



THE PPG - SURGERY NEWS SHEET

Surgery News

Our practice is now part of the Greater Wealden Primary Care Network which, together with Heathfield, Newick, The Meads, Bird-in-Eye and Herstmonceux surgeries, represents over 55,000 patients. Primary Care Networks will potentially benefit patients by offering improved access and extending the range of services available to them, helping to integrate primary care with wider health and community services. It aims to support recruitment of new staff to deliver health services across the PCN. This expansion of practitioners will cover Clinical Pharmacists, Social Prescribing Link Workers, Physiotherapists, Paramedics and Physician Associates to help support the current national problems with the recruitment of GPs and nurses.

We have 2 new GP Registrars who started in August:

Dr Jessica Drake - will be with us for 4 months.

Dr Rosie Goodacre - will be with us for 12 months.

On a Monday a Registrar will work at Manor Oak Surgery alongside Dr Wright.

Our practice staff are here to help you.

Our aim is to be as polite and helpful as possible to all patients.

If you consider that you have been treated unfairly or inappropriately, please ask the reception staff to contact the Reception Manager who will be happy to address your concerns.

However, shouting and swearing at Practice staff will not be tolerated under any circumstances and patients who are abusive may be removed from the patient list.

PLEASE HELP US TO HELP YOU. *THANK YOU*



Ring in for results?

If you have to ring for results, please call **after 10.30am.**

The telephone lines are busy with patients making appointments in the early morning. Your call may be answered more quickly if you leave it until later.





It is time to think about booking your FLU JAB

DON'T LET FLU GET YOU
It's time to book your flu vaccination.

**FLU CLINICS at BUXTED are on:
SAT 28th SEPT. & SAT 12th OCT. 8am – 1pm**



There will be several afternoon Flu clinics at EAST HOATHLY during Sept. & Oct. in addition to evening clinics at BUXTED from mid Sept. 6.30 – 8pm.

MANOR OAK SURGERY Flu clinic will be Saturday on 5th OCT. 9am - 12.30pm.
Ask at Reception to book an appointment.

DON'T LET FLU GET YOU

You are eligible to receive a free annual flu vaccination if you:

- * Are 65 years old or over
- * Are pregnant
- * Have certain medical conditions including diabetes, heart, kidney or liver disease, asthma or weakened immune system
- * Are living in a long-stay residential care home
- * Are a child age six months to three years at risk of flu
- * Receive a carer's allowance, or you are the main carer for an elderly or disabled person

Don't forget to pop in and take a look at the current Awareness Display.

You don't need an appointment to come in and see what is there.

September & October is: **DIABETES**, where you will find lots of useful information to help you recognise or live with Diabetes.

November & December will be **ALL ABOUT ARTHRITIS**

email us at: behppg@live.com





Diarrhoea and vomiting

Diarrhoea and vomiting are common in adults, children and babies. They're often caused by a stomach bug and should stop in a few days. The advice is the same if you have diarrhoea and vomiting together or separately.

DO NOT COME INTO THE SURGERY AND SPREAD INFECTION

How to treat diarrhoea and vomiting yourself

You can usually treat yourself or your child at home. The most important thing is to have lots of fluids to avoid dehydration.

Do

- stay at home and get plenty of rest
- drink lots of fluids, such as water or squash - take small sips if you feel sick
- carry on breast or bottle feeding your baby - if they're being sick, try giving small feeds more often than usual
- give babies on formula or solid foods small sips of water between feeds
- eat when you feel able to - you don't need to eat or avoid any specific foods
- take paracetamol if you're in discomfort - check the leaflet before giving it to your child

Don't

- do not have fruit juice or fizzy drinks - they can make diarrhoea worse
- do not make baby formula weaker - use it at its usual strength
- do not give children under 12 medicine to stop diarrhoea
- do not give aspirin to children under 16

How long diarrhoea and vomiting last?

In adults and children:

- diarrhoea usually stops within 5 to 7 days
- vomiting usually stops in 1 or 2 days

Diarrhoea and vomiting can spread easily

Important

Stay off school or work until you have not been sick or had diarrhoea for at least 2 days.



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To help avoid spreading an infection:

Do

- wash your hands with soap and water frequently
- wash any clothing or bedding that has poo or vomit on it separately on a hot wash
- clean toilet seats, flush handles, taps, surfaces and door handles every day

Don't

- do not prepare food for other people, if possible
- do not share towels, flannels, cutlery or utensils
- do not use a swimming pool until 2 weeks after the symptoms stop

A pharmacist can help if:

- you or your child (over 5 years) have signs of dehydration - such as dark, smelly pee or peeing less than usual
- you need to stop diarrhoea for a few hours
- They may recommend:
- oral rehydration sachets you mix with water to make a drink
- medicine to stop diarrhoea for a few hours (like loperamide) - not suitable for children under 12

Have you & your family had the MMR vaccinations?

MMR is a safe and effective combined vaccine that protects against 3 separate illnesses - measles, mumps and rubella (German measles) - in a single injection. The full course of MMR vaccination requires 2 doses.

Measles, mumps and rubella are highly infectious conditions that can have serious, potentially fatal complications, including meningitis, swelling of the brain (encephalitis) and deafness. They can also lead to complications in pregnancy that affect the unborn baby, and can lead to miscarriage.

Since the MMR vaccine was introduced in 1988, it's rare for children in the UK to develop these serious conditions, but outbreaks happen and there have been cases of measles in recent years, so it's important to make sure that you and your children are up-to-date with the MMR vaccination.

Ask at reception for an appointment for vaccinations.

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