMS or email
5. If you need to cancel, please call 0344 811 8111



If you are pregnant, have recently fallen or require a hoist, you still need to book via phone on 0191 293 2541.

Monkseaton Medical Centre

Phone

0191 252 1616

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Bridge Medical

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Marie Curie Wellbeing Centre

Carers Support Cafe

Do you support someone living with a life limiting illness or a palliative diagnoses? Why not drop into the **Carers Support Café** and meet other carers while enjoying a well-deserved cup of coffee and slice of cake? **Drop in on the 1st Monday of each month between 10am—12pm**

Palliative Care Cafe

Do you have a life limiting condition? Have you been told treatment will now be “palliative”? The monthly Palliative Care Café can provide a comforting and supportive space for people to come together, chat, share stories, problems, and experiences. **Drop in on the 1st Friday of each month between 10am—12pm**

Bereavement Support Cafe

The aim of this group is to support with information and signposting, to meet other people and share common experiences. It is a safe space to talk and an opportunity to listen to others. **Drop in on the 1st Wednesday of each month between 10am—12pm**

Motor Neurone Disease Support Group

Have you or someone you know been diagnosed with MND? Marie Curie can offer advice and support to you and your family in a relaxed and informal setting. **Drop in on the 1st Tuesday of each month between 1:30pm—3:30pm**

No referral or appointment is required for all of the above sessions. Please attend Marie Curie Hospice, Marie Curie Drive, Elswick, Newcastle, NE4 6SS.



Care and support
through terminal illness

Medicines for Winter

Every winter we hear stories of hospital wards and emergency departments being full to overflowing due to the so called 'winter pressures'. This, in turn, causes disruption to the hospital resulting in delays to patients' treatments and waiting times, and increases pressure on staff, especially at peak times.



A lot of illnesses can be treated in your home by using over the counter medicines, taking plenty of fluids and getting plenty of rest. Self-care is the best choice to treat very minor illnesses and injuries.

Remember to read all the labels on medication containers, and do not take more than the recommended dose of any medicine. Be especially careful with paracetamol – it is an ingredient in a number of different flu remedies as well as standard paracetamol tablets. You should not give aspirin to children under 16 years of age unless instructed to do so by a doctor.

Always tell your pharmacist if you're taking any other medicines or have any medical condition – e.g. asthma or high blood pressure, so they can make sure you get the most suitable product.

Pharmacists are often the first point of contact for patients with health enquiries, and anyone can see the pharmacist for advice without an appointment and many have consultation rooms for increased privacy and confidentiality.

Most colds last about two weeks and end with a cough and coloured sputum. You need to see your doctor if your cough lasts more than three weeks, or you become very short of breath or you already have a chest complaint.

What should I have in my medicine cabinet for the winter?

- **Pain relief** – paracetamol and ibuprofen are the most common painkillers and are available in either tablet or liquid form
- **Sore throat remedies** - general pain relief is recommended e.g. paracetamol. Throat lozenges and sprays may also ease symptoms
- **Cough linctus** - there are many different types available. These may help to suppress a cough.
- **Indigestion remedies** to settle an upset stomach and a **medicine for diarrhoea**
- **Children's medicines** - there are children's varieties available for most of these medicines, ask your pharmacist for one that is appropriate for the age of your child.
- In the winter, skin and lips are more prone to drying as the temperature and humidity drops. Always have a good thick **skin moisturiser** and **lip moisturiser** on hand and use regularly.

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Medicines for Winter

You may already have some of these medicines at home. If so, check the expiry dates on the boxes. You must not take medicines after the expiry date printed on the medicine box.

Money saving tip!

Branded medicines can sometimes be expensive but in many cases there is a non-branded version available (called a 'generic' medicine). Ask at the pharmacy if they do their own version of common medicines – these are usually much cheaper than the branded versions. Don't worry about the quality of these medicines – they have to go through the same testing and quality control as branded medicines.

Other things that you can do to keep well

- Make sure that you have your **flu jab** if you are in an eligible group. If you are not included in at 'at risk' group you can purchase a flu jab at most pharmacies
- You can prevent colds by **washing your hands regularly** which will kill the bug. If you do get a cold, catch coughs and sneezes in a tissue, throw the tissue away and wash your hands to avoid spreading the germs
- Make sure that if you are taking **prescribed medicines** that you see whether you will have enough stock for the Christmas and New Year holiday. If you will run out during this time then order your prescription in good time. GP surgeries and pharmacies tend to be busier in the few weeks before Christmas so don't leave it until the last minute before you order your prescription



And finally, antibiotics are not the answer to coughs and colds!

Coughs and colds are caused by viruses. Antibiotics are only effective for infections caused by bacteria. Antibiotics, like any medicine, can have side effects and if they are used too often or unnecessarily then can become less effective over time.

Keep warm and well this winter!

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Supporting your Wellbeing this Winter

Befriending Services

MHA

“Are you looking for a friendly chat or a visit from someone who listens and understands you? At MHA Communities, we believe that no one should feel lonely or isolated in their own home. That’s why we offer befriending services to connect older people with compassionate volunteers who share their interests and values.”

<https://www.mha.org.uk/communities/befriending/>

AGE UK

“Age UK provides a friendship service to older people in North Tyneside, to help reduce loneliness and isolation in our community. Our volunteer led service offers home visit befriending and telephone befriending. This service is free of charge.”

<https://www.ageuk.org.uk/northtyneside/get-involved/volunteer/befriender/>

Good Neighbours– VODA

They offer a range of services to help vulnerable people in North Tyneside. These include, shopping on your behalf, prescription drop offs, emergency food pack deliveries, walking buddies, community buddies, DIY/Gardening tasks. <https://www.livingwellnorthtyneside.co.uk/the-ending-loneliness-campaign-and-resources>

Happy to Chat

Happy to Chat is a friendly local group based at Whitley Bay Hub and Wallsend. It is a warm and safe welcome for all, to have friendly conversation and a cuppa. It is a great way to meet new people and look after your wellbeing. Email: hello@whitleybaybiglocal.org for more information.



Thurs and Fri, 10-12pm Location: Whitley Bay Big Local, 158 Whitley Road

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Supporting your Wellbeing this Winter

The Whitley Bay Hub (formerly Whitley Bay Big Local)

The Whitley Bay Hub has a lot of activities and social groups every week. These range from Yoga classes, after school crafts, peer support groups for mental health and best start projects for new mums. The Whitley Bay Hub is an inclusive and friendly place where you can meet new people, get support and advice or start a new hobby. **They release a timetable on their Facebook every week** and post updates on there. If you do not have access to Facebook then you can call them on **0191 252 3570** or ask one of our Mental Health and Wellbeing coordinators for more information.

<https://www.facebook.com/WhitleyBayBigLocal>

Writing for Health

Join this 5 week friendly 'writing for health' course.

Experience the benefits of creative writing for health where you can improve your mood and try something new.

Thursday mornings 9.30am—11am at Shiremoor Library. Refreshments are provided.

If you would like to attend, or join the waiting list for the next sessions, please contact our mental health and wellbeing coordinators at the surgery.

Recovery College North Tyneside

NT Life Recovery College is a peer-led mental health educational support service. It is a **free service** for all North Tyneside **Adults 18+** who want to improve their mental health & wellbeing. There are a wide range of activities: cooking, football, art, photography, book club, DBT skills, exercise classes and sessions to manage your emotions and mental health.

For more information: Contact 0191 643 2626 or visit: voda.org.uk//ntlife/



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