

PRACTICE PRESS

Facts about the Common Cold.

Here are some points to consider before you decide to see your doctor with a cold.

- 1) It is entirely normal for an adult to experience 2-4 colds per year, whereas a child can have 3-8 colds in a year. It does not mean that your body defenses are weak.
- 2) Symptoms include blocked or runny nose, earache, sore throat, high temperature, croaky voice and cough.
- 3) Most symptoms will peak in 3-4 days and then ease off in a week to 10 days. A cough may linger on for a couple of weeks.
- 4) THERE IS NO MAGIC CURE!
- 5) Antibiotics do not work on colds.
- 6) Paracetamol or Ibuprofen can be used to help ease pain or discomfort. Plenty of fluids will prevent dehydration. Steam inhalation, menthol sweets, or using salt water drops to help unblock babies' noses may allow temporary relief whilst waiting for the cold to get better.
- 7) Things that should prompt you to see your doctor are:
 - Symptoms lasting for more than a week and not getting better.
 - Fever, wheezing or headache becomes severe.
 - Chest pain, noisy breathing, shortness of breath, or if you cough up blood.
 - Fast or noisy breathing in a child.
 - Unusual irritability or persistent crying in a baby.
 - Persistent earache.
 - Confusion or drowsiness.
 - A cough that persists for more than three weeks.
 - Any other symptoms that you cannot explain.
- 8) Prevention is hard... if you have a cold, try to wash your hands more often, avoid intimate contact with other people, and keep your flannels or towels separate.

Dr Lubna Rauf

Don't spend Christmas ill, get your flu vaccination now!

Please ask at Reception for details... for those aged 65 and over or those in the 'at risk' categories.



Starters and Leavers

After a couple of sad departures we now have the positive news of having two female doctors joining our team; Dr Rauf and Dr Littleford. Dr Rauf will be working everyday with the exception of Tuesday and Dr Littleford will be working every day. Dr Macmillan has now adjusted his working hours so he is no longer available on Thursdays, due to his participation with the CCG (Clinical Commissioning Group).

Finally we have Sandra Cawood joining our nursing team and Tracey D'Andilly joining our domestic staff at Goxhill.

News and Notices

- We are re-opening our Ulceby Surgery on the 13th November and will be having clinics available on Tuesday afternoons, by appointment only. This is for a probationary three month period, if the Ulceby Surgery is not used sufficiently within this period it will be closed again.
- We have now had an automatic door fitted to our Barton Surgery to make it more pushchair and disabled friendly.
- Due to high request we have now put a prescription box on the wall, as you enter the Surgery next to the main desk.
- We are also looking at having a box for samples in the main reception area. Please remember when handing samples in they must have your name and date clearly marked on the bottle.
- The extra **Flu Clinic** dates for those aged 65 or over and those in the 'at risk' categories are as follows:

27th November 1-4pm at **Barton**

27th November 4.30- 5.30pm at **Goxhill**

29th November 1-4pm at **Barton**

**No appointment is
needed.**

- Nurse Vicky Woodhouse is now trained and running Asthma and Diabetes clinics.
- Nurse Linda Norris will be running a Family Planning clinic from the 6/11/12.
- The local District Nurses can now be contacted on the new number 01724 296981. Please ask for Barton and Winterton District Nurses when contacting them.
- The Health Visitors new contact number is 01724 297865. Please ask for Barton and Winterton Health Visitors when contacting them.

Thoughts About Your Surgery...

As a Practice we would like to know your thoughts and feelings on the layout of our Surgery.

Do you find the surgery easily accessible? Is the waiting room set out appropriately? Are the doors wide enough? Are the toilets big enough? Are the treatment rooms comfortable? Anything in relation to the building and layout of the Surgery we are interested in.

If you would like to express your opinion, there are two simple ways of doing it. You can either put it in writing and place it in the suggestions box located in the waiting room or hand it in to Reception, alternatively you are able to access a comments and suggestions form via the website

www.centralsurgery-barton.co.uk.

Please be aware however that this is not a complaints procedure and therefore you will not receive a reply to your comments. The website form is anonymised, therefore it is not possible to reply.

Finally please keep all comments constructive and appropriate.

Health Check Scheme

We are now participating in an NHS Health Check Scheme. The checks are available for registered patients between 40-75 years of age and do not have one of the following conditions:

- Diabetes
- Coronary heart disease
- Chronic kidney disease
- Stroke
- Hypertension
- Familial hypercholesterolaemia
- Peripheral arterial disease
- Atrial fibrillation
- Heart failure
- On high blood pressure medication
- On high cholesterol medication.

The reason we are participating in this programme is to identify those who may be at risk of having a stroke or heart attack. Cardiovascular disease affects 4 million people in England and causes 170,000 premature deaths a year which is 36% of all deaths.

An independent review of health inequality found that people living in disadvantaged areas are living shorter lives compared to those who live in affluent areas. Average rate of premature death from Cardiovascular disease in North Lincolnshire is 68.2 per 100,000. In deprived areas the rate is 92.9 per 100,000, in affluent areas it is 49.0 per 100,000.

As a team we aspire to reduce this gap to try and eliminate post code lottery so that our patients live longer and healthier lives. If you qualify, you will receive a letter from us inviting you to attend for an appointment. Alternatively please ask at reception.

Central Surgery

Central Surgery
King Street
Barton-Upon-Humber
DN18 5ER
Tel: 01652 636600

The Village Surgery
Howe Lane
Goxhill
DN19 7JD
Tel: 01469 532617

www.centralsurgery-barton.co.uk

GOXHILL PHARMACY

HOWE LANE

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Tel 01469 532560

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To advertise here contact:

Mr Gary Hunter - 01652 636600

Missed Appointments

Doctors

July - 107

(equivalent to just over 17.5 lost Doctors time)

August - 112

(equivalent to 17.25 hours lost Doctors time)

September - 84

(equivalent to just over 13 hours lost Doctors time)

Nurses

July - 205

(equivalent to just under 40 hours lost nurses time)

August - 185

(equivalent to just over 36.5 hours lost nurses time)

September - 200

(equivalent to nearly 40.5 hours lost nurses time)

Once again we have shown the number of missed appointments with the Doctors and Nurses from July to September.

We need to draw your attention to the practice policy for dealing with patients who persistently fail to attend their appointment.

After two consecutive failed appointments with the Doctor the patient will receive a letter informing them that if this happens a third time they will be removed from the practice list. After a third failure to attend, patients will be informed of their immediate removal from the list.

This is not the same for Nurses appointment. However, if you do not attend a specialist clinic appointment with the Nurse; i.e a Diabetic Clinic appointment more than three times, you will be removed from the waiting list and will no longer have any more appointments sent out. It will then be your responsibility to re-attend the clinics, if needed.

We thank you for your co-operation in notifying the practice if you are unable to attend an appointment at the surgery.