

Whats happening this month?



International Nurses Day is an opportunity to thank nurses and to recognise and celebrate all they do as highly skilled professionals. International Nurses Day is celebrated on **12 May** each year

National Sun Awareness Week is a campaign led by The British Association of Dermatologists that aims to highlight the dangers of exposure to the sun and promote sun safety. National Sun Awareness Week will be held from **3rd - 9th May**



World Ovarian Cancer Day is observed on **May 8**. It aims to create a community where those living with ovarian cancer, survivors and their families and friends can unite, share their experiences and help educate the public about this deadly disease.

The Stroke Association has designated **May** as their stroke awareness month otherwise known as **'Make May Purple'**. Their aim to too increase the awareness of stroke, stroke prevention and treatment and to raise funds for research into this condition and support for



Dunelm Medical Practice – Across the city of Durham—Bearpark—Gilesgate—Framwellgate

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Stay up to date with us!

Follow us on our social media for upcoming clinics, advise, resources, and much more!



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Dunelm Medical Practice Newsletter May 2024



Meet the Pharmacy Team!

Philip - PCN Pharmacist



Philip Stubbs is our **PCN Pharmacist**.

He attended University of Sunderland and graduated in 2011, qualifying as a Pharmacist in 2012. He has spent his professional career working in Community Pharmacies across the North East prior to joining our Team in 2021

Whilst in community pharmacy he has worked in a vast array of pharmacies, from local village pharmacies, larger health and beauty stores, online only, care home pharmacies and hub and spoke pharmacies.

Routinely he would **lead dispensary teams in medication dispensing, medicines use reviews, new medicine advice, substance misuse programs, minor ailment schemes, general medication queries** from the public and healthcare professionals. He also trained further to run several **vaccination programs** including annual influenza, travel vaccines (including yellow fever), chicken pox and he was also able to assist in the COVID-19 vaccination scheme when it initiated.

He joined the practice in **April 21** to support the team with his pharmacy knowledge and assists in the safe and effective prescribing of medications. He offers face to face or telephone appointments depending on patient preference and is able to support in most instances where **medication advice** is needed.

He can also support in the long term management of **chronic conditions, eg. asthma, diabetes, serious mental illness reviews** and where he is not able to answer immediately, he will liaise with the appropriate clinicians to support.

Philip is usually the first port of call for when our **Care Homes have queries**, and he supports the regular **Multi-disciplinary Team meetings**.

Meet the Pharmacy Team!

Laura - Pharmacy Technician



Laura Hannar is our **Pharmacy Technician**

Laura has worked in pharmacy for **over 10 years** where she qualified as Registered Pharmacy Technician in 2019 in community pharmacy. She has experience over multiple pharmacy sectors providing a wide range of knowledge and skills to support.

Pharmacy Technicians can support with a range of common ailments without the need to see a GP alongside any medication queries. She can provide **medication advice** across a variety of areas and support you in taking your medication safely and appropriately.

Laura can support with a range of areas including **medication queries, compliance aids (Dossett box), repeat dispensing, Out of stocks, medication synchronisation** ect. She also has additional training in **vaccinations, blood pressure monitoring, UTI's and stop smoking support alongside self-care and lifestyle advice**. This supports our wider clinical team in supporting with any needs.

She also holds a membership position within NHS England to **support and encourage the pharmacy technician role** not only to current registrants but raise the profile for up an coming pharmacy technicians. This supports the ongoing training and development for pharmacy technicians to support ongoing patient care and access to vital services.

PHARMACY FIRST

Pharmacists can give you advice on a range of conditions and suggest medicines that can help. They will offer you advice, treatment or refer you to a GP or other healthcare professional if needed.

Your local pharmacy can deal with any of these 7 common conditions.

#ThinkPharmacyFirst

Sinusitis
12 years and over

Sore throat
5 years and over

Uncomplicated urinary tract infections
Women 16-64 years

Earache
1 to 17 years

Impetigo
1 year and over

Infected insect bites
1 year and over

Shingles
18 years and over

Meet the Pharmacy Team!

Keith - Senior Practice Pharmacist



Keith is our **Senior Practice Pharmacist**.

He graduated from the University of Brighton in 2009 and qualified as a Pharmacist in 2010 and gained the postgraduate qualification to become an **Independent Prescriber** during the Covid pandemic in 2021 whilst working at a hospital in Northumberland.

He has spent **nine years** working as a Clinical Pharmacist in hospitals in the South and the North East of England in a variety of specialties from General Medicine and Surgery to Cancer Services. He has also experience of working in Community Pharmacy, leading teams in delivering supervision of the consumption of Opioid Medications, administration of flu vaccinations and advice on minor ailments.

Keith joined the Practice in **May 2022** and works as part of the team supporting **safe and effective prescribing and advice on medication**. He offers a combination of telephone and face-to-face consultations at the preference of the patient in areas such as cardiovascular health, pain management, mental health, osteoporosis and reviews after discharge from hospital. He is also able to offer advice and prescribe alternative medication if there is a supply issue.

For any questions relating to medication, he can **prescribe, change doses and stop medication, as well as seek specialist advice**.

He works Monday to Thursday and is available across all three sites within the Practice.

New team members

We have had a new Foundation Doctor join us here at Dunelm!

⇒ Dr Osasere Edebiri

