



PPG Newsletter May 2024

Health Kiosk

A Health Kiosk has been installed at Overton Surgery. All patients with a current registration at Watership Down Health are welcome to use it.

The Health Kiosk is available from 08.00 a.m. in the morning to 6.20 p.m. at night (to allow the checks and information to be transferred into the clinic system) and is situated in the Waiting Room. The Health Kiosk will record a range of information including Height, Weight, Blood Pressure as well as a number of Health Questionnaires being included.

The Health Kiosk transfers any data directly into our clinical system so there is no need to hand in print outs of BPs etc as the data securely comes into our clinical system. Full information and a short and long video are available on our Web Site at:

<https://watershipdownhealth.com/digitalpractice/wellbeing-centre/health-kiosk/>

If any queries, please message us via our Web Site. We are grateful to the Friends of Watership Down Health for their support with the funding of the Health Kiosk.

FeNO (fractional exhaled nitric oxide) & Asthma

WDH is very lucky to be able to offer FeNo testing for patients whom we are expecting may have asthma. FeNo stands for Fractional expired Nitric oxide. Nitric oxide is produced in the lungs when they are exposed to something that triggers an allergic reaction, such as pollens, house dust mite etc. This will only happen in patients who are susceptible. The trigger causes inflammation in the lungs which in turn produces an excess of Nitric oxide.

Your clinician will decide whether a FeNo test would be appropriate. FeNo testing is not suitable for everyone. The test can be affected by caffeine, vigorous exercise, smoking and green leafy vegetables. You will be advised to avoid these things for up to 4hrs before the test.

If you have been given an inhaler, you should not be using this on the day of the test. If you have had a chest infection which required antibiotics or have taken steroids in the last 4 weeks you would not be able to have this test as the results would be inaccurate for diagnosis.

Andover Minor Injuries Clinic

Opening hours

Appointments: 8:15am – 6:00pm Monday to Friday

Walk-in service: 8:15am – 4:00pm Monday to Friday (inc. bank holidays)

The Andover Minor Injuries clinic offers a walk-in service, however patients are strongly advised to call 111 to arrange an appointment, as appointments take priority over walk-ins. This will reduce the likelihood of long wait periods. The clinic is run by a range of expert staff that can now see more patients that need same day medical care, if this is the right area for your care.

Andover Minor Injuries Clinic **does not** see illnesses and ailments - please contact 111 or your GP.

Treatment at the clinic includes:

Treating minor head injuries, Facial and eye injuries, foreign body removal, Fractures, Bites, Minor burns, Wound assessment and closure.

An X-ray facility on site (if required) Monday to Friday from 9pm to 5pm, excluding bank holidays. Members of the public who access NHS 111 may also be directed to their local pharmacist or GP. Outside of clinic opening times, you can continue to access care and advice via NHS 111 online and – in an emergency – by calling 999.

Urgent and emergency cases will continue to be directed to the emergency department (A&E) in either Basingstoke or Winchester.