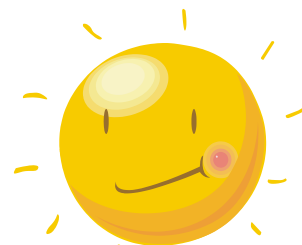


Newsletter Seal Medical Group

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Summer 2011

Welcome to the summer edition of our newsletter. We hope you find the information in it helpful. The unusually mild Spring was a welcome relief from those cold winter months, but triggered a rush of Hayfever, advice on coping with which will be covered later in this newsletter. ...

ARE YOU DRINKING ENOUGH?



The summer season is upon us and it's time to think about preventing dehydration and heat-related illness.

Regular exercise, often done outdoors, is just as important during the hot months of summer as it is during the cooler seasons. Unfortunately outdoor activities often place people at serious risk of dehydration which can lead to other heat-related illnesses including -- heat exhaustion -- heat stroke -- and in severe cases, death. We are all at risk for heat-related illnesses; however, the risk is significantly increased for 4 groups of our population. Those most at risk include:

Children: When the summer holidays from school arrives, most children spend a great deal of time outdoors being active. Because children have a larger surface area in relation to body mass, they often gain heat faster than adults when the outside air temperature is higher than body temperature.

Athletes and exercisers: People who spend hours training and competing in the hot summer sun often do not have an adequate intake of fluids to make up for the loss of fluids caused by their activities.

Outdoor workers: Workers such as farmers/field workers, builders, police and postal workers, and others who spend most of their days in the outdoors often have little time for bathroom breaks or for drinking fluids, as a result these workers may not consume enough fluids during their workdays.

Elderly people: There is a fine line between how heat affects most adults and how it can affect the elderly in a more profound way. It's extremely important for senior citizens to practice a gradual acclimatisation to heat that puts emphasis on hydration.

Symptoms of Dehydration

Dry or sticky mouth, low or no urine output, very dark coloured concentrated urine, not producing tears, weakness, dizziness, skin may 'tent' when pinched (doesn't bounce back quickly when released).

Flu jab →



SEASONAL FLU VACCINATIONS 2010/11 Our seasonal flu vaccination program was very successful and we vaccinated over **1700** patients!

Your baby is not registered

It is imperative that all parents of New Born Babies register them at the surgery as soon as they are discharged from hospital. If you do not register your baby they will not have a GP therefore will not receive the medical care they are entitled to. Please call into our reception we'll be pleased to help.



Don't be a DNA!!

Do not become a "DNA" this means "did not attend". If you are unable to attend an appointment, please tell the reception staff as soon as possible, as your appointment may be needed by someone else.



Medication Reviews

From time to time the doctor will review your medication screen and you may be asked to make an appointment for a medication review. If asked to do so please make an appointment, your cooperation is greatly appreciated - if your review is overdue we may not be able to process your repeat prescription slip.



Waiting for appointments

Please be assured that we make every effort to adhere to appointment times. But occasionally surgeries can run late. Your patience is very much appreciated in these circumstances.

AUTOMATED ARRIVALS

When you come to the surgery for an appointment you can use our automated arrivals screen, located to the right of reception. It is very easy to use, and allows the receptionists more time to help those booking appointments, or with queries, who may need more help from the staff.

To date, the system information tells us that it has been used over 250,000 times!!

Stop Press...

Pre Bookable appointments are now available with our nurses on Wednesday evenings between 6.30 and 8pm.

NHS Direct 0845 4647

For health advice 24h a day/365 days a year

Annual Review

People with a chronic disease e.g. Diabetes, Asthma, Chronic Obstructive Pulmonary disease (COPD), Coronary heart disease, Hypertension etc. require their condition to be checked annually. Diabetes should be checked every 6 months. This is to ensure that not only your condition is checked but also your current medication, your lifestyle and overall management of the condition is maintained.

We send out letters for most of these chronic diseases inviting patients to attend for their annual reviews. This is a lengthy procedure and takes time, money and effort on both the admin staff and nurses. So please if you are one of these patients and you receive a letter, do call the surgery and make the necessary appointment, allowing 30mins for the annual review to be completed.



Online Prescriptions

Did you know that you can order your repeat prescriptions online? Pop into the practice to pick up a registration form and then Simply go to our website www.selseymedicalcentre.org.uk and follow the online instructions.

The Friends Of Selsey Medical Centre

We are very lucky to have the valuable support of this dedicated group of volunteers. They raise funds to provide improved facilities and amenities at Selsey Medical Centre over and above that which is provided by the NHS, this is for the benefit of all patients in Selsey. Their contact details and future fundraising events are all detailed on their notice board in the entrance hall of the medical centre.



If you have an email address please let us know, in future we may send out reminders for review or occasionally seek your views on our services by email.

Hayfever

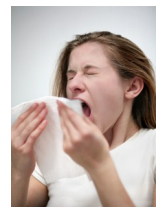
It's that time of year and we get a number of requests for medication or appointments for Hayfever. Hayfever is a type of allergic rhinitis caused by pollen or spores. Allergic rhinitis is a condition where an allergen (something that causes an allergic reaction) makes the inside of your nose inflamed (swollen).

Hayfever affects the nose, sinuses (small air-filled cavities behind your cheekbones and forehead), throat and eyes. As all sufferers will know, it causes sneezing, a runny nose, and Itchy eyes.

Hayfever usually occurs in spring and summer, when there is more pollen in the air. Hayfever symptoms vary in severity and your symptoms may be worse some years than others, depending on the weather conditions and the pollen count (see below). Your symptoms may start at different times of the year depending on which types of pollen you are allergic to.

The symptoms of hayfever include: frequent sneezing, runny or blocked nose, itchy, red or watery eyes (also known as allergic conjunctivitis), and an itchy throat, mouth, nose and ears.

Hayfever treatments' can be brought over the counter and are much cheaper than a prescription charge. Always seek advice from a health professional if your symptoms don't improve with treatment or you are unsure of the cause of the problem.



CARERS

Are you caring for someone who can't manage without you, does Someone Care for You?

If you are looking after a family member, friend or neighbour whose health is impaired by old age, or who is mentally or physically disabled, then you are a Carer. If you are a Carer, or have a Carer could you please let us have details to record in your medical records.



ws-pct.sealmedicalgroup@nhs.net

Virtual Patient Reference Group

Get involved to help shape the way health services are delivered by your practice

Patient Reference Groups work to improve communication between the practice and its patients, to ensure the services on offer truly meet the needs of all patients. For example, successful groups in local practices have: Organised a health promotion day to raise awareness of ways to tackle obesity and the harms associated with smoking; Agreed priorities and issues for patients including themes from complaints; Been involved in practice changes to access; - If you would like to be involved please complete a form which is available from reception or from our website.

We hope that this Newsletter has proved helpful to you. Newsletters will be produced quarterly. If you have any comments or suggestions for things you would like to see in future newsletters then please contact our Business Manager, Gail Isted.

Our Newsletters are also available on our website

www.selseymedicalcentre.org.uk