



MIDDLESTOWN PATIENT PARTICIPATION GROUP

Newsletter



Winter 2016/17

Our next *One Day Event* starts at 9.30am on Thursday 2 February with the theme of Pain Management. Two groups will be in the surgery. The two articles below give you a flavour of what is on offer.

EXPERT PATIENT PROGRAMME: PERSISTENT PAIN COURSE

The Self-Management Service Persistent Pain course is designed specifically for people who are living with persistent physical pain. This means, those who have been in pain, each day, for more than 3 months. This course aims to give people:

- Tools to address many of the common problems people experience when living with persistent, physical pain.
- Ideas about pacing daily activities to help us cope
- How and why we need to set baselines for pain management
- Relaxation techniques to help manage pain
- Dealing with persistent pain setbacks
- Why becoming and keeping active is important for pain management
- Tools to help us manage our pain and fatigue
- Managing depression and low mood
- Working with your Health Care Professional team to get the most out of your appointments

Also included on this course are the "core" tools and techniques from the Expert Patient Programme generic course which include:

- Action Planning to help us meet our goals
- Problem Solving to help us have a strategy when things don't go as planned
- Using Your Mind - tools to help us cope when we're on our own in a difficult situation

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A PPG member says: *My friend and I have been on courses run by EPP - Health & Wellbeing and Pain Management. We found these very helpful. Come and talk to the EPP members on 2 February in the surgery and learn more.*



PHYSIO 1ST

Physiotherapy as a profession has been around for over 100 years. One of the things which differentiates Physiotherapy from other practitioners is that self-management, postural advice and home exercises forms part of our treatment package, as well as 'hands on' treatment, to help with Pain management.

Pain itself is a complex symptom. Pain is an emotion experienced in the brain and can be categorised into **Acute pain** - having been there for less than twelve weeks duration and **Chronic pain** - lasting more than twelve weeks. Pain can be perceived as a warning of potential damage, but can also be present when no actual harm is being done to the body.

There are 4 common types of pain, however typically Physiotherapists will treat a lot of problems that fall into what we call Mechanical pain. This is pain generated generally by a sustained position, but where initially no damage is done, for example if you bend your finger back and hold it for a while, pain is generated and when you let go of the finger the pain stops. The commonest type of mechanical pain we treat is in the spine, especially the back or neck, caused by poor posture. Slouching, as we all do, causes a large loading of the discs/joints in the spine - pop a cushion in your back or sit up straight and it will help reduce that.

Physiotherapists will always look at each patient to assess the cause of the 'pain', and look to strengthen the muscles which support the joint, encourage exercises to move the joint and give appropriate manual therapy to improve stretch tight structures. Any joint that is 'stiff' will become 'achy' and the best way to manage that is through the correct exercise and stretch program, through a Chartered Physiotherapist.



DID YOU KNOW: Paracetamol on prescription costs the NHS about 4 times more than they do to buy from a pharmacy or supermarket. So please help the NHS and keep a simple stock in your home - don't ask your GP for them. Last year Wakefield GP practices spent over £1M on paracetamol for patients. This could provide 8,000 more GP appointments OR 125 more knee replacements OR 27,000 more physiotherapy appointments OR 1,000 more drug treatment courses for dementia OR 10,000 more specialist appointments to prevent blindness.

By taking charge of your own health you can help the NHS help those most in need.

Have you heard of **APHASIA** (Communication Disability)? It is a severe disorder of language which can occur following a stroke, head injury, brain tumour, neurosurgery or a brain infection. For some people recovery of speech is limited. Someone with Aphasia may have difficulty speaking, understanding, reading and writing. They can't always find the words, although they know what they want to say. They may find it hard to concentrate and there may be a delay before they can answer a question.

How can you help: Look at the person and listen patiently; don't shout; speak slowly and in simple sentences; don't finish the sentence for them. They may have difficulty if there are too many sounds - keep background noise low. Above all - be patient and take your time.

Speak
ability

There is a local organisation which can help
Speakability Wakefield Group, ☎ 01924 275147

Rebuilding Communication

DON'T FEEL LONELY THIS WINTER

Statistics about older people and loneliness are frightening. More than half of all 75 year olds in the UK live alone and 1 in 10 suffers intense loneliness but is reluctant to ask for help. 9 out of 10 people say that 'a chat on the phone' is the most helpful solution when they feel lonely but 1 in 4 older people say they never or seldom have someone to chat to on the phone.

SILVERLINE is a confidential, free helpline for older people across the UK. It is open 24 hours a day 7 days a week. Specially trained staff offer information, friendship and advice; link callers to local groups and services; offer regular befriending calls; and protect those who are suffering abuse and neglect.

Call free on 0800 4 70 80 90

SPECIAL DIABETES EVENT: This successful special event was organised by the PPG and Practice. Vicky, a nurse from the Practice, and Diabetes UK were available to talk to patients about Diabetes. As usual Goody Bags were available containing a full range of information about Diabetes.

There are lots of different factors which influence a person's risk of developing diabetes including age, your weight, if it runs in the family, ethnicity etc.

The amount of sugar in the blood is controlled by a hormone called insulin which is produced by the pancreas, a gland behind the stomach. When food is digested and enters your bloodstream, insulin moves glucose out of the blood and into cells where it's broken down to produce energy. However, if you have diabetes, your body is unable to break down glucose into energy. This is because there's either not enough insulin to move the glucose, or the insulin doesn't work properly.

In the most common type of diabetes, Type 2, this can happen for a number of reasons such as eating the wrong things often such as sugary foods and drinks. People who are overweight are much more likely to develop Type 2 diabetes. People who have diabetes will have additional blood tests throughout the year so that the nurse or doctor can check how you are doing.

When to see your doctor: Visit your doctor as soon as possible if you experience the main symptoms of diabetes, which include:

- Feeling very thirsty
- Urinating more frequently than usual, especially at night
- Feeling very tired
- Weight loss and loss of muscle bulk
- Itching around the penis or vagina, or frequent episodes of thrush
- Cuts or wounds which heal slowly
- Blurred vision

There are lots of different treatment options available to people and the nurse or doctor will work with you to see what will work best for you. For more information go to www.diabetes.co.uk



Car Park full at Middlestown? Please don't forget you can park down the road from the surgery at the Working Men's Club. Many thanks to the WMC for allowing us to use their car park for overspill parking.



Keep Warm - Keep Well
this Winter

Next Newsletter due 17 April & next
One Day Event 27 April 2017