

MIDDLESTOWN PATIENT PARTICIPATION GROUP



Autumn 2019 Newsletter

Our next **One Day Event** starts at 9.30am on Thursday 14th November and will be about Sepsis. Anyone can develop sepsis after an injury or minor infection, although some people are more vulnerable. Please come along and talk to those who will be there on the day, including a Sepsis survivor - twice!

SEPSIS, previously known as Septicaemia, is caused by the way the body responds to germs, such as bacterial infections; the body attacks its own organs and tissues. The infection may have started anywhere in the sufferer's body, which may only be in one part of the body or it may be widespread. Infections which can give rise to Sepsis are common and include lung infections (Pneumonia), water infections, infections in wounds - like leg ulcers, cuts and bites. Sepsis starts with i) mild sepsis, ii) severe sepsis and iii) septic shock, leading to multiple organ failure and death, especially if not recognised promptly. We all need to work together to ensure lifesaving treatments are sought and delivered as soon as possible. Greater awareness of the signs and symptoms could save lives.

Sepsis can affect people of any age, but is more common in the elderly, people with chronic medical conditions, those whose immune systems are compromised from conditions such as HIV or cancer, and infants under 3 months, whose immune systems haven't developed.

Figures from the Sepsis Trust suggest that there are an estimated 52,000 people die every year, and that 250,000 people are affected every year in the UK from Sepsis. The good news is that life-saving treatment for Sepsis is often relatively straightforward. Early recognition and getting basic treatments, including antibiotics and fluids into the patient within the first hour, can hugely improve outcomes for patients.

We will have an adviser from the Sepsis Trust, who is a Sepsis survivor, to explain more, together with a Care Navigator from the Practice to explain the procedures for someone diagnosed with this serious illness.

No appointment needed, just turn up on the day. There will also be information for you take away with you. Further information can be found on the Sepsis Trust web page: www.sepsistrust.org

Upcoming Events!

EVENTS FOR 2020

Plans are currently underway for events in 2020 and more details will be available shortly. At the moment the PPG are looking at in January Age UK paying a return visit to the surgery; in April looking at Respiratory conditions; in July concentrating on Arthritis and in November looking at Dermatology and skin conditions. All are currently being planned. Please look out for more details in future newsletters and on surgery noticeboards.

KEEP WELL THIS WINTER

With winter fast approaching here are a few tips to prepare for the coming season.

- * Stock up cupboards with food and household items, e.g. tinned fruit, fish, vegetables, soups, stews. Keep a spare loaf in the freezer.
- * Prepare for travelling by car in extreme weather - carry an emergency kit including an ice scraper, de-icer, torch, warm clothes, blanket, boots, food and a warm drink in a flask. Make sure you have a fully charged mobile phone.
- * Clear paths of snow and ice - ask a friend or neighbour if you can't do it yourself.
- * Try to plan ahead.

Don't forget your flu jab - call the surgery on 01924 237100 now to book



2019/20 Practice Training: surgery closed from 12 noon on Wednesdays, until 8.00am the following day on 13 November, 15 January, 26 February, 18 March.

APPOINTMENT BOOKING

Now over 25% of appointments are available to book online including GP and blood test appointments. However, nursing appointments due to their diverse and complex nature are not available online and you need to call the practice to ensure the correct length of time is booked for your appointment and you are seen by one of the nursing team with the necessary skills to manage your health need. For example, a general diabetes review should require a patient seeing a Health Care Assistant for an initial 10 minute foot check and other monitoring observations, prior to seeing a Practice Nurse for a 20 minute appointment.

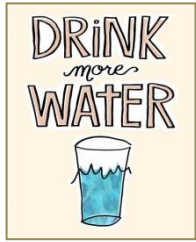
If your health need is urgent please call the same day. You will be asked the reason for your call to enable trained staff to direct you appropriately and a member of the clinical team will return your call and if necessary book an appointment based on your need.

For routine care or if you would like to see or speak with a specific member of the team, it is not unreasonable for there to be a wait of 3 weeks or more dependent on your need.

TIPS FOR HEALTHY EATING No.9

Don't get thirsty

We need to drink plenty of fluids to stop us getting dehydrated - the government recommends 6-8 glasses every day. This is in addition to the fluid we get from the food we eat. All non-alcoholic drinks count, but water and lower-fat milk are healthier choices.



Try to avoid sugary soft and fizzy drinks that are high in added sugars and calories, and are also bad for teeth.

Even unsweetened fruit juice and smoothies are high in free sugar. Your combined total of drinks from fruit juice, vegetable juice and smoothies should not be more than 150ml a day - which is a small glass.

For example, if you have 150ml of orange juice and 150ml smoothie in one day, you'll have exceeded the recommendation by 150ml. When the weather is warm, or when we get active, we may need more fluids.

THE WEST YORKSHIRE AND HARROGATE HEALTHY HEARTS PROJECT

Since its official launch in April, [the West Yorkshire and Harrogate Healthy Hearts project](#) has seen an extra 3,800 additional patients added to hypertension registers and nearly 1,000 more people having their blood pressure controlled to below 140/90. Because of this, over the next five years, an estimated eight people will avoid an early death; 15 people will avoid having a stroke and 10 people prevented from a heart attack. This will improve further now we have more people on hypertension registers and under review. We would like to extend a huge thank you to all the GP practices that have supported phase one of the West Yorkshire and Harrogate Healthy Hearts project. It is thanks to everyone's hard work and contribution that we have achieved these results.

The [West Yorkshire and Harrogate's Healthy Hearts](#) project aims to help reduce the impact of cardiovascular disease (CVD) and prevent the number of heart attacks and strokes across the region.

We estimate there are over 40,000 people across the region that we still need to reach. If we do, we believe that we can prevent around 700 heart attacks and strokes across West Yorkshire and Harrogate which would be hugely significant and have a massive impact on people's lives.

Phase two of the project will see an emphasis on cholesterol management, while phase three will see a concentration on glycaemic control in diabetes. For more information [follow @WYHHealthyHeart on Twitter](#).

The next PPG Newsletter is due 20th January 2020.
Next One Day Event is 30th January 2020 with Age UK.

