



# Preston Road Surgery Newsletter February 2018

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

Tel: 01305 832203

Email: [preston\\_receptionist@gp-j81027.nhs.uk](mailto:preston_receptionist@gp-j81027.nhs.uk)

## Hospital Appointments

If you have been referred for further care and have **any queries about your appointment or waiting time**, please call

Central Appointments	01305	255779
Radiology	01305	254131
Physiotherapy	01305	762621

## Abdominal aortic aneurysm (AAA)

screening is a way of checking if there's a bulge or swelling in the aorta, the main blood vessel that runs from your heart down through your tummy.

This bulge or swelling is called an abdominal aortic aneurysm, or AAA. It can be serious if it's not spotted early on because it could get bigger and eventually burst.

Men aged 65 or over are most at risk of AAAs and screening is offered to men during the year they turn 65. Screening for AAA is not routinely offered to women or men under 65, or people who have already been treated for an AAA, as the risk of an AAA is much smaller in these groups.

If you're a woman or man under 65 and you think you might have a higher risk of AAA – for example, because a close family member has had one – talk to your GP about the possibility of having a scan. An AAA will often cause few or no obvious symptoms, but if it's left to get bigger it could burst and cause life-threatening bleeding inside your tummy.

Screening can pick up an AAA before it bursts. If an AAA is found, you can then choose to have regular scans to monitor it or surgery to stop it bursting.

The screening test is very quick, painless and reliable.

## Thriving at Work

– a review of mental health and employers was commissioned by Prime Minister Theresa May in January 2017.

Many people go through periods of mental ill health that make it more difficult for them to work. For some, this is a short term problem and they can continue at work, or return to work after sickness absence, with appropriate support.

Many people with longer-term mental health problems can also continue working, or return to work after absence, although some people struggle or are unable to do so.

People with long-term mental health conditions are able to work and should be supported to continue to do so by their employers.

Under the Equality Act (2010), your employer has a legal duty to make "reasonable adjustments" to your work.

Depending on your circumstances, you might like to ask about:

Flexible hours – for instance, you might like to return to work part-time, or start later in the day if you're sleepy from medication in the mornings

Support from a colleague in the short or long term

A place you can go for a break when needed

Returning to the workplace after a mental health issue can be daunting at first, but research suggests it usually has a positive effect on wellbeing in the long run.

You can read the full report on [www.gov.uk](http://www.gov.uk)

## Did You Know?

You can request a telephone consultation with your GP? This is a booked appointment and your GP will phone you during an allotted time.



We can send your prescription electronically to the pharmacy of your choice, saving you time and paper!

You can view your blood test results online when they have been actioned by your GP.

There is no need to queue at the desk to book in for your appointment, use our self check in machine on the wall, to the right of reception and mark yourself arrived!

Weymouth Urgent Care Centre is open 8am-10pm 7 days a week! Available for urgent minor injuries and ailments.

The reception team are able to help with general queries, referral and prescription queries, please ask a receptionist before requesting a GP call

We have an active Patient Participation Group. Any patient can join, please ask at reception for further details.

## Staff News

The Partners are pleased to welcome **Tracy Sheppard - Assistant Practice Manager** to the team.

Tracy was born and bred in North Wales, where she spent 14 years working in general practice before moving to Dorset in 2000. Tracy continued working in the NHS both in acute and community care in various specialties including Audiology, ENT, Surgery, Orthopaedics and Occupational Health. Tracy is very happy to be back in general practice and is looking forward to working with the team here.

## In Case of Emergency (ICE)

is a program that enables first responders, such as paramedics, firefighters, and police officers, to contact the next of kin of the owner of a mobile phone and to obtain important medical information. (the phone must be unlocked and working).

**Add ICE** to your phonebook today, saying who should be contacted in a medical emergency. Be Safe!



# Minor Illness Advice

Many minor illnesses can be treated at home without needing to come to the surgery. Your local pharmacist can advise about minor illness and using 'over the counter' medication. There are however, some common minor illnesses that you can manage at home.

## Cough/chesty cough

Most coughs are caused by viruses and will settle in around 2-4 weeks.



Young children often get 'noisy chests'. This is because they have smaller airways and thinner rib cages than adults. A 'noisy chest' is not always a sign of a chest infection.

Coughing naturally helps the body fight against infection. Use simple remedies such as honey, hot water and lemon. Cough medicines are unlikely to help.

### **Make an appointment if:**

- ◆ You have an underlying lung condition such as asthma, COPD or emphysema.
- ◆ Shortness of breath
- ◆ Wheezing
- ◆ Blood in your sputum/phlegm
- ◆ Ongoing fevers
- ◆ Unexplained weight loss
- ◆ Chest pain
- ◆ The cough has not improved after 4 weeks

## Sprains/strains

These are common injuries and occur when a ligament around a joint has been stretched, twisted or torn, causing inflammation, bruising, swelling and pain.



Immediate treatment is based on resting the affected limb, applying an ice pack (e.g. a pack of frozen peas wrapped in a towel, NEVER apply an ice pack directly to the skin), using a support such as tubigrip or bandage and elevating the affected limb.

### **Seek medical advice if:**

- ◆ You are in severe pain and cannot put weight on the affected limb
- ◆ The injured area looks crooked or has lumps and bumps
- ◆ You cannot move the affected part
- ◆ The limb gives way when you try and put weight on it
- ◆ You have numbness in any part of the injured area
- ◆ Your pain has not improved after 4 days

## Diarrhoea and vomiting

This usually settles within 1-2 days and is usually caused by a virus. To help with the symptoms, drink plenty of fluids and take Dioralyte (rehydration salts), and rest the stomach by avoiding spicy foods and dairy products.

### **Make a telephone appointment if:**

- ◆ You have a baby or young child who is vomiting
- ◆ There is blood in the diarrhoea or vomit
- ◆ Severe unremitting stomach pain is present
- ◆ High fever
- ◆ You have returned from an exotic holiday
- ◆ There is no improvement within 48 hours

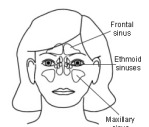
## Sinusitis

Sinusitis can cause a blocked nose and ears which results in pain involving the forehead and cheeks. 65% of cases are viral, take about a week to settle and do not require treatment.

To help, drink plenty of fluids, take paracetamol, try a steam inhalation and rest as much as possible. Ask your pharmacist if a decongestant might be helpful.

### **Make an appointment if:**

Symptoms last more than 2 weeks and / or are accompanied by a foul or purulent nasal discharge.



## Sore Throat

The majority of sore throats are caused by viruses and do not need antibiotics. They usually settle over 3-4 days.

Take regular paracetamol, drink lots of fluids, and eat soft foods.

### **Make an appointment if:**

- ◆ You or your child feel very unwell and/or have a high temperature
- ◆ If the sore throat is not settling after 2 weeks or you are persistently hoarse
- ◆ You have a reduced immune system
- ◆ You do not need to look in your child's throat, but if you do and see enlarged tonsils, this is quite normal