

PRESS RELEASE

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A quick reminder to keep your medicines stocked this winter

With Christmas just a month away, Bay Health and Care Partners agree now is the perfect time to review the contents of your medicine cabinet .

A properly stocked medicine cabinet can help you to treat many common illnesses and ailments. Making sure you have these items now will save you the worry if you need them over the coming months.

The Royal Pharmaceutical Society recommends you include the following in your medicine cabinet:

- A first-aid kit including bandages, plasters, thermometer, antiseptic, eyewash solution, sterile dressings, medical tape for dressings and tweezers.
- Pain relief such as aspirin, paracetamol and ibuprofen for aches, pains and high temperatures.
- Oral rehydration salts to replace lost minerals and fluid after a fever or vomiting and diarrhoea.
- Anti-diarrhoea tablets to relieve symptoms of diarrhoea (though these will not help with the underlying cause).
- Antihistamines which can help with allergies
- Indigestion relief remedies

Ben Fell, Resident Pharmacy Manager and Local Pharmaceutical Committee Representative for Lancashire encourages people to double check their supplies.

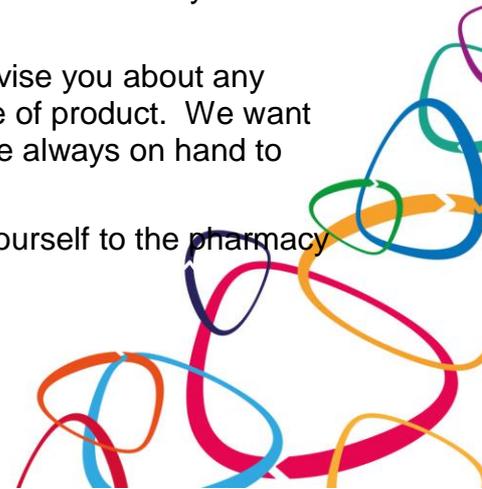
“Many of us get a minor illness from time to time over the winter period and you’ll be relieved if suffering, if you have a properly stocked medicine cabinet that helps you get back on your feet quickly. It is worth checking the medicines you have at home to make sure they are still appropriate and still in date.”

Ben continued: “Remember your pharmacist is an expert who can advise you about any medications you have been prescribed which might affect your choice of product. We want you to enjoy this season so pop in to your local pharmacy where we’re always on hand to help. No appointment needed.”

“So act now and save yourself that terrible feeling of having to drag yourself to the pharmacy when you feeling really poorly. Always be prepared. “

Better Care Together

Moor Lane Mills, Moor Lane, Lancaster LA1 1QD



Dr Jim Hacking, executive GP, has created a film explaining what should be in your medicine cabinet at the following link: . <https://www.youtube.com/watch?v=7dzdXLfVsyU>

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Notes to editors:

1. For further information, please contact the communications team on 01524 518638 or by email as indicated above.
2. Better Care Together is a partnership of eleven organisations, including Lancashire Care NHS Foundation Trust, University Hospitals of Morecambe Bay NHS Foundation Trust, Blackpool Teaching Hospitals NHS Foundation Trust, the North West Ambulance Service, Cumbria Partnership NHS Foundation Trust, NHS Cumbria Clinical Commissioning Group, NHS Lancashire North Clinical Commissioning Group and the two Local Authorities: Cumbria County Council and Lancashire County Council and two GP Provider Federations: North Lancashire Medical Group and South Cumbria Primary Care Collaborative working together in partnership.
3. Clinical leaders from across all organisations have designed a new clinical model of care for Morecambe Bay, through a series of design workshops and clinical. The new care models have been strongly influenced by the wide ranging engagement with stakeholders which has taken place over the past two years.
4. Lancashire North GP Federation is a collection of 12 GP practices in Garstang, Lancaster, Morecambe and Carnforth. There are around 120 GPs working in the area serving a registered population of 160,000.
5. Lancaster Medical Practice is collaboration between Dalton Square, King St and University, Owen Rd and Rosebank practices.

