

Hereford Medical Group

Patient Newsletter – August 2019 – Issue 5

Every two months Hereford Medical Group publishes a patient newsletter. Through the newsletter we can update our patients on the latest developments within Hereford Medical Group.

Sepsis Awareness

Sepsis (also known as blood poisoning) is the immune system's overreaction to an infection or injury. Normally our immune system fights infection – but sometimes, for reasons we don't yet understand, it attacks our body's own organs and tissues. If not treated immediately, sepsis can result in organ failure and death. Yet with early diagnosis, it can be treated with antibiotics.

If you think your or someone you look after has symptoms of sepsis, call 999 or go to A&E. Trust your instincts!

HOW TO SPOT SEPSIS IN CHILDREN

If your child is unwell with either a fever or very low temperature (or has had a fever in the last 24 hours), call 999 and just ask: could it be sepsis?

A child may have sepsis if he or she:

1. Is breathing very fast
2. Has a 'fit' or convulsion
3. Looks mottled, bluish, or pale
4. Has a rash that does not fade when you press it
5. Is very lethargic or difficult to wake
6. Feels abnormally cold to touch

A child under 5 may have sepsis if he or she:

1. Is not feeding
2. Is vomiting repeatedly
3. Has not passed urine for 12 hours

HOW TO SPOT SEPSIS IN ADULTS

Seek medical help urgently if you (or another adult) develop any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

Symptoms can be vague. They can be like symptoms of other conditions, including flu or a chest infection.

Call 111 if you, your child or someone you look after:

- feels very unwell or like there's something seriously wrong
- has not had a pee all day (for adults and older children) or in the last 12 hours (for babies and young children)

- keeps vomiting and cannot keep any food or milk down (for babies and young children)
- has swelling, redness or pain around a cut or wound
- has a very high or low temperature, feels hot or cold to the touch, or is shivering

Do not worry if you're not sure if it's sepsis – it's still best to call 111.

They can tell you what to do, arrange a phone call from a nurse or doctor, or call you an ambulance.

New Building



Over the summer months we have seen fantastic progress with the construction of our new building. The steel frame has now gone up and work will continue on the interior and exterior of the building. The building will be home to 31 consulting rooms, 12 treatment rooms and 1 minor operations suite. We will also have additional rooms for our HCAs and phlebotomists

to see patients, and for our allied health professionals such as physiotherapists to care for patients. We look forward to keeping you updated on the progress of the new building!

Requesting Prescriptions Online



Did you know you can request prescriptions online? If you would like to register for Patient Access, please visit any of our surgeries and bring two forms of ID with you (one photographic and one to confirm your address). Our reception team will be happy to register you for this free service. Online requests go directly to your GP to action and are then sent electronically to your pharmacy (controlled

drugs will be able to be sent electronically to your pharmacy from the 4th April) saving you a trip to the surgery to collect the paper prescription. It is a safer, more accurate and quicker way to manage your prescriptions that is accessible 24/7!

To keep up to date with all the latest information from Hereford Medical Group give our [Facebook](#) page a 'like'!



Flu Season is approaching!

The children are still on summer holidays, the mornings and evenings are still light and we have one final summer bank holiday to look forward to...we hate to mention the F word – but flu season is approaching!

Flu can be very serious for people with certain medical conditions, and in some cases, can even be a killer. If you are eligible for a flu vaccine it is important you have it, to help protect you and those people around you.

Please keep an eye out on our website, social media pages and in the surgeries for upcoming flu clinics.

**HELP US
HELP YOU**

STAY WELL THIS WINTER

- If you're over 65 on 31st March 2020, you're eligible for a flu vaccination at your GP practice.

- If you have a child aged 2 to 10 on 31st August 2019, who is at risk because of a medical condition, you may wish to arrange their Flu Vaccination in surgery prior to the school's programme.

- If you are under 65 and have a chronic condition, you may be eligible for a flu vaccination.

- If you are a carer, work in a hospice, nursing or residential home you may be eligible for a Flu vaccination this year.

Help us, help you this winter by having your flu vaccination.

Useful Links

Have you visited our website? On there you can find a section called [useful links](#) that has links to pages our patients may find useful. You can find out lots of information on the new carers trust by looking at our website.



Did you know that every day 6,000 people will become a carer. CarerLinks offers emotional and practical support to unpaid carers in Herefordshire, helping them to protect their health and wellbeing and cope with their caring role. Carer advisors provide a listening ear and can link carers into services and support.

Bank Holiday Weekend

Hereford Medical Group will be closed on Monday 26th August due to the bank holiday weekend.

Many minor complaints such as coughs and colds, cuts and scrapes

can be treated by ensuring you have a well-stocked medicine cabinet and first aid supplies.

Your local pharmacist can give expert, confidential advice or medicines for minor ailments such as tummy troubles, stings and allergies and much more.

You can call NHS 111, the free NHS service, 24 hours a day, 365 days a year for fast medical advice when it's not an emergency. This can include making an out-of-hours GP appointment.



Take part in Self-Care September – “Self-care is not selfish. You can’t pour from an empty cup”

ACTION CALENDAR: SELF-CARE SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Remember that self-care is not selfish. It's essential.	2. Talk to yourself like you would to someone you love.	3. Free up time in your diary by cancelling any unnecessary plans.	4. Forgive yourself when things go wrong. We all make mistakes.	5. Notice what you are feeling today, without any judgment.	6. Remember it's ok not to be ok. We all have difficult days.	7. Plan a fun or relaxing activity this weekend and make time for it.
8. Remind yourself that you are loved and worthy of love.	9. Avoid saying "I ought to" or "I should" to yourself.	10. Give yourself permission to say no to requests from others.	11. Aim to be good enough, rather than perfect.	12. Find a caring, calming phrase to say to yourself when feeling low.	13. Be willing to share how you feel and ask for help when needed.	14. Stop the glorification of "busy". It's good to take a break.
15. Make time today to do something you really enjoy.	16. Notice the things you do well today, however small.	17. Leave positive messages where you will see them regularly.	18. Don't compare how you feel inside to how others appear outside.	19. Think of a previous mistake you're glad you made and why.	20. Look at photos from a time with happy memories.	21. Get active outside and give your mind & body a natural boost.
22. No plans day - make time to slow down and be kind to yourself.	23. Let go of other people's expectations of you today.	24. Release yourself from inner demands and self-criticism.	25. Ask a trusted friend to say what they like about you.	26. Find a new way to use one of your strengths or talents today.	27. You matter. Remember that you are enough, just as you are.	28. Take your time. Make space to just breathe and be still.
29. Write down three things you appreciate about yourself today.	30. Accept your mistakes as a way of helping you make progress.	<p>"Self-care is not selfish. You can't pour from an empty cup"</p>				

ACTION FOR HAPPINESS www.actionforhappiness.org

Find out more about the Ten Steps to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/30-days