

## August 2016 – Surgery Newsletter



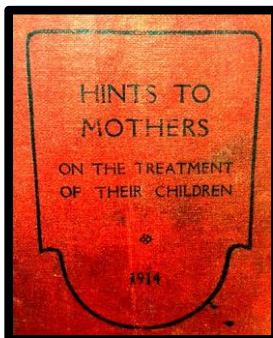
As I'm certain you're all aware, even with Great Bentley Surgery being fortunate enough to be fully staffed with doctors, patients can still find it difficult to book non-urgent appointments inside of two or three weeks. Although the Government has promised extra GPs by 2020, it's already very apparent that these extra GPs are unlikely to materialise. There is also a 'Five Year Forward View' for general practice which also makes promises of extra resources being made available to practices. With all the current political turmoil, whether or not we end up seeing extra resource or help is anybody's guess. Rather than relying on these promises we have to plan ahead and try to influence the things that we might be able to exercise some control over.

We can't create more appointments from thin air. However, we might be able to reduce the demand for GP appointments by helping our patients' choose what services they use wisely. This could free up more appointments for those patients' who need to see a GP sooner than two or three weeks. Of course all patients who need an urgent appointment on the day will always be seen, that will never change.

We are planning to produce a new patient leaflet which focuses heavily on how to provide self-care and will signpost our patients to alternative sources of help and advice in order to help. It will also explain in detail how our appointment system works and what we are doing about missed appointments and how patients' can help us help the wider population more. If we all work together we can make a difference.

**Please note that there is NO Patient Participation Group (PPG) meeting in August.**

**Richard P Miller - Practice Manager**



This part of our newsletter publishes suggestions from this 102 year old book called "**Hints to Mothers**" on the health and wellbeing of children prior to the NHS existing. We hope you find this interesting and in many instances still useful even today. ***Please bear in mind this was written a long time ago!***

**Cold (Catarrh)** – Children are very susceptible to "colds" which should always be treated immediately, as a neglected cold may often lead to more or less serious consequences. The child should be kept indoors, and in one room if necessary. And in the event of the cold being accompanied with fever, the little patient should be put to bed. Feed him with beef tea and farinaceous foods and milk. Should the temperature reach 100 degrees a doctor should be sent for.

**Concussion** – Should a child have concussion of the brain, caused by a fall or a blow, his eyes will be shut, his face may be very pale, and his breathing slow. Put him to bed and keep him warm, and, of course immediately send for a doctor. Vomiting often follows shortly after the blow, and gives immediate relief. A warm drink, milk or tea, should be administered to the little patient.

Luckily these days colds do not generally lead to more serious conditions, as we take much better care of ourselves and our lifestyles provide much more comfort and protection. ***Of course in the case of possible concussion following a fall, we should always dial 999 these days and not move the patient until the ambulance arrives unless they are in immediate danger.***