

September 2016 – Surgery Newsletter



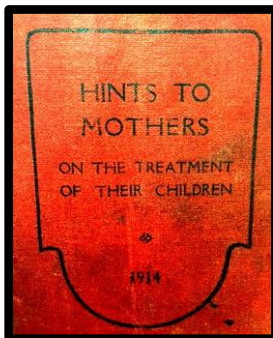
Where is the year going? Incredibly the busy flu vaccination season is here already! We have thousands of flu vaccinations being delivered in the coming weeks in order to vaccinate all our eligible patients. It's as important as ever to ensure that everyone gets their jab. It's not just to protect you all individually, but also to help reduce the spread of influenza in local communities, so you will be doing your bit for the people around you too. Everyone over age 65 is eligible for a free flu vaccination on the NHS, but also patients with certain medical conditions, patients who are very overweight, care home residents, children aged 6 months to two years at risk and unpaid carers. Health and care workers should get their vaccinations from their employers. More detailed information can be found on NHS Choices (www.nhs.uk)

We have a couple of special Saturday Clinics on 8th October and 5th November and an afternoon clinic at the Little Clacton Village Hall on 13th October. We will of course also offer clinics at the surgery in normal hours too. Give us a call to book ASAP!

In addition if you are over age 65 and have not yet had your 'one off' pneumococcal vaccination, you can have this too!

After a summer break the Patient Participation Group will be holding its monthly meeting at 6.30am on Thursday 15th September 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!***

Croup – Croup is one of the most dangerous maladies to which young children are subject. And, as soon as it becomes evident, medical aid should be summoned. It attacks the child mostly when he is in his second year; the danger of an attack lessening every year until he has attained the age of five. The symptoms of croup are, to commence with a slight cold and dry cough. The child is fretful and feverish, and hoarse when he cries. The breathing gradually grows heavier and the cough becomes what is called crowing. As soon as the disease is apparent, administer ipecacuanha wine, in doses of one teaspoonful every five minutes, until the child vomits freely. At the same time, hold to the throat a sponge wrung out of hot water, which should be renewed frequently. If the case is a severe one, and does not yield to the emetic in a couple of hours, apply a linseed poultice to the throat, renewing every three hours. After the child has vomited freely, place him in a warm bath for about ten minutes, taking the greatest care that he is not exposed to the cold air afterwards. Keep him on a low diet of farinaceous food, in a well-ventilated room, in which the air is kept moist with the steam from a bronchitis kettle.

Most cases of croup can be safely managed at home, but if ever a child has breathing problems such as shortness of breath this could be a symptom of severe croup and you would be advised to dial 999. If parents of young children are worried and consider their child's condition as urgent, just ask the receptionist to put your name on the daily triage list and you will get a call back within a couple of hours.