



# HEALTH MATTERS

## SUMMARY CARE RECORD WITH ADDITIONAL INFORMATION

**Summary Care Records (SCR)** are an electronic record of important patient information, created from GP medical records. They can be seen and used by authorised staff in other areas of the health and care system involved in a patient's direct care.

Access to SCR information means that care in other settings is safer, reducing the risk of prescribing errors. It also helps avoid delays to urgent care.

At a minimum, the **SCR** holds important information about;

- **current medication**
- **allergies and details of any previous bad reactions to medicines**
- **the name, address, date of birth and NHS number of the patient**

Essential details about your healthcare can be very difficult to remember when you are unwell, so you can consent to add more information to your SCR. This is then known as a **SCR with Additional Information** and will help you and those caring for you to know your healthcare details. The extra information includes details of your:

- **Long term health conditions** - such as asthma, diabetes, heart problems of rare medical conditions
- **Relevant medical history** - clinical procedures that you have had, why you need a particular medicine, the care you are currently receiving and clinical advice to support your future care
- **Health care preferences** - you may have your own care preferences which will make caring for you more in line with your needs, such as special dietary requirements
- **Personal preferences** - you may have personal preferences, such as religious beliefs or legal decisions that you would like to be known
- **Immunisations** - details of previous vaccinations, such as tetanus and routine childhood jabs

Please refer to the SCR leaflet in the waiting areas for further information or visit <https://digital.nhs.uk/services/summary-care-records-scr>

North Street  
Calne  
Wiltshire  
SN11 0HH  
Tel: 01249 812141  
[www.northlands-surgery.co.uk](http://www.northlands-surgery.co.uk)

### Opening Times:

Visit the Surgery Monday to Friday:  
8.30am - 6.00pm  
Or telephone between:  
8.30am - 5.30pm

### Surgery Times (by appointment):

Monday, Wednesday and Thursday  
8.30am - 12.30pm  
2.00pm - 6.00pm  
6.30pm - 8.00pm  
Tuesday and Friday  
8.30am - 12.30pm  
2.00pm - 6.00pm

### Out of Hours Service: 111

### Our Doctors:

Dr R Leach MA BM BCh MRCGP DRCOG  
Dr E Tully MB BCh BAO DFRSH MRCGP  
Dr N Ware MB BS BSc DRCOG MRCGP  
Dr J Dalton BM MRCGP DFRSH DCH  
Dr N Abel BM BS MRCGP  
Dr E Simons MB ChB DFFP  
Dr T Chambers BSc MBChB DRCOG  
Dr K Bailes MBChB

### Trainees:

Dr D Hall MBChB  
Dr L Udensi MB BS

### Our Nurse Practitioners:

Advanced Nurse Practitioner Anita Peake  
Nurse Practitioner Emily Davies



**What would you change?  
What would help you to  
live a healthier and  
happier life?**

If you would like to help to shape the future of health and care services in Bath and North East Somerset, Swindon and Wiltshire, please complete the survey online [www.ourhealthourfuture.org](http://www.ourhealthourfuture.org) or email [ourhealth.ourfuture@nhs.net](mailto:ourhealth.ourfuture@nhs.net) for a paper copy or phone 0333 219464.

*When you have finished reading the Newsletter, please leave it in the Waiting Room for others to read. Thank you.*

## MANAGING YOUR HEALTH - HYPERTENSION

### BLOOD PRESSURE TEST

A blood pressure test is a simple way of checking if your blood pressure is too high or too low.

Blood pressure is the term used to describe the strength with which your blood pushes on the sides of your arteries as it is pumped around your body.

High blood pressure (hypertension) can put a strain on your arteries and organs, which can increase your risk of developing serious problems such as heart attack and stroke. Low blood pressure is not usually as serious, although it can cause dizziness and fainting in some people.

A blood pressure test is the only way to find out if your blood pressure is too high or too low, because most people will not have any obvious symptoms.



### UNDERSTANDING YOUR BLOOD PRESSURE READING

A blood pressure is measured in millimetres of mercury (mmHg) and is given as two figures:

- systolic pressure – the pressure when your heart pushes blood out
- diastolic pressure – the pressure when your heart rests between beats

For example, if your blood pressure is "140 over 90" or 140/90mmHg, it means you have a systolic pressure of 140mmHg and a diastolic pressure of 90mmHg.

Please help us this month by taking your blood pressure using the self-check BP machine (in the alcove by the stairs) and handing the results slip to Reception or your Clinician.