

HEATH LANE SURGERY NEWSLETTER: SUMMER 2019

OUR EXTENSION:

Building work continues and is scheduled to be completed during the early part of August 2019. As a practice team we are excited and looking forward to the building work finishing so that we can move into our new consulting rooms. Both patients and staff will benefit from having additional space and improved facilities in our purpose designed extension.

We would like to thank all our patients for bearing with us during the time the construction work has been in progress, particularly during the months of bad weather we have experienced when the access road to the practice was extremely muddy. We hope to be extending our car park in due course but do not have a completion date for this at the current time.



BBQ FOOD SAFETY:-

Although the weather has meant that you may not have had much opportunity to BBQ as yet, here are some useful tips for when the sun is shining:-

When cooking on your BBQ there are two main risk factors: under cooked meat and spreading germs from raw meat onto food that is ready to eat. To avoid food poisoning when you are cooking any kind of meat on a BBQ make sure that:-



- The coals are glowing red with a powdery grey surface before you start cooking as this means they are hot enough.
 - Frozen meat is properly thawed before you cook it.
 - You turn meat regularly and move it around the BBQ to cook it evenly.
 - The meat is piping hot in the centre, there is no pink meat visible and any juices are clear.
- Enjoy!!



HOW CAN I PROTECT MY CHILDREN FROM THE SUN?

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Children do not have to be at the pool, beach or on holiday to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they are outdoors.

Seek Shade: UV rays are strongest and most harmful during midday so it is best to plan indoor activities then. Otherwise seek shade under a tree, umbrella or a pop-up tent.

Cover Up: When possible long sleeved shirts/long pants/skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one and darker colours may offer more protection than lighter colours.

Get a Hat: Hats that shade the face, scalp, ears and neck are easy to use and give great protection. If your child chooses a cap, be sure to protect exposed areas with sunscreen.

Wear Sunglasses: They protect your child's eyes from UV rays which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Apply Sunscreen: Use sunscreen with at least SPF15 and UVA and UVB protection every time your child goes outside. For the best protection apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips and the tops of feet.

SIGNS OF SUNBURN:

Symptoms include –

- Pinkness or redness
- Skin that feels warm or hot to the touch
- Pain, tenderness and itching
- Swelling
- Small fluid-filled blisters which may break
- Headache, fever, nausea and fatigue if the sunburn is severe

Sunburn Relief:

Sunburn treatment is designed to attack the burn on two fronts – relieving reddened, inflamed skin whilst easing pain. Here are a few home remedies for sunburn:-

Compresses – Apply cold compresses to the skin or take a cool bath to sooth the burn.

Creams or Gels – To take the sting out of your sunburn gently rub on a cream or gel containing ingredients such as menthol, camphor, aloe. Refrigerating the cream first will make it feel even better on your sunburned skin.

NSAIDs – Nonsteroidal anti-inflammatory drugs such as Ibuprofen or Naproxen can relieve sunburn swelling and pain all over your body (follow the instructions for these)

Stay Hydrated - Drink plenty of water and other fluids so that you do not become dehydrated.

Avoid the Sun – Until your sunburn heals stay out of the sun.

You may be able to treat the sunburn yourself but seek medical advice if you notice any of these more serious sunburn signs:-

- Fever of 102 degrees or higher
- Chills
- Severe pain
- Sunburn blisters that cover 20% or more of your body
- Dry mouth, thirst, reduced urination, dizziness, and fatigue, which are signs of dehydration

PROTECTED LEARNING TIME:

Please note that the surgery will be closed for protected learning time on Wednesday, 11th September 2019 from 1.00 p.m. onwards.

PATIENT PARTICIPATION GROUP UPDATE:

Social Prescribing:-

As you may know, a number of our PPG volunteers have undertaken training to help at the Surgery as Social Prescribers.

So, what is social prescribing?

According to the Social Prescribing Network, it is ‘a means of enabling GPs and other frontline healthcare professionals to refer patients to a link worker-to provide them with a face to face conversation during which they can learn about the possibilities and design their own personalised solutions-i.e. ‘co-produce’ their ‘social prescription’-so that people with social, emotional or practical needs are empowered to find solutions which will improve their health and wellbeing, often using services provided by the voluntary and community sector. It is an innovative and growing movement, with the potential to reduce the financial burden on the NHS and particularly on primary care.’

That’s a rather lengthy way of saying that, with ever increasing demands on GPs and nurses etc, social prescribers help ease their burden by helping those people who’ve gone to the doctors for help but whose needs are not, primarily at least, of a medical nature.

You can find out more here: <https://www.england.nhs.uk/personalisedcare/social-prescribing/>

Mathew Hulbert, Vice Chair, Heath Lane Surgery PPG.

Summer Sun:-

It’s that time of year again when we all, or most of us at least, hope for a Summer of Sun; but it can present a number of issues for people if sensible precautions aren’t taken to remain dehydrated and prevent overheating and exhaustion.

The NHS has a number of suggestions for how to stay well this Summer, including checking weather bulletins on TV and radio and being prepared for what a day is set to hold, staying out of the sun, having regular showers and baths and so on.

Read the advice here: <https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/>

On behalf of your PPG, may I wish you a healthy and happy Summer.

Enjoy it!

Mathew Hulbert