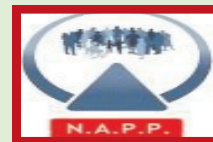




Cherrymead Chat



Winter 2019

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Health Advice During The Holiday Period

Call 999 if a person is unconscious, has difficulty breathing, or a serious head injury.

Also Call 999 for any of the following:

Heart attack, severe chest pain, stroke
Obvious broken bones, deep cuts that won't stop bleeding
Rash that doesn't disappear when pressed with glass
Severe burns and scalds
Fitting or concussion
Severe allergic reactions with swollen face, tongue, and breathing difficulties
Broken hip

Children under 5:

Telephone your Health Visitor on 01494 426703 for advice about:

Growth and development concerns
Childhood conditions, allergies, infections
Breast and bottle-feeding, weaning, or teething issues
Postnatal depression, parent mental/physical health concerns
Sleeping, eating, or tantrum behaviour issues

Adults and Children over 2:

Visit the Minor Injuries Unit, Wycombe Hospital for:

Cuts, bruises, infected wounds, splinters, minor burns and scalds

Sprains, strains, injuries to back, shoulder or chest

Suspected broken limbs (not hips)

Foreign object in eye.

Minor Issues

Visit your local Pharmacy first for:

Aches and pains
Coughs, colds, sore throats, flu
Skin rashes, athlete's foot
Thrush, cystitis
Stomach upsets
Hay fever
Cold sores and mouth ulcers
Morning after pill
Stopping smoking
Discomfort in eyes.

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Bank Holiday Closures

We'll be closed on December 25th and 26th and on January 1.

Please refer to the information on this page for advice on whom to call during this period.

Repeat Prescriptions

Please re-order routine repeat medication by Friday 21 December. That will ensure that you have enough to last over the Christmas week. Also raise any routine medical issues you have before 1pm on Monday 24th December.

Extended Hours Openings

Please contact our Reception if you wish to discuss an Extended Hours appointment over the holiday period.

Call 111 if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to A&E or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call

Health Information Evening:

Emergency Resuscitation

On the 13th November, the PRG welcomed Dave Cave from South Central Ambulance Service to Cherrymead Surgery. Dave has 30 years' experience as a paramedic and is now an Assistant Community Engagement and Training Officer for South Central Ambulance Service. He explained and demonstrated Cardiopulmonary Resuscitation and use of automated external defibrillators.

CARDIOPULMONARY RESUSCITATION (CPR)

In the event of a cardiac (heart) or respiratory (breathing) arrest, teamwork is required to give the person the best chance of survival. Everybody is able to help in some way, from phoning for help to moving furniture or performing CPR (Chest compressions). Below are the steps to follow.

1. **CHECK FOR DANGER.** Firstly, it is important to check that no one is going to come to harm, for example from moving traffic, electrical equipment.
2. **CHECK FOR A RESPONSE** by asking loudly "Are you ok?" "Can you hear me?" If there is no response, approach with caution, shake or a squeeze on the shoulder. If there is still no response,
3. **CHECK FOR BREATHING FOR 10 SECONDS.** This can be done by listening by the person's mouth or looking to see if the chest rises.
4. **SHOUT FOR HELP.** If you are on your own, shout for help. Call 999. Is there a public defibrillator nearby?
5. **CHECK THE AIRWAY.** Put one hand under the patient's chin and the other hand on the patient's forehead. Gently tip the head back. This will stop the person's tongue from obstructing their airway.
6. **FOR ADULTS:** Start CPR. Kneel to the side of the patient. Put one hand in the centre of the chest and the other hand on top with fingers interlocking. Keeping your arms straight, use your own bodyweight to push down on the chest approximately 5-6cm and then release. Continue this at a rate of 100-120 chest compressions per minute. Continue until the ambulance arrives.

Swap over if you have someone with you to avoid tiredness.

6. **FOR CHILDREN,** start with 5 Rescue Breaths. Pinch the nose and gently tip head back, create a good seal around the mouth and blow gently. 30 chest compressions and then 2 breaths. Continue until ambulance arrives.

AUTOMATED EXTERNAL DEFIBRILLATORS (AEDs)

There are now many public AED's. These can be accessed in the event of a cardiac arrest.

For information about how to locate these, visit:

<https://www.scas.nhs.uk/save-a-life-with-our-new-app/>

The AED's differ slightly in design but all work in the same way.

1. TURN ON the AED .
2. Follow the instructions on the sticky pads which come with the AED which show you where to place them on the collapsed person.
3. The AED will tell you when an electric shock is going to be applied. When this happens, stand well back from the patient. If no shock required, the AED will tell you to continue CPR.

Do NOT stop CPR unless the AED tells you to do so.



CHOKING



Choking is a blockage of the airway which prevents breathing, usually caused by food or an object.

Call 999 as soon as possible.

If someone is struggling but still able to breathe, encourage them to cough and spit out if there is something in their mouth.

BACK BLOWS

If the airway is completely blocked start with 5 back blows.

Stand to the side of an **ADULT** and support with one arm in front of them.

Using the heel of your hand give up to 5 sharp blows between the patient's shoulder blades.

Hold **INFANTS** facing down in your hand or on your lap and give up to 5 sharp back blows.



ABDOMINAL THRUSTS

If the back blows have not worked, try abdominal thrusts. (NOT ON CHILDREN UNDER 1 OR PREGNANT WOMEN)

1. Stand behind the person.
2. Get them to lean forward slightly and put your arms around them.
3. Clench your fist and place just above the patient's belly button.
4. Place your other hand on top of your fist and pull sharply inwards and upwards.
5. Repeat up to 5 times.
6. Continue with 5 back blows and then 5 abdominal thrusts.

If the person becomes unconscious, start CPR.



For more information, visit the websites below.

Ambulance Volunteer Responders

<https://www.scas.nhs.uk/our-services/community-and-co-responders/>

Cardiac Health and First Aid

<https://www.bhf.org.uk>

<https://www.nhs.uk/conditions/heart-attack/symptoms/>

<https://www.resus.org.uk/resuscitation-guidelines/>

Choking

<http://www.sja.org.uk/sja/first-aid-advice/breathing/choking-adults.aspx>

<https://www.nhs.uk/common-health-questions/accidents-first-aid-and-treatments/what-should-i-do-if-someone-is-choking/>

Influenza Update

Public Health England has told us that Influenza (flu) is now circulating in the UK. The flu season runs through till March. Most eligible adults have now been immunised. However, there are still many who have not been immunised. They are at risk of developing a serious illness. This includes people with chronic obstructive pulmonary disease (COPD), asthma, heart disease, and diabetes. It also includes those who have had their spleen removed or are taking immunosuppressant medication such as azathioprine or methotrexate.

If you are pregnant, immunisation is also recommended. As well as protecting you, it will protect your baby for six months after its birth. We still have flu vaccine available. So please contact us for an appointment, if you are in any of these groups.

We are also still booking appointments for children. Their vaccines are delivered to us by NHS England. Hence, treatment of children depends on receiving the vaccines and staff availability.

Please ring reception if you have any concerns about your child's immunisation.

ARC Bucks Primary Care Network A Paramedic Has Joined Our Team

Cherrymead Surgery is now part of ARC Bucks Primary Care Network. The group aims to provide services which we would not be able to provide on our own. This includes being able to directly book patients in for rapid Physiotherapy Assessment appointments. plus late night and weekend appointments with GPs and Nurses at those surgeries.

ARC Bucks has now employed a Social Prescriber, Jeanette Tolhurst. She will be in our surgery one afternoon a week. She will be helping our patients who need services which are not provided by health or social services. That includes helping people who are isolated, frail, disabled, or have complex issues, to find support from the organisation which can help them.

The other surgeries in ARC Bucks PCN are: Bourne End and Wooburn Green Medical Centre, Highfield Surgery, The Marlow Medical Group, Millbarn Medical Centre and The Simpson Centre.

This month Sophie McCarthy joined Cherrymead Surgery's team as our Paramedic. She has been working for the South Central Ambulance Service. We are very fortunate that she has decided to move into Primary Care with us.

With Sophie's help, people who need home visits will receive them earlier in the day. She will be able to do a full assessment, and admit patients to hospital. If admission is not necessary, she will give advice or refer people to other services.

When she isn't visiting people at home, Sophie will be seeing patients in surgery for all conditions, including emergencies and routine check-ups.

We are especially keen to use her experience to assess and care for those who are frail, elderly and prone to falling.

For more information on how you can get involved with the Patient Reference Group come and meet us at one of our regular Meet The PRG sessions or email us : prgatcherrymead@gmail.com

WE WISH YOU ALL A VERY SAFE AND HEALTHY CHRISTMAS AND NEW YEAR.