

# Staunton & Corse Surgery

## Patient Group Newsletter

[www.stauntonsurgery.co.uk](http://www.stauntonsurgery.co.uk)

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### Surgery News

#### **Dr Emily Boait**

We are very pleased to welcome our new GP, Dr Emily Boait, to the practice. Dr Boait will be working in the practice on Wednesday and Friday each week. She comes to the practice with particular interests in mental health, sexual health and contraception.

#### **Flu Vaccinations**

We still have some influenza vaccines available for eligible patients. Please contact the surgery on 01452 840228 (option 1) if you would like to book an appointment for this vaccination.

**Eligible for Vaccination:** Aged 65 years and over, registered carers, pregnant ladies, patients with Chronic Respiratory Disease, Heart Disease, Renal Disease, Diabetes or Immuno-Suppression. If you are unsure if you are entitled to receive the vaccination please call us on 01452 840228 to check and we will be happy to help you.

#### **Clinical Pharmacist**

Patients taking four or more medicines each day may have their medication reviewed by our clinical pharmacist. Please contact us if you would like to arrange an appointment to see the pharmacist and bring all your tablets with you (including any medicines you purchase over the counter) when you attend for your appointment.

#### **Glos ASAP**

Patients searching for general health advice can obtain this from the health information page on our website <http://www.stauntonsurgery.co.uk/health-information/> or from the Advice ASAP website <http://www.asapglos.nhs.uk/> provided by Gloucestershire NHS. We do stress that these links are for general advice only and any concerns about your health should be reviewed by a nurse or doctor at the practice.



### Winter Health News

I could never understand why my Nan used to say 'let's have some cold weather to kill of the germs' when all we seem to get in the winter are colds, coughs and flu, it just did not make any sense. Well apparently some viruses can survive cold weather and actually seem to be preserved by low temperatures.

So with all these winter bugs around it's no wonder that the pressures on the NHS are so much worse at this time of the year. And as we all know its no use seeing the Doctor for these types of infections. We can help ourselves by taking simple measures to treat these common ailments, but also, did you know that you can access on line information regarding general health

(continued)

topics on '[NHS Choices](#)' and get information from A to Z on various ailments, ('Acid reflux to Zika virus'), also there is a helpful phone APP called [ADVICEAPP](#) which will help you get advice regarding illness or injury and find out how to access local services such as Health Access Centres, Community Minor Illness Units, service locations and waiting times.

Also, local Pharmacists are experts on medicines and how they may help you manage minor ailments. Some also provide a service for patients who are exempt from prescriptions charges so that they will not be required to pay for certain items supplied by the chemist e.g. indigestion medication, pain relief, allergy treatments and remedies for diarrhoea and vomiting. You can see the pharmacist without an appointment, so it's a good place to go for help and advice without a long wait!

I am hoping that you keep well and warm throughout the winter

**Maggie Etheridge Practice Nurse**

## **Defibrillators for Cardiac Arrest**

### **What is a Cardiac Arrest?**

A cardiac arrest happens when your heart stops pumping blood around your body.

If someone has suddenly collapsed, is not breathing normally and is unresponsive, they are in cardiac arrest.

If the casualty is not breathing normally, or if you are in any doubt start CPR immediately

**\*\*There is no time to lose. Even if you are untrained your actions can help\*\***

### **Dial 999**

Call for help, send a helper to dial 999, or phone for emergency help yourself

Send someone to get a defibrillator if available. The Emergency Services will talk to them and explain how to access the equipment and bring this to the patient to use this whilst you wait for the Emergency Services.

They will also explain how you can start cardiac resuscitation (CPR) whilst you are waiting for the defibrillator.

### **What is CPR?**

CPR stands for cardiopulmonary resuscitation. It's a lifesaving medical procedure which is given to someone who is in cardiac arrest. It helps to pump blood around the person's body when their heart can't.



To carry out CPR a person presses up and down on the casualty's chest (**chest compressions**) and gives them a series of rescue breaths

### **What is a defibrillator?**

A defibrillator or AED (Automated external defibrillator) is a device that gives a high energy electric shock to the heart through the chest wall to someone who is in cardiac arrest. (continued)

Even the fastest paramedics could take eight to 12 minutes to get to a patient after he or she collapses.

Quick access to a defibrillator by an engaged bystander could increase the odds of survival from about 5% to 40% and higher.

**\*\*You shouldn't be afraid of using a defibrillator if someone has had a cardiac arrest\*\***

### Local Defibrillators – where are they located?

Parish	Location of Defibrillator	Postcode
Ashleworth	Ashleworth Post Office	GL19 4JG
Corse	Sports Pavilion	GL19 3RQ
Forthampton	Former Telephone Box	GL19 4QF
Hartpury	Hartpury Village Hall	GL19 3BJ
Redmarley	Redmarley Village Hall	GL19 3HS
	Hyde Park Corner Telephone Kiosk	GL19 3JR
	Lowbands Telephone Kiosk	GL19 3NF
	The Rose & Crown	GL19 3NB
	Little Brangwells	GL19 3JQ
Staunton	Two Rivers Community Housing, Johnstone Close	GL19 3RR

## Physical Activity and Cancer

Many people affected by cancer want to make positive changes to their lives, taking small steps to a healthier lifestyle can have a big part in this.

When you are living with or after cancer, being physically active can help reduce the risk of reoccurrence and increase survival. It also helps reduce the risk of developing other health problems, such as heart disease, stroke and diabetes. It helps reduce tiredness, reduces anxiety and depression, strengthens muscles, joints and bones, increases confidence and improves your quality of life.



If you know you are going to have treatment your doctor may encourage you to start some physical activity before your operation, this will help with your recovery. During treatment your family & friends may advise you to take it easy, but you will feel more tired and lose muscle strength and stamina. It's best to avoid lying or sitting for long periods of time, it's also advisable to have walks in the day to reduce the risk of blood clots which are more common after surgery.

After treatment, being physically active can help you recover from side effects. Activities where you support your own body weight will help keep bones strong. These are called weight-bearing exercises; they include walking, dancing and resistance training. These exercises can be done with hand weights, machines or elastic bands. Even lifting cans of food and bottles of water help to improve muscles, bones and joints. Simple resistant exercises can include 'sit – stand' 'going up and down stairs' 'calf raises' and press ups against a wall. (continued)

There are a lot that can be done sitting down if you are unable to stand. Yoga, Tai Chi, Pilates and body balance are good for flexibility, these help to improve balance & strength. They also relax you and reduce stress.

Different people have different feelings and emotions – fear, uncertainty, anxiety, isolation and depression. Research has shown that being physically active not only aids recovery, it also helps to improve your mood and confidence.

If you have a skin reaction or redness due to radiotherapy, wear loose clothing when exercising; avoid swimming, as the chemicals can irritate skin.

If you have had chemotherapy it lowers the number of white blood cells and you are more at risk of getting an infection. You may be advised to avoid public places like gyms and swimming pools until your cells are back to a normal level.

Which activities are best for you depends on the type of cancer you have, if you're unsure, get advice from a cancer exercise specialist, doctor or physiotherapist. Choose an activity that you enjoy and set some realistic goals. Over time you will be able to increase the amount you do. The recommended goal is 150 minutes of moderate-intensity activity a week. It might take some time to build up to this figure, depending on your physical ability.

Prepared by: Jane Rose.ex. PPG Member. Staunton and Corse PPG.

### **Useful information.**

Visit the Patient Group pages to read our mission statement, our achievements in 2017 and aims for 2018 and access the meetings Minutes. ***If you feel you could contribute to the PPG as a patient or carer we are keen to accept new members – please email [sandc.ppg@nhs.net](mailto:sandc.ppg@nhs.net) or contact Sue Knox on 01452 700882***

#### **Your Patient Group Representatives**

Sue Knox (Chair)	Hartpury
Norman Davis	Corse
John Leask	Tirley
Malcolm Harley (Vice-Chair)	Corse
Jane Evans	Staunton
Ann Watkins	Redmarley
Donald Peach	Corse
David Bubb	Editor

#### **Contact Us:**

If you have any suggestions about how our practice might improve patient services, you can pass these to the Patient Group for consideration. Either drop a note in our Suggestion Box which is situated in the foyer at the surgery or send an email to us at [sandc.ppg@nhs.net](mailto:sandc.ppg@nhs.net)