

Selsey Medical Practice Newsletter

The latest news and information
from your local surgery

Summer 2018



Pledge to use NHS services Wisely

As we celebrate 70 years of our wonderful NHS here are some things that we can all do for ourselves and for one another to help the NHS work effectively, and to make sure resources are used responsibly.

Did you know that...

- More than 12 million GP appointments are missed every year, costing in excess of £500 million
- Almost 8 million hospital appointments are missed every year, costing nearly £1 billion
- More than 9 million people were sent home from A&E in 2016/17 with just advice which they could have got from a pharmacist or by calling 111.

Take the pledge for the NHS today! You can pledge to use NHS services responsibly by making a commitment and sharing it on Facebook and Twitter. Why not give the NHS a special birthday present in its 70th year? Make your pledge and encourage friends and family to sign up too! Here are some example pledges:

- I will attend all my NHS appointments and call NHS 111 when I need medical help fast but it's not life threatening.
- I will visit my local pharmacist for advice on minor health concerns and sign up for GP online services at my practice. #NHS70 #NHS70pledge
- I will become more active, such as going for a brisk walk for 10 continuous minutes a day.
- I will eat more healthily, such as adding more fruit and vegetables to my diet and reducing sugar.
- I will not regularly exceed 14 units of alcohol a week. #NHS70 #NHS70pledge

Online Access - www.selseymedicalpractice.co.uk

Online access is a great service available for our patients who have internet access.

This is a fantastic way of booking doctor's appointments from the comfort of your own home without queuing on the phone.

We endeavour to make appointments available same day, 7 days, 14 days and 4 weeks in advance, with a variety of doctors and for different times of the day.

There are lots of benefits to having online access. You can order your repeat medication and you can also view test results such as blood & swabs results with ease.

You can view your summary care record online, with an option of viewing your detailed coded record at your request and with the agreement with the doctor.

We also have trained members of staff to help patients with any difficulties using this system.



Help us support the NHS – by buying your own over the counter medications



NHS England says “reducing prescribing of over the counter medicines for minor, short term health concerns could save the NHS £136 million a year, and encourage more people to self-care.”

Did you know that in 2016 the NHS spent over £70 million on prescriptions for paracetamol? Each prescription for paracetamol costs the NHS around £3.25, but you can buy the same paracetamol for as little as 16p at your local supermarket. The NHS also spends £4.5 million on antidandruff shampoos, £7.5 million on indigestion remedies, and many millions more on other “over the counter products” every year.

If we can start paying for our own over the counter medications, we’ll save the NHS many millions of pounds that can be invested in A&E services, hospitals, mental health services, and other areas in real need of better funding.

Patient Participation Group



Over the last few months our patient group have helped us to develop our latest survey and then they gave up their time to be in the surgery to encourage patients to participate.

Because of their input we had almost 400 surveys completed. We are closing the survey on 30th July and in August we will meet with the group to discuss any actions as a result of your feedback. We will publish information about the survey in our next newsletter.

Selsey Medical Practice Patient Group are organising 2 Autumn evening talks which will be open to all our patients. Please make a note in your diary to keep the evening free and we will publish more information closer to the dates.

Thursday 20th September – Eye Health
Wednesday 14th November – Diabetes

You can join the patient group via the website or by picking up a leaflet from the surgery.

Practice Website

Our website contains a wide variety of information about the surgery and also a number of links for other services and for self-help.

You can visit our website at: www.selseymedicalpractice.co.uk

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Friends of Selsey Medical Centre



With the help of our patients, the Friends provide equipment and facilities that make life so much easier for our patients. This equipment often saves the trek to St. Richards Hospital for tests and minor procedures.

Since the last newsletter Friends have purchased a dermatoscope for the surgery which be used by clinicians who have had the appropriate training in dermoscopy for examining the appearance of the skin – ordinary skin as well as moles – to diagnose skin problems.

Dermoscopy can be helpful in all forms of skin diagnosis, but it is particularly helpful for the diagnosis of skin cancer.

Community Referrers

In July we start hosting a new Community referrer service one day a week in the practice. This is a joint service provided by West Sussex County Council and Chichester Association of Medical Practices with the aim of providing our patients with a service to help them manage their non-medical needs.

The community referrer working with us is Peter Smith, Peter will be holding clinics here on a Thursday and will assist patients with anything from help with finances, housing or accessing additional help at home.

The practice already works closely with local community groups and Peter will link in with what is already provided locally to assist our patients in accessing the help they need.

Changes to the Flu Vaccinations for 2018/2019

Although it seems like a long way off we wanted to start to give you some information about this year's flu vaccinations well in advance as there are a few differences this year.

We will be putting on clinics as early as we are able to (dependant on when we receive our stock of vaccines) and will be trying to make it as easy as possible for you to have your vaccination at the surgery.

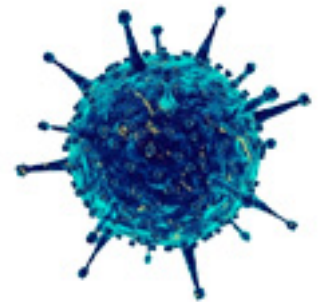
The doctors at the Surgery would like to invite you to attend for a flu vaccination this Autumn. We have reserved a dose for all those who are eligible (see spotlight on flu below) and we will be able to get a refund on the cost of the vaccine if we vaccinate you in general practice. Further more, receiving your vaccine at the surgery will ensure your medical record is immediately up-to-date. If you are due to see your GP or nurse in September or October, please ask them for your flu vaccine at that appointment.

Saturday 22nd September 2018 morning flu clinic.

Make your appointment now or just pop in.

We also have various other flu clinics available to book now, please ask at reception.

Please note we usually get 100% of all our flu vaccines in September but this year, every GP surgery is subject to a nationally decided delivery schedule, hence the slight delay in releasing our clinic dates.



Spotlight on Flu

What is Flu?

Flu (influenza) can be an unpleasant illness caused by a virus. In otherwise healthy people it usually clears up by itself within a week. However, the symptoms can be more severe in people who are particularly vulnerable to the flu virus, including: young children, adults aged 65 and over, pregnant women, and people with long-term medical conditions or weakened immune systems. If you are one of these people, the NHS recommends that you are given a flu vaccine every year. To find out more about how vaccines work, visit: www.nhs.uk

How does the flu vaccine work?

The flu vaccine introduces small, inactive fragments of the virus to your immune system. These fragments won't make you sick, but they help your body learn to identify the flu virus, meaning it can produce a strong defence in case of an actual attack from the flu. Vaccination is our best defence against the flu, which can be a severe and unpredictable illness for some people. Remember, flu is a virus so antibiotics won't help to get rid of it.

Fluad® - a new flu vaccine for over 65s

This year we have ordered a new vaccine for our patients over 65 which has been recommended for use by Public Health England.

Fluad® is a new flu vaccine to the UK (it is used in other countries), it provides protection against three strains of flu for the 2018/2019 flu season. Fluad® also contains an extra immune-boosting ingredient derived from a natural oil. This ingredient enhances your immune system's ability to recognise the flu virus so that it can produce an even stronger defence. The enhanced protection provided by Fluad® is approved for patients aged 65 and over, as they may be at higher risk of complications from the flu.

Extended Access - Minor Illness and Minor Injury (MIAMI) Clinics

In October 2018 MIAMI clinics will be held Monday – Friday and at weekends at one practice locally as part of the Government's initiative for 8 till 8, 7 day access. The details for this are currently being finalised, look out for more in our next newsletter. There will be more appointments available to our patients, you may have to travel to Chichester to access them.



Summer Time Health Advice

Heat Wave Advice

Most of us welcome hot weather, but when it's too hot for too long there are health risks. As we are experiencing a heatwave this summer, make sure the hot weather doesn't harm you or anyone you know.

Who is most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- older people, especially those over 75
- babies and young children
- people with a serious chronic condition, especially heart or breathing problems
- people with mobility problems – e.g. people with Parkinson's disease or who have had a stroke
- people with serious mental health problems
- people on certain medications, including those that affect sweating and temperature control
- people who misuse alcohol or drugs
- people who are physically active – for example, labourers or those doing sports

Tips for coping in hot weather

1. Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.
2. Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
3. Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).
4. Have cool baths or showers, and splash yourself with cool water.
5. Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
6. Identify the coolest room in the house so you know where to go to keep cool.
7. Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
8. Check up on friends, relatives and neighbours who may be less able to look after themselves.

Sun Protection

Although sunny days make for beautiful weather, it's important to protect ourselves from sun exposure while enjoying the outdoors. Sunlight contains harmful UV radiation which can cause sunburn and eye irritation. In the long term, exposure to the sun's UV rays increases the chances of developing skin cancers, as well as premature ageing of the skin.



Five tips for sun safety

1. Always wear high factor sunscreen (at least SPF30) during the day.
2. Wear protective clothing to reduce the amount of skin exposed to the sun.
3. Seek the shade and especially avoid the sun between 11AM and 3PM, when it is strongest.
4. Wear UV protective sunglasses outside.
5. Take extra care to ensure that babies and young children are protected from the sun.

Sunburn

Sunburn is caused by exposure to UV radiation from the sun – it can be very painful. If you get burnt in the sun, make sure to find shade as soon as possible:

- Having a cold shower or bath can help to cool down the skin.
- Use aloe vera lotion to soothe the burnt area.
- Over the counter painkillers such as paracetamol may also be useful.
- Take extra care to protect the affected area from the sun until it has fully healed.

Though a light tan is often associated with a healthy, 'sun-kissed' glow, bear in mind that tanning is the skin's attempt to protect itself, meaning that any amount of tanning indicates that the skin has been damaged.

Hay Fever

Hay fever is an allergic reaction to pollen – a fine powder released into the air by plants and trees. Hay fever is most prevalent during the warmer months when the amount of pollen in the air is highest.

The symptoms of hay fever often include: sneezing and coughing, runny or blocked nose, itchy / red eyes, itchy ears, nose, mouth and throat and headaches.

If you suffer from hay fever, try to avoid activities that bring you into contact with pollen, such as: cutting the grass; keeping cut flowers indoors; drying your laundry outside; allowing animals inside the house as they may bring pollen in with them. You should also avoid smoking and second-hand smoke as this can make your symptoms worse.



You can use techniques to reduce your symptoms, such as: applying Vaseline inside the nostrils to catch pollen; wearing wrap-around sunglasses to stop pollen getting in your eyes; showering and changing clothes after spending time outside; and vacuuming and damp dusting regularly.

You may also benefit from eye drops and nasal sprays. Antihistamine medications such as Cetirizine and Loratadine are available as tablets, and all these can be purchased over the counter without a prescription at most pharmacies and supermarkets.

Using this advice, you can treat hay fever yourself, and you shouldn't need to see a doctor in most cases.

For more information about how you can treat hay fever, visit: www.nhs.uk/

Travel Vaccinations



Are you travelling abroad this summer? Some parts of the world are more prone to certain serious diseases than others.

Depending on where you are travelling, you may need to be vaccinated. You may also need to take preventative measures if you are travelling to a region where malaria is present.

At Selsey Medical Practice we provide a variety of travel vaccinations for adults and children:

- Hepatitis A
- Typhoid
- MMR
- Malaria - Advice on malaria prevention, and prescriptions for malaria prevention tablets for adults and children are available
- MMR and tetanus - We can also provide these vaccines if you are unsure about your vaccination status for these illnesses.

We can also direct you to other services for more specialised vaccinations such as:

- Japanese Encephalitis
- Rabies, and
- Yellow Fever

To find out which travel vaccinations you might need, visit: <https://travelhealthpro.org.uk/countries>

If you think you need travel vaccinations, make sure to make an appointment as soon as possible to allow for appointment waiting times and because some vaccinations take up to two weeks to have their full effect.

About the MMR Vaccine

MMR vaccine is a combined vaccine providing protection against three illnesses: measles, mumps, and rubella.

Without vaccination, these illnesses may lead to serious complications which can even be fatal. In pregnant women, these illnesses can lead to serious birth defects in the unborn child, or miscarriage.

The full course of MMR vaccine is given in two doses. According to the routine vaccination schedule, babies should receive the first dose within a month of their first birthday. The second dose is usually given at around 3 years and 4 months of age (just before starting school).

Children and adults who have missed all or part of their MMR vaccine course should make an appointment to receive a catch-up vaccination – provided by the NHS

If in doubt, make an appointment and get the vaccine. If you can't remember whether you've had it, there's no harm in receiving more than one course of the MMR vaccine.

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Take extra care to ensure you're vaccinated with MMR if you are travelling abroad, as these illnesses may be more common in other countries.

Spotlight on Measles

Measles Outbreak

Confirmed cases of measles have increased 5 times in 2018 compared with 2017. Public Health England has now declared a national measles incident.

There have been 781 confirmed cases of measles in the UK since the beginning of the year.

Measles is an extremely contagious virus that may lead to serious, potentially fatal complications such as pneumonia and encephalitis (infection of the brain).

It is thought that the current outbreak may be related to some parents choosing not to vaccinate their children in the early 2000s because of fears that the vaccine may be linked to autism. The study that made this link has since been discredited; the doctor who orchestrated the study has been struck off the medical register for unethical behaviour and fraud.

The children who did not receive the vaccine during this time (who are now reaching young-adulthood) are vulnerable to infection with the measles.

It is important that everyone gets the MMR vaccine to receive protection against the measles. Any adult or child that has not received the full vaccination course should contact their GP to catch up.

If you suspect that you or your child has not received the MMR vaccine, make an appointment at Selsey Medical Practice to get vaccinated as soon as possible.

Measles Initial Symptoms

The initial symptoms of measles develop around 10 days after you're infected. The initial symptoms of measles can include:

- a runny or blocked nose
- sneezing
- watery eyes
- swollen eyelids
- sore, red eyes that may be sensitive to light
- a high temperature (fever), which may reach around 40C (104F)
- small greyish-white spots in the mouth
- aches and pains
- a cough
- loss of appetite
- tiredness, irritability and a general lack of energy

A few days later, a red-brown blotchy rash will appear. This usually starts on the head or upper neck, before spreading outwards to the rest of the body.

If you want to find out more about measles and the symptoms you can visit:

www.nhs.uk/conditions/measles



The measles rash appears around 2 to 4 days after the initial symptoms and normally fades after about a week.

Staffing Update

Since the last Newsletter we have welcomed three new members of staff to our team: Dr Jill Adams has joined our team of dedicated GPs, Katy Grown has joined our reception team; Deborah Lack is our new medical secretary.

Goodbye Di

In May this year we said goodbye to Di Kelleher who had worked at the practice for 30 years. Di retired from her role as medical secretary although she had previously been a practice manager – in fact Di practically built the medical centre in 2001 (not literally of course) which you all use today. Di will be greatly missed, but we all agree that she should now be enjoying her retirement!

“Focus on...”

Our new GP, Dr Jill Adams.

“I am very pleased to have had the opportunity to join the team here at Selsey Medical Centre. I have actually lived in the area for some time but been working elsewhere in West Sussex.”



“I have had a varied career in General Practice having GP- trained and worked in Cumbria for a few years before spending time as a clinical academic at the medical school at Birmingham University. I then worked in Surrey before moving to West Sussex. I am involved in GP education in the locality and have an interest in medical ethics. In my spare time I enjoy the outdoors and may be seen puffing around Medmerry and swimming in the sea.”

Self Care

Self-care means keeping fit and healthy, as well as knowing how to take medicines, treat minor ailments and seek help when you need it. If you have a long term condition, self-care is about understanding that condition and how to live with it.

Most people are very capable of looking after themselves most of the time, self-treating when it's safe and knowing where and when to seek help when they need it. However, there are still 3.7 million visits to A&E every year for self-treatable conditions which puts the NHS under avoidable strain – and 25% of GP appointments in our area are for illnesses that could be treated at home.

Pharmacists can provide advice and over the counter medication and there's also a wealth of information on websites such as the www.selfcareforum.org website or by calling NHS 111 by dialling 111 on your phone. A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.



This could include treatment for the following:

- Minor aches and pains
- Minor sprains, sports injuries, grazed knee and scars
- Coughs, colds, blocked noses, fevers and sore throat
- Hangover
- Athlete's foot
- Constipation, diarrhoea and haemorrhoids (piles)
- Dry skin
- Hayfever and allergies)
- Headlice (wet combing is recommended)
- Indigestion remedies (for occasional use)
- Mild acne and eczema
- Skin rashes
- Travel medicines
- First aid

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