

PRESTON PARK SURGERY SUMMER Newsletter 2019



Wishing you all an enjoyable summer, keep sun safe and don't forget the sunscreen!!!!

www.prestonparksurgery.co.uk



Introduction

A warm welcome to our summer newsletter and hope you are all looking forward to the start of the summer.

In this issue we are focussing on Self Care and the importance of looking after yourself in a healthy way. You will be able to find additional information and also read about the alternatives. Additional articles include the importance of having a home medicines cabinet and how to make over your medicine cabinet. We are also continuing our series of looking at the various roles of surgery staff and in this edition we have

"A day in the life of a Practice Nurse"

With the summer upon us we finish with a section on holiday vaccinations and keeping healthy. The correct medical advice and vaccinations at your surgery will ensure you have a happy and healthy holiday.

VIRTUAL PATIENT PARTICIPATION GROUP

We have a 'Virtual' Patient Participation Group and are always hoping to recruit new members. As a member of the Virtual Group you will be emailed, occasionally, to ask some questions such as what do you think about our opening times, or the quality of the care or service you have received. We will keep our surveys short so it shouldn't take too much of your time. We would very much like our group to have representatives from all age groups. This month patients who are members of the Virtual PPG are invited to participate in a poll to select which clinically useful topics they would like to have a meeting about.

www.prestonparkppg.com

NHS—Quick Facts

In 1948 there were only 16,800 GPs. Today there are nearly 42,000 GPs

9 out of 10 NHS patients are treated by GPs not hospitals

1 million people will see a GP today

There are more than 7,400 GP surgeries in England

In comparison with other healthcare systems of Europe the NHS was found to be the most impressive overall.

New Starters & Leavers

After nearly 30 years at Preston Park Surgery, Dr David Supple is retiring and leaving at the end of June. Over the years Dr Supple has been the senior partner and a GP trainer. In addition to his GP commitments David is also the Clinical Chair of Brighton & Hove Clinical Commissioning Group. We wish David all the best for the future and a happy, enjoyable and well earned retirement.

We are pleased to welcome Dr Hannah Tremewan who will be joining Preston Park Surgery from the middle of August. We would also like to welcome Becki Nicholl and Vanessa Corbett who joined the Preston Park Nursing team as Nurse Practitioner and Practice Nurse earlier this year.



Surgery

Training Days

Please note that the surgery will be closed from 12.30pm for staff training on the following days:

- 17th July
- 19th September
- 20th November

These days allow our clinicians and staff to attend important training sessions.

Inside this issue:

Introduction / NHS Quick Facts	1
Self Care Awareness	2/3
The Alternatives	4
The Medicine Cabinet	5
A Day in the Life of	6
Holiday Vaccinations	7
Keeping Healthy	8





Help the NHS and your GP through Self Care

Self Care is about looking after yourself in a healthy way. It can be anything from brushing your teeth, doing some exercise, managing common conditions (like headaches, colds and flu) or living with a long-term health problem, such as asthma or diabetes.

Every Year there are an estimated 57 million GP consultations and 3.7 million visits to A&E for self treatable conditions, costing the NHS an estimated £2.3 billion

(PAGB Self-care Nation Report, Nov 2016)

Around 80% of all care in the UK is self care. The majority of people feel comfortable managing everyday minor ailments like coughs and colds themselves: particularly when they feel confident in recognising the symptoms and have successfully treated using over-the-counter medicines before.

Research shows that people often abandon self-care earlier than they need to, typically seeking the advice of a doctor within a period of 4-7 days. The main reasons for this are:

- Their lack of confidence in understanding the normal progress of symptoms (e.g. a cold can last up to 14 days)
- Their perception of the severity and duration of symptoms
- They seek assurance that nothing more serious is wrong
- They seek a prescription to "cure" the illness, even though the same medicine may be available over the counter.

92% of people acknowledge the importance of taking responsibility for their own health in order to ease the financial burden on the NHS

Empowering people with the confidence and information to look after themselves when they can, and visit the GP when they need to, gives people greater control of their own health and encourages healthy behaviours that help prevent ill health in the long term.

In many cases people can take care of their minor ailments, reducing the number of GP consultations and enabling GPs to focus on caring for higher risk patients, such as the very young and elderly, managing long term conditions and providing new services.

Did you know that one in five GP visits are for common conditions such as backache, headache or coughs.

For most people they are not serious health problems—you just want to know how to relieve it and you want a treatment that acts fast. You also want to know how long you're going to suffer or what you should do if your symptoms change.

The good news is that self care can help you manage most of these problems. It may mean you don't have to spend time waiting to see your GP but can get on and start tackling your symptoms. Self care for common conditions can also help free up some of your GP's time, making it easier to get an appointment when you have a more serious condition.

34% of people visited a GP for a self-treatable condition in the past 12 months.

In 2014 the NHS spent more than £83million on prescribing 22.6 million packs of paracetamol. When made aware of the cost of self treatable conditions to the NHS, 29% those who qualify for free prescriptions said they would be willing to purchase an "over the counter" medication for a self treatable condition.

The NHS belongs to us all, and we share responsibility for making the best use of its finite resources. GP surgeries and emergency departments are under tremendous pressure at the moment and using Self Care helps everyone.

Please remember the NHS is still here for you.



The Alternatives:

Community Pharmacy

The Pharmacist is an excellent source of advice for many common ailments such as:

Low Back Pain

Heartburn & Indigestion

Eczema Fever in Children

Constipation Headache

Coughs in Adults Sore Throat

Common Cold Ear Ache

Sinusitis Acne

Sprains & Strains

Community Pharmacies are easily accessible, open long hours and are staffed by highly trained professionals.

Preston Park Surgery Website

Our website now has a wide range of self care advice including downloadable fact sheets as well as links to other sources of information on minor ailments and Long Term Conditions

Expert Patients Programme

The Expert Patients Programme is a free self management course developed for people living with any long term health condition, such as heart disease, diabetes, asthma, arthritis, multiple sclerosis, depression, back pain, chronic fatigue syndrome etc....

The aim is to help you take more control of your health by learning new skills and techniques to manage your condition better on a daily basis.

The course explores:

Managing common symptoms, action planning and problem solving, Nutrition and Exercise, Communication Skills, Relaxation techniques, Medication management etc....

<https://www.sussexcommunity.nhs.uk/downloads/services/expert-patients-programme/expert-patients-programme-leaflet.pdf>

Self Care Forum Fact Sheets

The purpose of the Self Care Forum is to further the reach of self care and embed it into everyday life. They produce a series of fact sheets on the following:

The following factsheets will be available in the waiting area.

- Low Back Pain
- Eczema
- Constipation
- Headache/Migraine
- Sore Throat
- Acne
- Heartburn & Indigestion
- Sprains & Strains
- Coughs
- Ear Infections
- Common Colds
- Sinusitis

www.selfcareforum.org/fact-sheets



NHS Choices / Patient UK

For information on common conditions, visit the NHS Choices or Patient UK website.



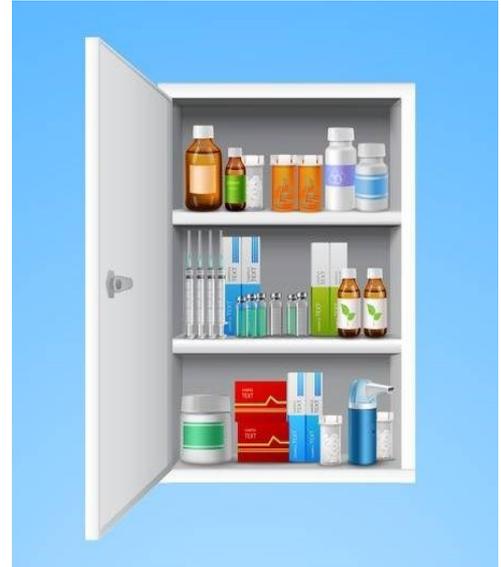
Both websites have a symptom checker where you can get additional advice



Getting the Right Medicines / The Medicine Cabinet

This year the NHS will cost around £126 billion, of which £14 billion (that's £38 million every day will be spent on medicines)

With the age of the population increasing rapidly, the demand for medicines and on the NHS as a whole, is growing dramatically. Everyone is trying to be more efficient these days and medicines are one of the ways that the NHS can reduce costs whilst improving care. To make sure that you're getting the best possible care, the NHS aims to give you the right medicine. There are often several medicines to take for a condition that have the same benefits but with very different costs. By prescribing the right medicines for less, the NHS will have more money to invest in better care for everyone (such as the latest cancer treatments).



What does this mean for me?

Your GP surgery may suggest that you change your prescribed medicine to another one. This will only happen if your GP is satisfied that the new medicine works as well as the previous one. In some cases it may even work better for you or have fewer side effects.

You might also be asked to buy some common medicines, available over-the counter from your local chemist shop rather than getting them on prescription.

These are often likely to be cheaper than the cost of a prescription.

Why not set up your own medicine cabinet so that you have things on hand when you need them.

To start putting together your own medicine cabinet, go to:

<https://www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinecabinet.aspx>

or speak to a pharmacist at your local pharmacy

GPs recommend your medicine cabinet should contain the following:

A Self Care Guide

Painkillers, such as aspirin, paracetamol or ibuprofen

Antihistamines are useful for dealing with allergies and insect bites. They are also useful if you have Hay Fever

Anti-diarrhoea tablets

Indigestion treatment—simple antacid tablets for stomach ache or heartburn

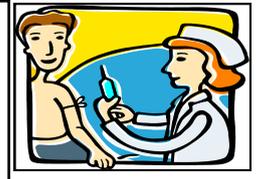
Sunscreen

A first aid kit with plasters & bandages for cuts and sprains and antiseptic wipes.





A Day In The Life of a..... Practice Nurse



Hello & Welcome to an insight into our job. There are a number of Practice Nurses at Preston Park Surgery and along with our Health Care Assistant we all do a variety of interesting and rewarding tasks. Practice Nurses provide nursing and health care support to patients of the surgery. The role has become ever more important as the overall workload on General Practice has risen with the shift to primary based care.

Our day usually begins from 8am and Monday mornings are the busiest. The first job is to switch on the computer, check the emails and tasks from GPs and check the clinics booked. The first appointments generally start from 8.30am and we are on the go through the whole morning. The appointments can vary as we undertake healthcare checks, asthma education, COPD, diabetes, healthy heart and well person checks. In addition to these we could also be doing dressings, syringing ears, taking bloods, ECGs, child and adult immunisations, blood pressure monitoring as well as cytology screening and wound care.

A five minute coffee break at the desk usually keeps us going until lunchtime.

Afternoons are usually taken up with chronic disease management and seeing and reviewing patients with asthma, hypertension, diabetes and COPD. Longer appointments are also required for complex dressings requiring compression bandaging. We offer appointments until 5.30pm so patients who require treatment at the end of their working day can also be seen.

The atmosphere in the surgery in the afternoon is very different from the morning. The frantic pace has slowed down and whilst the phones are still ringing the morning urgency seems to settle.

At Preston Park Surgery we also provide free advice on holiday vaccinations and travel related queries and as one of the few registered Yellow Fever centres in the city we are also able to offer yellow fever vaccinations.

The workload is fairly heavy and at times can be pretty hectic with emergencies which could be anything from a serious cardiac event requiring resuscitation and/or hospital admission.

So is being a practice nurse a good job? **Unquestionably YES.**

The work is diverse, challenging and often demanding but we work within a close-knit supportive team and the GPs at Preston Park Surgery have a strong teamwork ethic and a common vision.

All being well, the day finishes at 6pm, this is by no means an exhaustive list of a practice nurse's day but hope it does give you a flavour of the role.

Holiday Vaccinations

As summer arrives you may be thinking of holidays to exotic places, so please check to see if you need vaccinations before you travel.

This nurse led clinic is run by our practice nurse who has undertaken additional training in immunisations and vaccinations. Advice is available if you are unsure about what travel vaccinations are needed for a particular country so please ask reception for appointment times or to speak with the nurse who undertakes the travel clinic. The practice nurse can also advise whether your existing UK jabs are up to date.

Traveling abroad always has some risks to your health but ensuring you have the correct vaccinations and you take certain precautions to minimize your exposure to most major health hazards. Please remember that each member of your family will need separate appointments if you are planning to come together.

For more information you can go to:

www.fitfortravel.nhs.uk

Please make your travel vaccination appointment at least 3 to 4 weeks before you are due to travel. Also please could you mention where you will be traveling to so we can let the nurse know prior to your arrival

Most Importantly..... Enjoy your Holiday!

Free Travel Vaccinations

The following travel vaccinations are usually available free on the NHS:

- Diphtheria, polio and tetanus
- Typhoid
- Hepatitis A
- Cholera

Private Travel Vaccinations

You're likely to pay for travel vaccinations against:

- Hepatitis B
- Japanese Encephalitis
- Meningococcal Meningitis
- Rabies
- Yellow Fever



As a registered Yellow Fever Centre we are one of the few surgeries in Brighton that is able to administer the Yellow Fever vaccine.

Keeping Healthy

How to stay safe in the sun



Sunscreens

Choose a sunscreen with an SPF level of 30+ which has both UVA and UVB coverage. If you are swimming choose a water-resistant sunscreen and reapply this frequently. Apply generously, the amount should be about the size of a golf ball and should be applied at least half an hour before you go out.

Cover up

Wear light coloured, loose fitting clothing. Wear a hat with a brim all round. Baseball caps leave the ears exposed so they are not the best choice for sun protection. A hat will also protect your eyes from the glare. Wear sunglasses.

Stay Hydrated

Water is the best choice for keeping hydrated on warm and hot days (and on cold days too!!). Avoid sugar and alcohol as these can dehydrate you. Drink water even if you are not thirsty. It is best to sip water throughout the day to avoid thirst altogether.

Staying out of the sun

The sun is at its strongest around the middle of the day. Make the most of the shade. Finding a spot in the shade is more effective than sunscreen. Schedule outdoor activities to avoid the hours when the sun is at its strongest. When walking babies and children outdoors, choose the coolest parts of the day. Use a sun canopy over a pushchair and ensure children are adequately covered with clothing, hats, sunglasses and sunscreen when out in the heat of the day.

Know the signs and symptoms of heat exhaustion and heat-stroke

If you experience any of the following symptoms, get out of the sun (preferably somewhere cool) and drink plenty of fluids.

Skin that is hot to the touch	Excessive sweating
Dizziness or disorientation	Fatigue
Nausea or vomiting	Rapid heartbeat
Dark and or infrequent urination	

If symptoms do not improve, seek medical attention

Walking is the perfect activity for health!!

Did you know? Walking can.....

- Make you feel good, Help you manage your weight & Give you more energy
- Help you sleep better
- Help you reduce stress
- Keep your heart 'strong' & reduce blood pressure

