

Wellness Magazine

Oswald Medical Centre Publication

WELCOME TO OUR NEW PATIENT MAGAZINE!

Welcome to our new magazine for patients of Oswald Medical Centre. This is the first of what we hope will be a quarterly publication and will feature surgery news, health tips and wellness strategies to help you negotiate your path to improved health and wellbeing.

Our team is expanding at Oswald Medical Centre (did you notice?). In addition to our more traditional roles in primary care (Practice Nurse, GP etc) we have welcomed a number of additional clinicians to our team to help us improve capacity and patient care and experience. We now have 2 Clinical Pharmacists, 2 Mental Health Specialists,

1 Physiotherapist, 2 Social Prescribers, 1 Health and Wellbeing Coach and 1 Nurse Associate who have recently joined our team.

We hope patients who have had the chance to consult with these clinicians have had a positive experience – something our latest Friends and Family Test data is demonstrating with 90% of our patients rating us as good or very good (thank you to everyone who took part in June 2024!).

So next time you have a bad back, book to see our Physiotherapist – our resident expert on muscular aches and pains, strains and back ache!

DR SHARMA'S COLUMN

Welcome to edition 1 of the Wellness Magazine. I will be writing a regular column for patients sharing insights from my work as a GP in the surgery and hopefully providing some hints and tips for patients along the way.

My highlight for this edition is the power of REST! With busy lives and lots to juggle, patients often think they need an immediate GP appointment for a minor ailment including coughs, colds, sore throat and covid19. Whilst the symptoms are often unpleasant and can make you feel pretty gross, these often resolve on their own without a GP or antibiotics.

Patients can usually help themselves feel better by treating the symptoms with simple over-the-counter medications such as paracetamol.

Often overlooked is the power of rest and hydration when patients are unwell so ensure you take the day off if you need to, stay in bed or put your feet up and stay hydrated. You'll be back to yourself in no time.

THE 5 AREAS OF SELF-CARE

PHYSICAL	EMOTIONAL	SOCIAL	SPIRITUAL	PSYCHOLOGICAL
<ul style="list-style-type: none"> ■ Get enough sleep ■ Exercise ■ Eat regular and healthy foods 	<ul style="list-style-type: none"> ■ Take time to pause ■ Practice positive self-talk ■ Find joy in small things – laugh and smile 	<ul style="list-style-type: none"> ■ Call, text with friends and family ■ Practice healthy social media habits ■ Develop a strong support group 	<ul style="list-style-type: none"> ■ Spend time in nature ■ Meditate ■ Practice regular acts of kindness 	<ul style="list-style-type: none"> ■ Be creative ■ Continuous learning ■ Practice mindfulness

Often seen as an indulgence, self-care is an essential part of taking care of our health and wellbeing. Follow these 5 areas of self-care for 1 month and see how much better you feel!

Friends of Oswald Medical Centre (PPG)

Our Patient Participation Group (PPG) meets regularly to look at ways of improving our surgery for all patients.

Our newly launched PPG 'Friends of Oswald Medical Centre' will meet on Wednesday 17th July from 2pm – 4pm at Oswald Medical Centre, Accrington. We will be looking at key areas of improvement over the last 12 months and how we implement new mandates for improvement over the coming year.

You may have noticed a range of new initiatives that we've introduced including online consult, a new website, roll out of the NHS app and access to medical records, online prescription ordering and registration and much more!

Whilst we can't magic up a new workforce Doctors, we can look at how we can implement change for positive improvements for patients. We will also be looking at how we can provide improved patient information, care and access.

If you would like to get involved, please get in touch! Contact details below.

*We need our patients as much as they need us.
Let's work together to make Oswald Medical a top surgery for patients!*



Oswald Medical Centre

*Main branch: 387 391 Blackburn Road,
Accrington, BB5 1RP*

01254 369123

*Online queries via:
www.oswaldmedicalcentre.co.uk*