



THIS ISSUE:

We continue our aim to keep you informed of the services at Churchwood and give you important insights into General Practice

REQUESTS BY TELEPHONE:

A polite reminder to patients that any requests for results must be phoned for **after 2pm** and any requests for a home visit must be made by **10am**.

As the weather gets warmer don't forget to stay hydrated!



A&E – When and Why

There is a current crisis in the NHS nationwide and locally with the amount A&E attendances for minor ailments so we thought we would use this months newsletter as a polite reminder:

What counts as an emergency?

A&E departments are for patients with **serious and life-threatening conditions**.

If someone is obviously in danger – for example, they are experiencing chest pain, blacking out, bleeding, choking or the early symptoms of a stroke – they should be taken to hospital as quickly as possible.

Serious allergic reactions, severe burns, difficulty breathing or severe abdominal pain down one side are also all reasons to seek treatment at A&E and call an ambulance if necessary.

Should I call 999?

Patients unsure whether they should go to A&E should avoid calling the emergency services, but call the NHS non-emergency number, 111, instead.

A trained operator supported by nurses and paramedics asks questions about symptoms and can either call an ambulance or direct patients to their nearest out-of-hours doctor, urgent care centre or late-opening chemist if needed.

A pharmacist could help more than you think

Diarrhoea, headache, a painful cough or a runny nose do not usually warrant a visit to A&E, and can be treated at home with over-the-counter medicines. Pharmacists can advise on a range of conditions and are able to discuss health conditions confidentially without anything being noted in medical records, advises the NHS website.

WHEN TO USE A&E

- UNSTOPPABLE BLEEDING
- SEVERE chest pain or heart attack
- Severe burns
- Severe breathing difficulties
- UNCONSCIOUSNESS
- CHOKING
- STROKE SYMPTOMS
 - Face (drooping)
 - Arm (weakness)
 - Speech (slurred)
 - Sudden loss of consciousness
 - Confusion
 - Blurred vision

WHEN TO USE A WALK-IN CENTRE

- MINOR eye injuries
- Cuts and bruises
- BITES AND STINGS
- WOUND ASSESSMENT
- DISLOCATIONS
- MINOR burns and scalds

WHEN TO USE A PHARMACIST

- PAIN RELIEF
- DIARRHOEA
- Headache
- SKIN CONDITIONS
- COUGH
- HAYFEVER

BLOOD RESULTS:

Please allow at least **5 working days** for blood results to come through – this allows the Doctor to receive and review the results – and please always phone after 2pm for results.



VISIT US AT OUR WEBSITE:

We are constantly updating our website with useful information and links to external resources; you can also access information on booking/cancelling appointments and repeat prescriptions

www.churchwood-surgery.co.uk



Diabetes Year of care underway here at Churchwood

What is it?

Churchwood surgery is introducing a new way of delivering diabetes care. Care and support planning aims to help people with diabetes be more informed and more involved in making decisions about their own care. Clinic appointments will be arranged a little differently to help people with diabetes to be more involved. The first appointment will be with a health care assistant, who will perform all the checks and blood test. Shortly after this your results will be sent to you. There will be an opportunity to discuss the results and talk about what is important to you at your next appointment which will be with the practice nurse or GP. Information leaflets about care and support planning are available from reception.

Why are we doing it:

The response to Year of Care has been overwhelmingly positive from everyone involved, be they people with conditions, clinicians, or managers.

The pilot programme demonstrated important impacts on patient and clinical experience and behaviour, practice organisation and wider influence on local health communities in diabetes.

Will it apply to you?

Your Practice Nurse will inform you of any YoC plans that will be put in place for you and provide you with all of the information you will need. If you haven't been reviewed for your Diabetes care recently, please see or call reception to book in with the HCA to take your first step towards positively managing your diabetes



ZERO TOLERANCE BEHAVIOUR POLICY

The Practice has a policy of “zero tolerance” of verbal and physical violence towards GP’s, staff or other patients.

The practice will request the removal of any patient from the practice list who is aggressive or abusive towards a doctor, member of staff, other patient, or who damages property. All instances of actual physical abuse on any doctor or member of staff, by a patient or their relatives will be reported to the police as an assault.

Have you liked our page on Facebook? We post surgery service and updates and relevant NHS news
Search:
Churchwood Medical Practice



Are you eligible for a Shingles vaccine?

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to people in their 70s.

The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter. Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over-70s who develop it. It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

You are eligible for the shingles vaccine if you are aged 70 or 78 years old.

In addition, anyone who was previously eligible but missed out on their shingles vaccination remains eligible until their 80th birthday.



Eligible? Book an appointment to see the nurse or if you are already seeing the GP they can do this for you within your appointment

Contacts:



Churchwood Medical
Practice
Tilebarn Road
St.Leonards-On-Sea
East Sussex, TN38
9PA



Enquiries :
01424 853888
Appointments:
01424 853999
Fax:
01424 850190
Out of hours: 111



hrccg.churchwoodpractice@nhs.net



<http://www.churchwood-surgery.co.uk>

Trust thanks MRI scanner appeal for reaching £1million target

East Sussex Healthcare NHS Trust Chairman, David Clayton-Smith has publicly thanked the Friends of Conquest Hospital MRI Scanner Appeal for reaching their £1million target.

The appeal was launched in March last year to raise money to fund a new MRI scanner at Conquest Hospital. David Clayton-Smith publicly thanked the appeal board and Jo Brand, at the end of her sell-out charity show at the De La Warr Pavilion in Bexhill, the final staged event to raise money for the appeal.

David Clayton-Smith, Chairman East Sussex Healthcare NHS Trust said: "I am delighted to announce that the Conquest Hospital MRI Appeal has reached its £1 million target. This tremendous achievement would not have been possible without the passion and determination of the Appeal Board and the many individuals, companies and their teams who have so generously supported the Appeal. The cumulative donations of everyone will make such a huge difference to our patients and clinicians."

NHS hernia policy 'may be rationing' surgery

Groin hernia patients are having to "prove their pain" and show they have complications to get surgery, the Royal College of Surgeons (RCS) has said.

In Kent and Medway, patients are having to show their hernia has grown larger or become "incarcerated" to access operations, the RCS claimed.

The RCS said harsher restrictions may amount to "rationing". NHS Clinical Commissioners said patients took priority but the NHS did not have unlimited resources.

A groin hernia, or inguinal hernia, is when fat, intestines or other abdominal structures protrude through a hole in the abdominal muscles.

When the patient lies down the protruding part drops back, but sometimes it gets stuck or incarcerated.

NHS blood donation stocks 'dangerously low'

The NHS has sent out mobile clinics as blood stocks run "dangerously low". Adverse weather earlier in the year and the World Cup have contributed to the capital's lowest blood stocks since 2015, the NHS said.

NHS Blood and Transplant have launched an urgent appeal for anyone who can to give blood. This can be done at either a permanent Donor Centre or a community-based venue. Find out when and where you can give blood by visiting www.blood.co.uk.