

Winter Newsletter 2016



Silton Surgery was visited by the CQC on the 11th October 2016. We received an overall rating of 'Good' and in some areas we received an 'Outstanding'. We feel that this reflects the effort all members of staff put into their work at the Surgery. Our goal is to consistently reach high standards and improve the services we provide where possible.

Thank you to Cheryl, our Dispenser, for her work to improve the small flower garden situated in the car park. We realise that parking has been a problem recently, especially as there is building work currently being carried out at the end of the road.

Hopefully when the new build is finished matters will improve. We thank those patients who park on the road, enabling disabled or frail patients to park in the car park. Unfortunately it is very dark out on the road during the Autumn and Winter evenings, please take care and use a torch.

Thank you also to Mrs Green, who generously made us lovely cakes to help raise money for the 'Wear it Pink' campaign in aid of 'Breast Cancer Now'. A total of £75.69 was raised. Thank you to all those who donated, either with or without taking a cake!

To prevent the spread of infection we have now removed the majority of toys and children's books from our Waiting Room and Consulting Rooms.

Our Winter 2016/17 flu campaign is still ongoing. If you are aged over 65, pregnant, are a child aged 2 – 4 years old (this includes reception class children), or have a chronic condition that makes you eligible for the NHS flu vaccine then please book an appointment at Reception. Children in Years 1, 2 and 3 at school should receive the vaccination via their school. We will still be offering NHS flu jabs until the end of February 2017.



Pneumonia: do I need a vaccine? Pneumonia is an infection in your lungs. It can be very serious, especially if you are older or in poor health. So, for some groups of people, doctors recommend vaccination to help prevent it.

The pneumococcal vaccine is designed to protect against the most common type of pneumonia. The pneumococcal vaccine can't give you pneumonia or any other illness, although your arm may be a little sore where you have the injection. As a side effect, a few people get a temperature and joint or muscle pain.

You only need the pneumococcal vaccine once. Vaccination is recommended if: You are aged 65 or older; you have a long term illness, such as diabetes, heart disease, kidney disease, liver disease, sickle cell disease or a problem with your spleen.

Cold homes have a significant impact on people's health. One of the best ways of keeping yourself well during winter is to stay warm. Keeping your home warm: Low temperatures increase the risk of flu and other respiratory problems and can raise blood pressure. Blood pressure takes longer to return to normal in older people after being out in the cold and this puts us at greater risk of heart attacks and strokes. **The colder your home, the higher the risk to your health.**

- Keep your main living room around 70°F (21°C), and the rest of your home heated to at least 64°F (18°C).
- Check your thermostat or use a room thermometer to monitor temperature but if you feel cold, turn the heat up regardless of what the thermometer reads.
- Get to know how the timer and thermostat on your heating system work. If you have individual thermostats on your radiators, make sure they're set at the right temperature in the rooms where you spend time.
- Close the curtains at dusk and fit thermal linings if you can. This will keep the heat in.
- Put guards on open fires, and be careful not to hang washing too close to the fire.
- Don't block up air vents, as fires and heaters need ventilation.
- Keep your bedroom window closed at night when the weather is cold. The coldest time of the day is **just before dawn and breathing in cold air raises the risk of chest infections.**

Keeping warm indoors and out: Even if it isn't a severe winter, cold weather makes us more vulnerable to certain illnesses. You're at risk of a heart attack, a stroke or even hypothermia if you're exposed to a cold environment for a long time, or to extreme cold for only a short time.

- Make sure you keep your hands and face warm. As well as wearing gloves and a hat, always wrap a scarf around your face when you go out in cold weather, even for short intervals. This helps to warm the air you breathe.
- Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton. Start with thermal underwear, warm tights or socks.
- If you're sitting down, a shawl or blanket will provide a lot of warmth. Try to keep your feet up, as the air is cooler at ground level.
- Wear warm clothes in bed. When very cold, wear thermal underwear, bed socks and even a hat – a lot of heat is lost through your head.
- Use a hot-water bottle, wheat bag or an electric blanket to warm the bed, but never use a hot-water bottle and an electric blanket together as this can be dangerous. Check whether your electric blanket can be kept on all night or whether it's only designed to warm the bed before you get in. Get it checked every three years by an expert. If you have continence difficulties, talk to your doctor before using one.
- Keep your feet warm. Choose boots with non-slip soles and a warm lining, or wear thermal socks.

Over usage of Antibiotics

There is new guidance as how we should be using antibiotics; this is from NICE (National Institute for Health and Care Excellence). The main points are:

- Antibiotics such as penicillin, only work on bacterial infections and **are useless to treat viruses**
- Virus infections are far more common and 9 out of 10 sore throats, colds etc. are caused by them and don't need any treatment other than fluids and Paracetamol or ibuprofen.

To meet this guidance we may ask you to come to the surgery to be examined to see if antibiotic is really needed.

- **Self-Care** – look after yourself at home with a well-stocked medicine cabinet
- **Pharmacist** – for expert advice on common illnesses and the best medicines to treat them
- **GP (doctor)** – for illnesses that just won't go away, arrange to see your doctor
- **A&E or 999** – only if you need very urgent medical attention

Always pick the care you need

STOP SMOKING

Many people don't realise that their GP Surgery can help them quit smoking. Your Surgery can do a lot, such as enrolling you in a 'stop smoking' clinic with one of our Practice Nurses, who can prescribe nicotine replacement therapy such as patches and gum, or stop smoking medication such as Champix. Statistically you are more likely to quit smoking and stay a non-smoker, if you have one to one support. Contact Reception, 01747 840226 and ask for a Stop smoking appointment. The initial appointment is for 30 minutes and it is helpful if you can complete one of our smoking questionnaires prior to the appointment.

NON NHS / PRIVATE WORK

We are receiving an increasing number of requests for letters and reports that are classed as **non NHS or Private work**. These include requests for "fitness to join a gym" report, letters to clarify addresses for submission to the DWP, letters for students during exam time.

If you request a report/letter of this nature please be aware that there will be a charge for this, to be paid in cash and that you should submit your request early to avoid disappointment. **The Doctor will require at least 10 days following your request to complete any report or produce a letter.**

Blood appointments

If you require a blood test the appointment will have to be in the morning as the courier who collects the samples arrives at the Surgery at 12.00. We have two Phlebotomists, Karen and Sarah, who can take your blood and/or Blood Pressure. Our Practice Nurses are very busy with all their other nursing duties so you will be offered an appointment with a Phlebotomist in the first instance. You should contact the surgery a few days after your blood test to find out if you need a GP appointment. Please phone after 10.30 for any results as Reception is usually quieter then.

USUAL OPENING HOURS

The normal opening hours for **Reception** at The Surgery are:-

Monday	08.30 to 16.00
Tuesday	08.30 to 19.00
Wednesday	08.30 to 13.00 (Afternoon closed)
Thursday	08.30 to 18.45 (Closed 12.15 -1.45 the 2 nd Thursday each month)
Friday	08.30 to 17.00
<u>Dispensary:</u> 09:15 – until close each working day (see above)	
<u>Christmas & New Year</u>	
Christmas Closed: Monday 26 th December 2016 and Tuesday 27 th December 2016	
Re-open Wednesday 28 th December 2016 at 08:30am.	
New Year Closed: Monday 2 nd January 2017	
Re-open Tuesday the 3 rd January 2017 at 08:30am	

Our Contact Details

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Tel: 01747 840226	Fax: 01747 841304	email: silton.surgery@nhs.net
Website: siltonsurgery.nhs.uk		
Dispensary: 01747 840950 (09:15 until closing)		