



KIRKBURTON PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER – WINTER 2018

WELCOME

Welcome to the winter edition of your Practice Newsletter. It is produced quarterly and aims to keep you informed of staffing changes within the Practice, new developments, self-care information and activities run by the PPG to support the Practice, such as our popular Corers' Coffee Mornings. Our Newsletter can be viewed on our website www.kirkburtonhealthcentre.nhs.uk, or by email upon request. In addition, it is featured in the Burton Bulletin and Shelley Magazine and we are grateful to the editorial and distribution teams of both publications for including our content, and helping us to reach thousands of people in the Highburton, Kirkburton and Shelley areas. Thank you.

STAFF UPDATE

Our Practice has welcomed the appointment of new apprentice Adam. Dr Hamilton is currently on leave due to an injury. Locums are in place to cover.



FOCUS ON - Rebecca Wray - Advanced Nurse Practitioner

We are delighted to welcome Rebecca to our clinical team. She works alongside our doctors and nurses and sees many “on the day” urgent and acute patients, which covers a wide range of minor illnesses and injuries.

Rebecca graduated as a registered nurse at the University of Leeds in 2002. She has experience of working in various clinical areas including general surgery and critical care. Whilst working in critical care, she completed a BSc Hons in Acute Healthcare and an MSc in Advanced Practice at the University of Leeds, qualifying as an Independent and Supplementary prescriber. More recently, she completed a course in Minor Illness Management at Sheffield Hallam University.

Rebecca brings a wealth of experience to the Practice and has recently worked as an Advanced Nurse Practitioner for a Hospital at Night/Out of Hours service at a large teaching hospital.

ROUTINE BLOOD TEST APPOINTMENTS

Appointments for routine blood testing are on Monday mornings between 8.30am and 12.30pm at the Practice. Clinics are held at Huddersfield Royal Infirmary Monday-Friday from 7.30am-5.00pm, or patients can attend Mill Hill Community Health Centre, Dalton, if they prefer. Please ask our reception staff for details.

STOP NOROVIRUS SPREADING THIS WINTER

Norovirus, sometimes known as the 'winter vomiting bug', is **the most common stomach bug in the UK**, affecting people of all ages. It is **highly contagious** and is transmitted by contact with contaminated surfaces, an infected person, or consumption of contaminated food or water.

The symptoms of norovirus are very distinctive – people often report a sudden onset of nausea followed by projectile vomiting and watery diarrhoea.

Good hand hygiene is important to stop the spread of the virus.

People are advised to:

- Wash their hands thoroughly using soap and water and drying them after using the toilet, before preparing food and eating
- Not rely on alcohol gels as these do not kill the virus

An infection with norovirus is self-limiting and most people will make a full recovery in 1-2 days. It is important to keep hydrated – especially children and the elderly.

Do not visit either A&E or GPs with symptoms as this may spread the virus.

Further information and advice is available from NHS 111, including an online symptom checker at nhs.uk.



CARERS' COFFEE MORNING

The next coffee morning is on **Wednesday, 28th February at 10.30am** when the speaker will be **Louise Spencer**. Louise works in partnership with award-winning Mental Health Charity Community Links.

PATIENT PARTICIPATION GROUP MEETING (PPG)

The next PPG meeting will be held at **12.30 on Wednesday 21st February 2018**. The meeting is open to patients registered with the Practice. If anyone is interested in joining the meetings, please collect an introductory pack from reception. New members would be made very welcome.

EAR SYRINGING

Ear syringing is no longer undertaken at our Practice, along with many others across the country. While there is a move to encourage patients to treat themselves with readily obtained products from pharmacies, more serious cases will be treated in hospitals. A hand-out, entitled 'Ear wax – a guide for patients' is available from the Practice. It details causes and treatment, including the following advice:

How can I treat ear wax myself?

Olive oil, or sodium bicarbonate ear drops, which are available at the local chemist, can be added to the ear. They should-

- be at room temperature
- put in 3-4 drops whilst lying on your side
- remain on your side for 5-10 minutes to allow to soak into the wax
- repeat this twice daily for up to 3 weeks

You will not always see wax coming out of your ear, and your hearing may be affected temporarily. Ear wax removal kits with syringes are available from the pharmacist or on line. If problems persist, then an appointment with the nurse is recommended.

HD8 Social Activity Survey

Time Together, part of the Denby Dale Centre (DDC), undertook a survey in summer, to learn about needs of the people in and around the Kirkburton area. The team at the Centre wish to thank patients, the PPG, and everyone who supported the survey.

In response to the survey findings, the DDC will:

- Support existing walking groups in HD8
- Raise awareness of the Kirkburton Dementia Group
- Promote volunteering opportunities across HD8
- Promote existing social activities in HD8

A new Dementia Group has been launched in Emley, and 10 additional volunteers have been recruited.

If you would like to know more about Time Together, please contact the DDC via email - www.ddc.org.uk or on 01484 860077.