

December 2016 – Surgery Newsletter



On behalf of the doctors, nurses and staff at the surgery, we would like to wish all of our patients a very merry Christmas!

Over the years we've found that patients have become much less self-sufficient which is fuelling a huge increase in demand for GP services. Many minor ailments can be treated at home and we would like to urge our patients to consider self-care first where appropriate, in order to leave more appointments for patients who need them. Help us to help you.

Please find below a list of ailments you can safely manage yourself:

<i>Back pain</i>	<i>Cold sores</i>	<i>Common cold</i>	<i>Influenza</i>
<i>Conjunctivitis</i>	<i>Constipation</i>	<i>Diarrhoea</i>	<i>Insect Bites</i>
<i>Period pain</i>	<i>Earache</i>	<i>Haemorrhoids</i>	<i>Migraine</i>
<i>Hay fever</i>	<i>Head lice</i>	<i>Headache</i>	<i>Nappy Rash</i>
<i>Sore Throat</i>	<i>Nasal Congestion</i>	<i>Sinusitis</i>	<i>Sprains/ Strains</i>

There are other conditions that can be managed at home if they are not related to any other underlying conditions, for example: cough that doesn't last for more than three weeks, Heartburn & indigestion unless symptoms persist.

There is plenty of help on the internet, so why not try the following websites:

www.nhs.uk

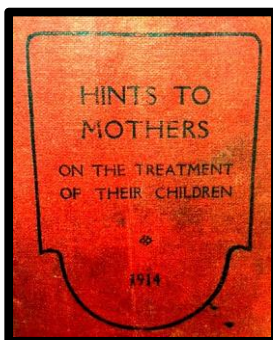
www.patient.co.uk

www.selfcareforum.org

There is also an excellent leaflet for parents called "When Should I Worry" giving guidance on coughs, colds, earache and sore throats which can be downloaded at www.whenshouldiworry.com

Please don't forget that the Patient Participation Group does not meet in December.

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!***

Measles & Mumps – These appear in this booklet in a lot of detail as were common but potentially very serious conditions a hundred years ago. However thanks to medical science and vaccinations they are now very rare. This is perhaps a good reminder for parents to ensure that you get your children vaccinated as soon as they are eligible, in order to avoid this type of serious illness.

Nose Bleeding – Unless bleeding is very severe, it is as well to let it take its course; for in most cases it will stop of its own accord. If it is found necessary to stop the bleeding, hold the nose firmly between the finger and thumb. This often has a good effect. Another remedy is to bathe the head, face and neck in very cold water. Putting a large door key (quite cold) down the back is an old fashioned but effectual remedy. ***Not sure about the key, but putting something cold on the nose is still recommended!***