

West Bar & Hardwick Surgery

Patient Participation Group

Newsletter



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How to become a Blood Donor

The National Blood Service are also looking for Blood Donors, if you are interested in becoming a blood donor, for the forthcoming donation sessions go to www.blood.co.uk or phone 0845 7711 711 for more details. The procedure will only take about 1 hour; you will be given a biscuit and a cup of tea afterwards

Distractation helps reduce nervousness so bring an MP3 player, book or a friend along with you to the donation session

On both the day of donation and the evening before ensure you drink plenty of fluids. However, it is essential to avoid alcohol as this will considerably affect hydration and delay recovery.

Normal regular meals prior to donating are necessary for maintaining blood sugars and ward off light headedness.

A good night's sleep the evening before is beneficial to wellbeing and recovery.

Tight clothing around the arms restricts blood flow and can cause bruises, so wear something which is loose and comfortable.

Eligibility criteria to donate may vary so know your medical, body piercing and travel history to avoid any unnecessary delays.

The Duty Doctor

Every day at West Bar Surgery we have a named duty doctor who is responsible for triaging and allocating appointments to urgent and emergency cases. During the morning the duty doctor may go out on urgent home visits for housebound patients, but they then return to triage all urgent calls.

If you feel your illness is such that it cannot wait until the next available appointment with your usual doctor then you will be added to the duty doctor's list. Please give the receptionist an idea of the problem so that they can help accommodate you in the most appropriate place. Also ensure you give the receptionist an up to date, correct telephone number which the doctor will be able to use to contact you. You may be given an approximate time the doctor will call, although if the nature of your problem is more serious the duty doctor is likely to call back early if they are able.

We have been using this system for some time and it seems to be working well. There is no reason any patient who has an urgent problem should not be seen on the same day if he/she has made his/her concern clear to the reception staff. We have found that by implementing this system there is no need for West Bar Patients to rely on seeing out of hours doctors for urgent problems which have actually arisen earlier in the day.

Important News

From now on the Surgery will be closed on a Wednesday from 12.00pm for 1 hour and will re-open at 1.00pm for all appointment and collection of prescriptions. Blood Test; For all patients who have had a blood test, Please can we ask that you call the reception team after 12.00pm, 3 days after your blood test so we can arrange for the necessary follow up if any is needed.

PATIENT INFORMATION

Would all patients please note that **Cox & Robinson** and **West Bar Surgery** are two separate organisations. Some patients believe when they request a prescription it automatically goes to Cox & Robinson, this is wrong it will not automatically go to any chemist, you have to request where you want it to go.

If you contact West Bar Surgery or Hardwick Surgery for a prescription, you the patient have to request where and when you would like your prescription to go.

for a repeat prescription would you please state what chemist you want to use, your Date of birth, your Address and your usual doctor, and if you want it delivered to your usual address or if you will be picking the prescription up you're self. The Pharmacies are: Bloxham Pharmacy 01295 722169, Boots the Chemist 01295 262015, Cox & Robinson 01295 262039, Cross Chemist 01295 263058, Frosts Pharmacy 01295 272431, Knights Pharmacy 01295 272432, Middleton Cheney Pharmacy 01295 710386, Rowlands 01295 262656, Superdrug Pharmacy 01295 275149.

What is Osteoarthritis?

Contrary to popular belief, osteoarthritis is not due to age-related 'wear and tear' on your joints. It tends to be more common as you get older – affecting around 80% people over the age of 50 to some degree - but is not a normal part of ageing.

Osteoarthritis develops in a joint when changes occur in the cartilage – the soft tissue that protects the surface of a bone and allows the joint to move freely. These changes affect how the joint works and may be due to damage that occurred to the joint many years before any symptoms appear.

Osteoarthritis may occur in more than one joint at any one time, with the hips, knees, hands and lower part of the spine being most often affected. It does not always get worse and treatments are available to help manage your symptoms.

It is more common in people over the age of 40, although it can develop in younger people, it is twice as common and often more severe in women, when it often starts after the menopause and particularly affects joints in the knees and hands, injury to or an operation on, a joint can lead to development of osteoarthritis at that site in later life. Similarly, exercising too soon after an injury increases your risk too.

Osteoarthritis does seem to run in families although no particular genes have been identified.

Being overweight – is linked with osteoarthritis of the knee and hip. If you have signs of arthritis, being overweight, increases the likelihood that the disease will progress.

Exercise programmes – if the exercise puts strain on your hip, hand and knee joints and forces them to carry all your weight such as running and weight training. Non weight-bearing exercising such as swimming or cycling better protects your joints. Symptoms include:

Pain that is often worse when moving or exercising or at the end of the day; stiffness in the morning that improves after about half an hour; Swelling;
Difficulty moving or restricted movement of an affected joint.

The severity of symptoms can vary and they can flair up and then settle down again. It is important not to ignore symptoms and to visit your GP. Early diagnosis can help prevent unnecessary damage to the joint.

Arthritis Care is a UK-wide voluntary organisation offering help and support to people with all types of arthritis. They have a comprehensive website, a wide range of publications and a telephone helpline, as well as over 250 local support groups. Their publication 'Living with Osteoarthritis' is particularly useful. They also run self-management courses to help people gain skills and confidence to manage their arthritis and improve their quality of life.



Helpline: **0808 800 4050**
www.arthritiscare.org.uk

New Mum's Vaccination checklist

2 months:

Diphtheria, tetanus, pertussis (whooping cough), polio and Haemophilus influenzae type b (Hib, a bacterial infection that can cause severe pneumonia or meningitis in young children) given as a 5-in-1 single jab known as DTaP/IPV/Hib
Pneumococcal infection

3 months:

5-in-1, second dose (DTaP/IPV/Hib)
Meningitis C

4 months:

5-in-1, third dose (DTaP/IPV/Hib)
Pneumococcal infection, second dose
Meningitis C, second dose

Between 12 and 13 months:

Meningitis C, third dose
Hib, fourth dose (Hib/MenC given as a single jab)
MMR (measles, mumps and rubella), given as a single jab

Pneumococcal infection, third dose

3 years and 4 months, or soon after:

MMR second jab

Diphtheria, tetanus, pertussis and polio (DtaP/IPV), given as a 4-in-1 pre-school booster

Around 12-13 years:

Cervical cancer (HPV) vaccine, which protects against cervical cancer (girls only): three jabs given within six months

Around 13-18 years:

Diphtheria, tetanus and polio booster (Td/IPV), given as a single jab



For further information go to:

<http://www.nhs.uk/Planners/vaccinations/Pages/Vaccinationchecklist.aspx>

Ballroom Dancing Classes

Last issue a suggested form of keep fit was Tai Chi. This issue why not try Ballroom dancing; get out, meet new people and keep fit at the same time.
Bodicote Village Hall,
Fridays 7.45pm-9.45pm.
Tel: 01295 270818.



BMI calculator results - what do they mean?

Take a Height of 1.62cm and a weight of 100kg on a calculator to find your Body Mass Index enter
 $1.62 \times 1.62 = 2.6244$

$100 \div 2.6244 = 38.103974$ your BMI is **38**

The normal acceptable range of this measurement is 20.1 to 25.0 for men and 18.7 to 23.8 for women.

Below 18.5 = underweight

18.5 - 24.9 = healthy weight

25 - 29.9 = overweight

30 or greater = very overweight or obese

This day in History

29th May 1928: The fate of the Italian Dirigible Italia (Airship) is not looking good and rescue parties are searching for any remains 1 week after she set out on the heroic trip to reach the North Pole.

29th May 1932: As the great depression of the 30's continue World War I veterans known as the " Bonus Army " begin arriving in Washington to demand cash bonuses they weren't scheduled to receive for another 13 years be paid early to allow them to survive, by late June over 20,000 World War I vets were camped in vacant government buildings and open fields around the Capitol.

29th May 1942: Bing Crosby records the world's top selling record White Christmas, for the soundtrack of the film Holiday Inn.

29th May 1980: The guessing game continues over who shot JR in the hit television series "Dallas" with speculation including Dusty, Sue Ellen and just about anybody in the show. But viewers will have to wait for the fall before the cliff hanger is resolved as the cast and CBS are giving nothing away,

29th May 1985: Minutes before the start of the European Cup Final between Liverpool and Juventus at Heysel Stadium in Brussels, crowd violence erupts which causes a wall to collapse killing 39 football fans and injuring at least another 400.

29th May 1996: It has been confirmed that Christopher Reeve suffered a neck injury at the weekend when thrown from a horse, but it is unknown at this stage if it will be permanent, Christopher Reeve is best known as the actor who plays Superman

29th May 1999: The Discovery Space Shuttle completes the first docking with the International Space Station

29th May 2004: The World War II memorial on the National Mall in Washington, D.C. is dedicated to veterans from World War II.

Earwax.

Symptoms of earwax build up may range from non-existent to itching to ringing noises or actual loss of hearing. The size of the earwax accumulation does not seem to affect the symptoms. Even large accumulations may be unnoticeable.

Earwax has beneficial effects, helping to keep the ear canals moist and prevent bacteria from taking root. Normally, earwax is removed naturally as it moves from the inner part of the ear to the opening. There it dries and flakes out of the ear.

Ear drops alone will often clear a plug of earwax. You can buy drops from pharmacies. For example, olive oil ear drops are commonly advised for this purpose. Warm the drops to room temperature before using them. (Let the bottle stand in the room for about half an hour.) Pour a few drops into the affected ear. Lie with the affected ear uppermost when putting in drops. Stay like this for 2-3 minutes to allow the drops to soak into the earwax. The earwax is softened, and it often breaks up if you put drops in 2-3 times a day for 3-7 days. Flakes or crusts of earwax often fall out bit by bit.

Attempts to remove earwax at home must be done with caution. Devices, such as cotton-tipped swabs, may result in packing the ear wax in tighter, leading to an impaction. Another method available to buy over the counter is a bulb syringe. This can help to remove wax which has already been softened, but should be used with caution if you have any history or ear problems, especially perforation.

Finally, if you are still bothered after 7 days of ear drops at home then it is possible for the nurses to try irrigation. Lukewarm water is squirted into the ear canal. This is usually done by a machine that squirts water at the right pressure. This dislodges the softened plug which then falls out with the water.



By Dr N Elliott

Future Issues

We hope you find the minor illnesses articles interesting and how they can be treated at home without the need to see a doctor. We will try to include a different illness with each issue. If you would be interested in a particular illness drop us a line telling us what you would like to see.

9 years of deafness

A Welsh schoolboy who's been partially deaf for nine years was suddenly cured when the tip of a cotton bud popped out of his ear. Jerome's had trouble with his hearing since he was two, but doctors said there was nothing they could do. So the 11-year-old was stunned when his hearing came back as he played with friends in Pembrokeshire, south Wales. He said he heard a popping sound before finding the tip of a cotton bud, which was soaked in ear wax, in his ear. No-one knows why the tip popped out when it did, but Jerome's delighted as now he can hear everything loud and clear. "It was very strange at first to be able to hear everything, but now I'm getting used to it," he said.

"It's great that people don't have to shout to me or that I don't have to turn my head all the time."

The boy's family think the centimetre-long tip got stuck in his ear as he played with a cotton bud as a toddler, while no-one was looking. The wax-soaked tip might look pretty grim, but the boy decided to keep it as a souvenir of his nine years of silence in his right ear.



Taken from the BBC CBBC website

West Bar Surgery Staff News

Welcome back to Geri Campbell who returned at the end of April after taking maternity leave. We would also like to welcome Jane Stanton who has joined the reception team.

Doctors Time Table

Patients are always asking what day is Dr whoever working. We hope this time table will help give you some idea. Changes for holiday and sickness do occur.

West Bar Surgery:

Dr S Wookey Mon, all day, Thurs am, Fri all day
 Dr A Sanders Mon, Thurs, Fri - all day
 Dr G Rogers Mon, Weds, Thurs, Fri - all day
 Dr C Macgregor Mon, Tues, Weds, Fri - all day
 Dr J Charles-Nash Mon-am, Tues, Thurs, all day
 Dr S Hayles Mon, Tues, Weds - all day
 Dr S Haynes Mon, Thurs, Fri - all day, Tues & Weds am.
 Dr R Mulcahy - maternity leave Return TBA
 Dr E Javaheri Mon, Tues, Weds, Fri - all day Thurs (half day)
 Dr H Tirmizi Mon, Thurs, - all day, Tues, Weds am only
 Dr R Gupta Mon, Weds, Thurs, Fri - all day
 Dr N Elliott Mon, Tues, Thurs - all day



Hardwick Surgery

The Doctors who attend Hardwick changes every week

Dr A Sanders, Dr C Macgregor, Dr H Tirmizi, Dr G Rogers, Dr S Haynes, Dr S Wookey and Dr R Gupta all attend Hardwick on a rotational basis so ring either Hardwick Surgery on 01295254749 or West Bar on 01295256261 to check availability. Some of our Doctors do not attend Hardwick surgery.

Appointment System for AUGUST 2011.

West Bar Surgery are going to have a different appointment system for doctors' appointments during the month of August 2011. During August, rather than booking ahead, almost all appointments will be available to book on the day.

August is generally a month when both patients and doctors take holidays. As a result the demand for appointments can be very different to the rest of the year. To try and ensure we provide the best availability and access to the doctors we are going to implement this new system.

You will be able to find out which doctors are available on any day during August on our website, on the next copy of the newsletter, and on posters which will be at the surgery. Our receptionists will also be able to advise when your doctor is working. If you need a routine or urgent appointment please call on the day you wish to see your doctor and you will be fitted in. The normal system for duty doctor will also remain in place in the case of requiring an emergency appointment when your doctor is not available.

Please ring the surgery throughout the day for an appointment. If everyone tries to ring at 08:30am the phone line will become very busy and it will be difficult to get through. To accommodate those who rely on booked transport to get to the surgery there will be a few pre-bookable appointments at the start of each day.

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Contact By Post

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