



Summer Newsletter 2018

General Data Protection Regulation (GDPR)

GDPR is the new law that determines how a Patient's personal data is processed, kept safe and your legal rights.

This regulation will still apply after we leave the EU. The Haven Practice since January 2018 have been asking for Patient consent to be contacted either by email or text message.

Patient are to be kept informed how their data is used. To have access to your data and ask to have incorrect information changed.

You can restrict how your data is used. You have the right to object to your information being processed in certain circumstances.

The GDPR is similar to the Data Protection Act (DPA) 1998 (which the Practice already complies with). The main changes are:

- ◆ The Practice must comply with subject access requests
- ◆ Where we need your consent to process data,
- ◆ New protections for patient data

Your patient data is such as you diagnoses, name , age earlier medical

history etc.

Patient's have the right to withdraw their consent at any time.

Please refer to our Website for our Privacy Notices

Staff Meeting

Our next Staff Meeting will be held in 6th July and Practice door will be closed between 12.30-13.30. You can still call the Practice if you need to seek doctors or make appointments etc.

Protected Learning Days

Our next learning day is scheduled for: Wednesday 18th July. The Practice will be closed both for appointments and Reception during the period 1.00pm to 6.00pm

During closures our Out of Hours provider will deal with any medical emergencies.

Protect Yourself from the Sun

Sun, UV and Cancer - Whatever your age, the best way to enjoy the sun safely and protect your skin from sunburn is to use a combination of shade, clothing and sunscreen. Children and teenagers might need a reminder or a helping hand, but setting a good example yourself is a great way to help them learn and get into good habits.

When the sun is strong: Spend time in the shade, especially between 11am and 3pm in the UK. Cover up with clothes, a hat and sunglasses. Use a sunscreen with a protection level of at least SPF15 and 4 stars. Use it generously and reapply regularly.

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Extended Hours

Due to new guidelines from NHS guidelines we will not be able to offer this service to our Patients. This will mean that we will no longer be offering appointments on a Wednesday evening or Saturday morning with our Practice Nurse. .



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Medication from the Hospital

The Hospital and GP Practice are encouraging Patients to buy oral Paracetamol and Ibuprofen over the counter rather than on a prescription as all Hospitals will not be routinely be supplying Paracetamol and Ibuprofen when you are discharged from Hospital or A&E Department.

The Haven Practice NHS Pharmacist

As you may be aware we have an Pharmacist that is linked with our Practice. This is different to your normal Community Pharmacist as they now review all of the Patients' new medications, medication changes and conducts medication reviews. This takes place in Practice or they may arrange a visit to your home. Our Pharmacist is called Eoin Moroney, this service is provided by the NHS.

They also check and reinforces compliance and adherence and offering lifestyle advice, where necessary advocating de-prescribing. They will ensure that you receive the full benefit from your medicines, provide advice and education to Patients, Carers and relatives on how to manage medication safely at home and return excess or expired medicines to their Community Pharmacy.

Any medication queries are directed to the Pharmacist. In the future, our NHS pharmacist may contact you directly and wish to make an appointment to discuss your medication.

Our NHS pharmacist works with other Practices within Brighton and Hove with a focus on meeting Patients' wider healthcare and social needs to enable Patients to maintain their independence.

Manage Your Own Referral

If the GP refer you to the Hospital or Clinic most times you can now manage your referral on-line. You can book your own appointment date and times.

You may also be able to choose which Hospital or Clinic you attend depending on the choices provided by the referral management service.

You will be able to change or cancel your Hospital/Clinic appointments. They will also provide a phone number as not everyone wishes to use the on-line service.

To book your online appointment you can visit: www.nhs.uk/referrals

When booking the appointments you will need:

- ◆ Your booking reference number that will be on the booking letter you received.
- ◆ Your password this will be the same letter as your reference number but if you lose than not to worry as we can give you your password.
- ◆ The year you were born.

If you need any assistance in using this service, please contact our Reception Team who will be happy to assist.