

PRACTICE NEWSLETTER

Bradford on Avon & Melksham Health Partnership
Newsletter | April 2016 | Edition 39



Patient Participation Group (PPG)

All meetings are held at The Health Centre, Bradford on Avon, at 7pm.

All patients are welcome to attend.

Tuesday 14th June 2016
Osteoporosis speaker

Tuesday 20th September
2016 Annual General
Meeting Ambulance Service
speaker

Tuesday 6th December
2016 Indigestion & Acid
Reflux speaker

Surgery News

The Surgery would like to welcome three new doctors to the Practice:

Dr Josie Hindle who will be with us until Tuesday 2nd August 2016.

Dr Emma Conway O'Brien who will also be with us until Tuesday 2nd August 2016.

Dr Luisa Morate will be with us for 3- 6 months on a GP placement (originally from Spain, now living in the UK).

Help us to help you: The Home Treatment Guide

The Doctors of the Practice have formulated some wording to help you manage some of your conditions at home. The information provided below gives some examples of advice that are contained on our website – www.boamhp.co.uk – where you will also find information about useful medicines and dressings that are worth stocking at home in readiness for minor illnesses.

It is estimated that every year 50 million visits to the GP are made for minor ailments. By self-managing a lot of these common minor illnesses, the Doctors will have more time to focus on the frail and seriously ill patients and could save you time and trouble.

COUGHS

The best treatments are steam inhalations and a linctus.



When to see the doctor

- If coughing produces constant green or brown phlegm – which may mean that the lower air passages are infected.
- If breathing is accompanied by a pain in the chest or shortness of breath.
- If coughing produces blood.

CYSTITIS

Bladder infections are very common. A stinging burning feeling on passing urine, passing urine more frequently and an urge to pass urine with nothing to pass. Some experience lower abdominal pain, back pain, a high temperature and blood in the urine. Increasing fluids and sachets of System from the pharmacy can relieve symptoms. Contact the surgery if you experience severe or persistent symptoms where antibiotics may be given. Sometimes we might want to send a urine sample to the lab, please bring a specimen to the surgery

EARACHE

Often accompanies a cold especially in children. Most (95%) will not last more than 3 days and settle without antibiotics. They need ibuprofen or Paracetamol to decrease the pain and reduce a high temperature. If the ear has discharge please contact the surgery, where an antibiotic will often be given.

SORE THROAT

Most sore throats are caused by a viral infection which antibiotics cannot cure. With simple treatment the patient normally gets better in 7 days. Throat lozenges, Paracetamol, salt water gargles and steam inhalations may help.

Young children should be given Paracetamol or Ibuprofen for pain and/or temperature.

Note: Do not give aspirin to any child under the age of 16.

Tick Awareness Month May

Look out for our display
boards in the waiting areas

Ticks are tiny blood-sucking arthropods that resemble small spiders or mites. The species *Ixodes ricinus*, often known as the deer or sheep tick, is the one most often found on humans. The larvae only have six legs, but the nymphs and adults have eight legs.

How should I remove a tick?

Public Health England recommends using fine-tipped tweezers or a tick removal tool - available from a pet supply shop or vets surgery - as the only safe way to remove a tick. To use one of these:

Grasp the tick with the tweezers or a tick-removal tool as close to the skin as you can, then slowly and firmly pull upwards until the tick releases your skin; any mouthparts left in the skin can lead to an infection. Do not crush or squeeze the tick's body, as this may prompt the tick to regurgitate saliva into the bite wound and spread infection.

After removing the tick, wash your hands and the affected area with soap and water, then treat the bite area with an antiseptic cream/lotion.



Practice wins National Friends and Family Test competition 2016



The Friends and Family Test asks the question: "How likely are you to recommend this Practice to your friends and family?"

The Partnership claimed the title of Best Friends and Family Initiative in Primary Care at a ceremony in Leeds on March 17.

Michelle Coleman, General Manager said: "We are absolutely delighted to win this award. We believe in putting our patients at the heart of everything we do. We are committed to not only listening but responding to the needs of our patients. We have a variety of ways people can contact us, from online surveys and feedback boxes in the surgery to discussions with our Patient Participation Group".

"We are really pleased to have been recognised for our proactive approach to patient involvement and our dedicated Friends and Family team will continue to make positive changes to improve the experience of our 21,300 patients."

April – Bowel Cancer Awareness Month

Bowel cancer is a general term for cancer that begins in the large bowel. Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer.

Cancer can sometimes start in the small bowel (small intestine), but small bowel cancer is much rarer than large bowel cancer.

The symptoms of bowel (colorectal) cancer can be:

- Bleeding from your bottom and/or blood in your poo
- A change in bowel habit lasting for 3 weeks or more especially to looser or runny poo
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

You might experience one, some, all of the above or no symptoms at all. Remember most symptoms will not be bowel cancer.

If you are worried about any symptoms that you think might be caused by bowel cancer, make an appointment with your doctor.