



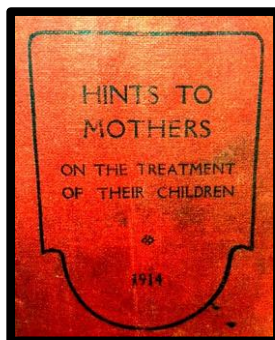
**Care Quality Commission (CQC) – Surgery Inspection 2016**

We are very proud to announce that we have finally received the report from the CQC inspection that was carried out on 23<sup>rd</sup> March. **We were graded as ‘GOOD’ in every single area.** This means that after a thorough investigation we are considered safe, effective, caring, responsive to people’s needs and are well led. The only suggestion on how to improve was to continue with supporting carers, which of course we always intended to do. This was truly a team effort and a reflection of all the hard work every single member of staff puts in every day. If you would like to read the report in full, you can download a copy from the CQC website and the best way to get there is to follow the link that we’ve placed on our website home page ([www.greatbentleysurgery.nhs.net](http://www.greatbentleysurgery.nhs.net)) just below the latest feedback and next to our address.

*I have been asked to remind our patients that we need **3 working days to process a repeat prescription request** and your pharmacy may require a further two days on top of this to get your medication ready for you. We’ve been getting a lot of very short notice demands lately!*

**Patient Participation Group (PPG)** – This is the last one until after the summer break, so please attend as will be a very light evening! Come along at 6.30pm on Thursday 21st July to the Great Bentley Village Hall and find out more.

***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!***

**Chicken Pox** – On the approach of chicken pox the child is poorly. The eruption shows itself in about 24 hours, and consists of numerous pimples on the scalp, neck, back, chest and shoulders, but rarely on the face. On the third day the pimples arrive at maturity, and then begin to die away – others at the same time making their appearance. Chicken pox rarely leaves pit-marks behind, as in the case of small pox. But boracic acid ointment can be applied to the spots with advantage. Chicken pox cannot by any means be considered an dangerous complaint. It last but a few days. For the first three or four days the patient should be kept to the house, and be fed on milk and farinaceous food, meat not being given to him. On the sixth day, but not until then, administer a mild aperient; Steedmans Powders will be found all that is requisite for this purpose. Chicken Pox is an infectious disease. As the disease is apt to leave weakness behind it, the child should be fed up and given a tonic, while a change of air, if possible, is very beneficial.

***How chicken pox is dealt with has not really changed at all in the last 100 years! There is no specific treatment, but there are pharmacy remedies that can alleviate symptoms. These include paracetamol (not aspirin or ibuprofen) to relieve fever and calamine lotion and cooling gels to ease itching. There is only usually a need to see a GP if the blisters become infected or the child has a pain in their chest or difficulty breathing.***