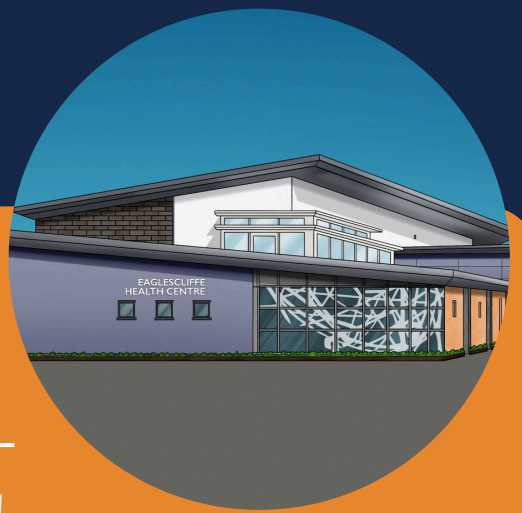


# EAGLESCLIFFE MEDICAL PRACTICE NEWSLETTER

## Pharmacy Edition



### Welcome Our New Pharmacy Team Members!

We are delighted to introduce the members of Eaglescliffe Medical Practices pharmacy team: Maria Pindor and Mahlia Mir, our dedicated clinical pharmacists, and Helena Winter, our experienced pharmacy technician.

### Meet Maria and Mahlia, Our Clinical Pharmacists



**Mahlia Mir**



**Maria Pindor**

## What can a clinical pharmacist do for you?

- **Medication Reviews:** Maria and Mahlia complete thorough medication reviews to ensure your treatments are effective and safe.
- **Health Checks:** They can perform health checks such as taking your blood pressure and arranging other necessary tests, like blood tests.
- **Long-Term Condition Support:** If you have a long-term condition, they can discuss your medications with you to ensure they are working as intended.
- **Medication Adjustments:** If your medication is causing adverse effects, they can help by adjusting the dosage or changing the medication.
- **Multiple Medications:** If you take multiple medications, they will ensure they are all working well together.
- **Post-Hospital Care:** If your medications were changed during a hospital stay, Maria and Mahlia can explain these changes and ensure they are beneficial for you.

## Meet Helena, Our Pharmacy Technician



**Helena Winter**

### What Does a Pharmacy Technician Do?

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- **Repeat Medication Requests:** Helena processes repeat medication requests and converts acute requests to repeat prescriptions.
- **Drug Monitoring and Reconciliation:** She ensures adherence to drug monitoring protocols and reconciles medications after hospital stays.
- **Community Pharmacy Liaison:** Helena coordinates with local pharmacies to source alternative items during stock shortages.
- **Support for GPs and Pharmacists:** She organises necessary monitoring tests and manages shared care protocols between the practice and hospitals.
- **Medication Audits:** Helena assists in the development and review of medication audits.
- **Medication Queries:** She is a point of contact for patients and colleagues regarding medication queries and helps resolve prescribing issues.

### Important Prescribing Updates

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- **Diazepam for Fear of Flying:** Eaglescliffe Medical Practice will no longer prescribe diazepam for fear of flying. Patients are encouraged to explore other non-pharmacological options for managing flight anxiety.
- **Norethisterone for Period Delay:** Norethisterone, commonly requested for delaying periods during holidays, is available via your local dispensing pharmacy following a consultation and should not be requested via prescription.
- **Hay fever Management:** For hay fever advice and products, please visit your community pharmacy. Please note that requests for prescription-strength fexofenadine are only indicated for urticaria – which is a raised, itchy rash, and not typical hay fever symptoms.

**Find more information about our practice, team, and services on our website:**

**[www.eaglescliffmedical.co.uk](http://www.eaglescliffmedical.co.uk)**