

ST MARTINS GATE SURGERY

Issue 56

July 2019



♪♪♪ Sunshine, my only sunshine. You make me happy when skies are grey... ♪♪

As we approach the summer months, it is very important to remember to stay safe whilst out enjoying the sunshine. You must remember to use a sunscreen of at least SPF 15, try to use a sunscreen that protects you against harmful UVA and UVB rays. The higher the SPF sunscreen, the better. You should not stay out in the sunshine any longer, it only offers protection where exposure to the sun is unavoidable. The summer sun is more damaging to your skin in the middle of the day. Try to spend the time in the shade between 11am and 3pm under umbrellas, trees, canopies or indoors. Even if the sunscreen says 'waterproof', it is always best to reapply sunscreen after swimming. If you do happen to get sunburnt, painkillers such as paracetamol or ibuprofen will ease the pain by helping to reduce inflammation. Sponge sore skin with cool water, then apply soothing after sun or calamine lotion. If you feel unwell or the skin starts to blister or swell badly, seek medical advice. Remember to stay out of the sun until all signs of redness have gone. Heat exhaustion occurs when the body cannot lose heat fast enough. If it is not treated quickly, it can lead to heat stroke, which is a much more dangerous condition. Signs of heat stroke include, faintness, dizziness, palpitations, nausea, headaches, tiredness etc. If someone has these signs, get them to rest in a cool place and give them plenty of water. Avoid alcohol or caffeine as this can increase levels of dehydration.

Most importantly; remember to stay hydrated this summer by drinking plenty of water and keeping cool!

Tips to keep your child safe in the sun:

Encourage your child to play in the shade, especially between 11am and 3pm when the sun is at it's strongest; keep babies under age of 6 months out of direct sunlight; cover exposed parts of your child's skin with sunscreen even on cloudy or overcast days. Don't forget to apply to shoulders, nose, ears, cheeks and tops of their feet; remember to reapply sunscreen throughout the day; when swimming use a waterproof sunblock of SPF 15 or above and reapply after towelling. Ensure your child is wearing a floppy hat with a wide brim that shades their face and neck.

Hay fever - Hay fever is a common condition that affects up to 1 in 5 people at some point in their life. Symptoms include sneezing; runny nose; itchy eyes. These happen when a person has an allergic reaction to pollen. There is currently no sure cure for hay fever but most people are able to relieve symptoms with treatment, at least to a certain extent. Treatment options for hay fever include antihistamines, which can help to prevent allergic reaction from happening and corticosteroids, which help to reduce levels of inflammation and swelling. Many cases of hay fever can be controlled using over-the-counter medication available from your Pharmacist.



Self-help Tips - It is sometimes possible to prevent the symptoms of hay fever by taking some basic precautions such as wearing wrap-around sunglasses to stop pollen entering your eyes; changing your clothes and taking a shower after being outdoors to remove pollen on your body; try to stay indoors when the pollen count is high (over 50).

Your Local Pharmacist can help with hay fever

As hay fever season is here, a gentle reminder that medications that can be purchased over the counter can no longer be prescribed. This includes antihistamines and nasal sprays. Speak to your local pharmacy if you have hay fever as they can give you advice and suggest the best treatments. Below is a list of products that are available to buy:

Cetirizine 10mg tablets

Loratadine 10mg tablets

Acrivastine capsules

Beclometasone nasal spray

Fluticasone nasal spray

Sodium Cromoglicate eye drops

Patient Participation Group

Patient Participation Group are still holding their drop in sessions. These are a great way to get your opinion across on how we can improve our services to benefit you, the patient.

Why not pop in, say hello and see if they can help you in anyway. They are available in reception to speak to you on the following dates:

- Wednesday 17th July - am @ St. Peters Surgery
- Wednesday 21st July - @ St Martins Gate Surgery

**No Need to Knock
Come on In!**

What is the PPG (Patient Participation Group)?

It is a group of patients who meet up with the practice manager and a member of the medical staff at regular intervals to see if there are any improvements that can be made to the service provided to patients.

Would you like an opportunity to influence these matters?

There are a number of ways you can do so –

See a member of the group at the regular ‘drop in’ sessions in the surgery waiting rooms.

Put your thoughts in writing and leave in an envelope at reception – addressed to Phil Whitehouse, or you can e mail smartinsgateppg@gmail.com Chairman of the PPG.

Patients often ask for a Useful Information Guide for Worcestershire Royal Hospital . We thought you might find this link helpful <https://www.worcsacute.nhs.uk/publication-2/maps/2078-worcestershire-royal-hospital-finding-your-way-around/file>

CHILDRENS AREA

We have moved the children’s toys/books nearer to the baby changing room on the ground floor, for your convenience.

******CHILDRENS BOOKS WANTED.******

If you have any unused good condition books suitable for children 0-5 years which you are happy to donate please leave them at reception desk.

For hygiene reasons we can only accept wipe clean books . Thank you.



Strength and Balance

Exercise Classes are designed for people who feel unsteady on their feet or have had a fall.

The classes aim to improve strength and balance and also to help people feel more confident when out and about. Classes are held at community venues around Worcestershire for a small fee. You are able to self refer, pick up a leaflet from the surgery or for more info go to

<https://www.sportspartnershiphw.co.uk/strength-and-balance-exercise-cl>