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Plan for routine appointments and medication ahead of Easter bank holiday weekend

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Plan for routine appointments and medication ahead of Easter bank holiday weekend

Posted on Tuesday 20th March 2018

Patients in Cumbria are being urged to book any routine appointments and ensure they have a supply of any medication, which they regularly take, to get through the upcoming Easter bank holiday weekend.

The weekend includes bank holidays on both Good Friday (30th March) and Easter Monday (2nd April).

Pharmacy Easter opening hours in Cumbria can be viewed on the NHS North Cumbria Clinical Commissioning Group's website at:

www.northcumbriaccg.nhs.uk/bankhol The information also covers pharmacies in the Morecambe Bay area.

Patients are encouraged to make their plans in advance of the bank holiday weekend ensuring that any routine appointments with GPs are booked in now to avoid any last minute issues at this potentially busy time.

Patients with regular prescriptions should also ensure they have a supply of their required medication to last through the bank holiday weekend, keeping in mind pharmacy opening times over Easter. Pharmacists are highly trained healthcare professionals and a good source for medical advice – they have a private room for consultations and patients do not require appointments.

To help keep pressure off Accident and Emergency (A&E) departments patients are also encouraged to 'Choose Wisely' and select the right service for what they need. A&E departments are for serious and life-threatening injuries and conditions only. Common ailments such as coughs and colds are best dealt with at home with rest and a well-stocked medicine cabinet.

The NHS 111 non-emergency phone number can also provide medical advice. Patients will be able to speak to a highly trained adviser, supported by healthcare professionals. They ask a series of questions to assess symptoms and immediately direct patients to the best medical care for what they require. This service is available 24/7 and calls are free from both landlines and mobile phones.

Dr Amanda Boardman from NHS North Cumbria Clinical Commissioning Group said:

"Patients should make sure they are prepared for the bank holiday weekend ahead of time and ensure they have any necessary routine appointments booked in.

"It's a potentially busy time so it's important to be well organised, particularly in making sure you have all the prescription medication you'll need to get you through the bank holidays. Make sure you don't run out of stock of any important medication.

"It's also sensible to keep your medicine cabinet stocked, even if you aren't on regular prescriptions. Having plasters, painkillers and antiseptic cream to hand is always useful.



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“Parents and carers of children aged 0-5 years can also access up-to-date NHS advice through a free app to help them look after their children’s health. It’s available for download on mobile phones through Google Play or Apple’s App Store under ‘NHS Child Health’.”

Further health information can also be found at: www.urgentoremergency.co.uk and www.nhs.uk/Conditions/Pages/hub.aspx

Notes

Medicine cabinet essentials include:

- painkillers such as paracetamol and ibuprofen, including version for children, to be used for minor aches, pains (e.g. headaches and menstrual pain) and flu symptoms
- over-the-counter cough, cold, flu and indigestion remedies
- oral rehydration sachets and anti-diarrhoea tablets for diarrhoea
- antacid tablets or liquid for Indigestion, stomach ache, heartburn, trapped win
- plasters
- bandages
- antiseptic cream

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