

## October 2016 – Surgery Newsletter



Now that we are heading into autumn, it's probably a good time to remind everyone of how the appointment system works before we get into the very busy winter season. Please remember we only have a set number of GP and Nurse Prescriber appointments available every day. Most minor illness like coughs and colds don't need medical treatment so get advice from any pharmacy to help us cope this winter.

### **Non Urgent Appointments:**

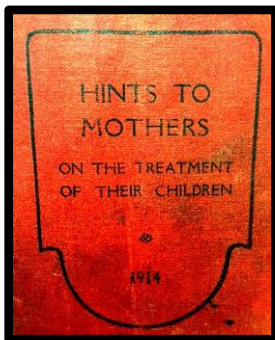
Most non-urgent matters can wait until the next available non-urgent appointment which is around two weeks ahead currently, but if you feel it cannot wait, then you can ask to go onto the triage list and speak to the on call doctor who will decide.

### **Urgent Appointments:**

If you feel that your issue is urgent enough to need to be seen the same day, you can ask to go onto the triage list and the on call doctor will call you back, on average within 30 minutes. If the doctor agrees it is urgent, you will usually get an appointment within a few hours. If it can wait an appropriate appointment will be made for you another day, but within a timescale suitable for your issue.

**The Patient Participation Group will be holding its monthly meeting at 6.30am on Thursday 20<sup>th</sup> October at the Great Bentley Village Hall.**

***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!***

**Cuts** – Well wash all cuts and wounds in a pint of warm water (in which a good teaspoonful of boracic acid, if obtainable, has been previously dissolved). A clean rag moistened with this boracic lotion is the best dressing that can be applied. In case of profuse bleeding, send for a medical man, and bath the wound with cold water. NOTE.- Lint or linen should always be kept handy in case of sudden need.

**Diarrhoea** – More children die of diarrhoea than from any other disease. It is the most frequent and dangerous of all infantile maladies, for which reason it should never be neglected. It is caused by improper food, teething, overfeeding, chill, and, in the case of a child at the breast, by mother being out of health from eating unsuitable food. If the case is severe and continuous, medical advice should be taken. The best medicine for the disease is castor oil; and the child should be given to drink plenty of warm, not tepid, water. For children on the breast, the best cure for is for the mother to take a proper and wholesome diet, eschewing such food as cabbage, greens, raw fruit or beer.

**Of course these days we have a minor injuries unit in Clacton where we can go to have a cut attended to. Imagine if we had no NHS or even sterile first aid kits to rely on! Diarrhoea is also not as serious as it used to be. Both the practice and NHS 111 when out of hours is always available to give you advice if you're worried about your child, particularly if it is persistent, but usually diarrhoea will resolve itself in under a week. Drink lots of fluids, but perhaps not the beer recommended a hundred years ago!**