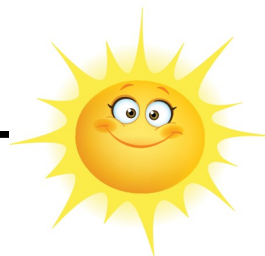


Summer 2016



MELTHAM NEWSLETTER

ROAD SURGERY

ON-LINE ACCESS

Patients can now order medication and make appointments on-line. Please ask for details at re-

PPG—Patient Participation Group

The NHS Friends and Family Test

We would like you to think about your recent experience of our service. How likely are you to recommend our GP practice to friends and family if they needed similar care or treatment? Please fill out the simple questionnaire available

EPS— Electronic Prescription Service will be introduced in our practice from 13th September. Please see the Pharmacy of your choice for further details.

The Care Quality Commission (CQC) is in the process of inspecting our services.

CQC is the independent regulator of all health and care services in England. As part of our inspection we want to know what you think about the care you have received from our service.

Please tell us about your experience of care by completing a comment card-available from reception.

Your feedback will be treated confidentially.

Are you interested in finding out how to get involved in your practice?

We run a Patient Participation Group and are looking for patients from all age groups, social and cultural backgrounds to join us.

If you would like more information about the group, please ask one of the receptionists,

Telephone Interpreting Service - With our telephone interpreting solution we can assist any patient with limited English skills. Please advise the receptionist on booking your appointment if you need an interpreter.

from reception.

Carers Count

We value



Do you look after someone who needs your time and support due to disability or illness?

Meltham Road Surgery keep a register of patients who, without payment, provide help and support to a family member, friend or neighbour who cannot manage on their own due to physical or mental illness, disability, substance misuse or frailty brought on by old age. People who care for someone in these circumstances, without pay, are considered to be 'carers'.

Although caring for someone can be very rewarding, it can sometimes be tiring and stressful, or make it harder to look after your own health and well-being. It's also been our experience that many carers miss out on benefits and services that could make life easier for them - often because they don't see themselves as a carer or are not aware they could be entitled to support. For this reason, we would like to make a note on your records that you are a carer and with your permission refer you to Carers Count for a carers assessment and for further information.

HAYFEVER

Hay fever is a common allergic condition that affects up to one in five people at some point in their life.

Symptoms of hay fever include:

- sneezing
- a runny nose
- itchy eyes

Hay fever treatment

There's currently no cure for hay fever, but most people are able to relieve symptoms with treatment, at least to a certain extent.

The most effective way to control hay fever would be to avoid exposure to pollen. However, it's very difficult to avoid pollen, particularly during the summer months when you want to spend more time outdoors.



Self-help tips

It's sometimes possible to prevent the symptoms of hay fever by taking some basic precautions, such as:

- wearing wraparound sunglasses to stop pollen getting in your eyes when you're outdoors
- taking a shower and changing your clothes after being outdoors to remove the pollen on your body
- staying indoors when the pollen count is high (over 50 grains per cubic metre of air)
- applying a small amount of Vaseline (petroleum gel) to the nasal openings to trap pollen grains.

HEAD LICE

Head lice can be difficult to spot, even when the head is closely inspected. They're very small whitish or grey-brown insects that range from the size of a pinhead to the size of a sesame seed.

How to get rid of head lice and nits

Treatments to get rid of head lice are available to buy from pharmacies, supermarkets and online. You don't usually need to see your GP.

The main treatments are:

- lotions or sprays that kill head lice - these can be very effective, but some aren't suitable for pregnant or breastfeeding women, or for children under two

removing head lice with a specially designed comb - this is suitable for everyone and relatively inexpensive, but needs to be repeated several times and can take a long time to do thoroughly.



CHICKEN POX

Chickenpox is a mild and common childhood illness that most children catch at some point.

It causes a rash of red, itchy spots that turn into fluid-filled blisters. They then crust over to form scabs, which eventually drop off.

Some children have only a few spots, but other children can have spots that cover their entire body. These are most likely to appear on the face, ears and

scalp, under the arms, on the chest and belly, and on the arms and legs.

To prevent spreading the infection, keep children off nursery or school until all their spots have crusted over.

Chickenpox is infectious from one to two days before the rash starts, until all the blisters have crusted over (usually five to six days after the start of the rash).

There is no specific treatment for chickenpox, but there are pharmacy remedies that can alleviate symptoms. These include paracetamol to relieve fever, and calamine lotion and cooling gels to ease itching.

