

Summer Newsletter

Results of Teenagers Survey

We have recently undertaken a survey of our teenage patients opinions on the practice. On the whole the results were positive, most teenagers were aware that they are entitled to confidentiality even under the age of 16. The main areas which needed improving was the lack of information displayed in the waiting area specifically for teenagers. We do have a notice board dedicated to our teenage patients, unfortunately this is in the side entrance which we appreciate is not ideal. We are in discussion with the health centre manager and hope to be allocated a more prominent site near the main entrance / opposite the dispensary.

We also plan to have a regular teenage section in our newsletter and a separate page on our website. Our teenage leaflet, which contains .is available to download on the website

We do have the facility to give teenagers "on the day appointments" for issues which they consider are urgent, we also offer same day pregnancy tests for any teenage girls who are concerned that they may be pregnant—please ask at the reception desk.

Our Practice Building

We have been assured that there is funding available for our new building, however it is unlikely to be built until 2009/2010, we are disappointed by the continuing delays as we'd dearly like to move into larger, more modern premises in order to provide a better environment for patients and staff alike.

In the meantime we have taken it upon ourselves to try and improve/make the most of the current building and look at ways in which we can improve the general appearance and comfort.

Hay fever, is a very common condition that affects 20% of people in the UK. It is caused by an allergy to grass or hay pollens.

During spring, from March to May, pollens from trees are the most common cause of hay fever. From May to July grass and flowers are in pollen, making these the most common cause of hay fever. Some people do get hay fever into the autumn months, however this is rare.

As with all allergies, the symptoms happen as a result of your **immune system** (the bodys defence system) overreacting to a normally harmless substance in this case, pollen.

You are more likely to get hay fever if there is a history of allergies in your family, particularly asthma or eczema. Hay fever usually begins in the early teens and peaks when your are in your twenties. Research shows that many people

become less sensitive to pollen as they get older, and by the time they reach their mid-forties, hay fever may no longer be a problem.

In general, the symptoms of hay fever are

- Runny or blocked nose,
- Frequent sneezing,
- Watery or itchy eyes
- an itchy throat, mouth, nose and ears.

Less commonly, you may experience loss of smell, facial pain due to blocked sinuses, sweats and headaches.

If you have asthma, you may find that you are more wheezy or breathless than usual. Sometimes, asthma symptoms only occur during the hay fever season.

Pollen count

Hay fever symptoms tend to begin when the pollen count is over 50. The pollen count is often given with the weather forecasts. Generally, the pollen count is highest in the early evening, so try to avoid going outside around this time. If it is humid or windy, the pollen count is likely to be higher.

It is very difficult to completely avoid pollen, but you should be able to reduce the severity of your symptoms by taking some precautions such as:

staying indoors when pollen counts are high, keeping the windows and doors shut in the house and drawing the curtains to keep out the sun and keep the temperature down,

avoiding cutting grass, playing or walking in grassy areas, taking a shower after being outdoors to remove the pollen on your body,

wearing wrap-around sunglasses,

keeping car windows closed, and consider buying a pollen filter for the air vents in your car,

Vacuum (ideally using a machine with a HEPA filter) and damp dust regularly

keep pets out of the house during the hay fever season if your pet does come indoors, wash it regularly to remove any pollen from its fur.

The types of hay fever treatment available include; tablets, nasal sprays, eye drops and creams:

- . **Antihistamine tablets or nasal sprays** these stop histamine, the chemical released by your body, from causing the symptoms of an **allergic** reaction. There are two types of **antihistamine** - those that cause **drowsiness** and those that do not. **Antihistamines** are usually effective at treating itching, **sneezing** and watery eyes.
- . **Steroid nasal sprays and drops** these are more effective than **antihistamine** tablets in preventing and relieving nasal (nose) symptoms, including **sneezing** and **congestion**. They can also relieve itchy, watery eyes. They are most effective if you start using them a couple of weeks before your symptoms usually begin, and work best when used regularly. Many are available over-the-counter but you may need a prescription for some□
- . **Eye drops** these work by reducing the release of histamine from your eyes, which eases itching and **swelling**. Eye drops containing the active ingredient cromoglycate are most widely used, and are normally used alongside other treatments, such as **antihistamine** tablets and steroid nasal sprays□

Currently there is a lack of evidence supporting the effectiveness of complimentary therapies such as homeopathy and this means that more research is needed before they can be recommended.

Website / on-line repeat Px

Our website is now up and running, we aim to update this regularly, there is the facility to order your repeat prescriptions via the website, we hope this will be more convenient for patients but please that we only take requests for medications which are on "repeat" and we are unable to reply to any queries.

Rachels MRCGP—Many Congratulations to Dr Rachel Ward who recently obtained her MRCGP (membership of the Royal College of General Practitioners). Rachel would like to thank all the patients who kindly participate in video consultations so that she could complete the exam.

Dr Harmindar Birdi, our GP registrar will be leaving at the end of July, she has very much enjoyed her time in Ashbourne and would also like to Thank all the patients who participated in her video surgeries. We would like to thank Harmindar for her hard work, she will be greatly missed and we would like to wish her the very best for the future. You may still see her around from time to time as she will be doing some locum sessions for the practice over the summer holidays

F2 registrar–From August we will be having a new trainee doctor staying for four months at the practice. They will be more junior than Harmindar and therefore their experience will be much more supervised.

How to Book an appointment
Routine (how long in advance)
Same day
Triage Nurse

Smoking Cessation / Mary.

IUCD

We offer a wide range of contraceptive services at our practice, Dr Sheona Macloed and Dr Rachel Ward are experienced coil fitters. Those patients interested in having a coil fitted should first book a routine appointment with a GP to discuss this method in detail (all of our GPs can discuss this method with you and arrange any necessary swabs prior to fitting).

Pregnancy tests

Some patients may think that they need to have a pregnancy test repeated by doctor to confirm they are pregnant, we do not offer a routine pregnancy test service mainly because our tests are no more accurate than those available in the chemists. Our same day pregnancy tests are reserved for emergencies e.g.g a suspected ectopic pregnancy.

We have decided however to offer same day pregnancy tests to those under the age of 18.

On 1 July, England will go smokefree. From then on it will be against the law to smoke in virtually every enclosed public place and workplace, making them healthier places to visit and work in.

Fresh Start is a free NHS service for smokers in Derby who want to stop smoking and adopt a smokefree lifestyle.

Our trained advisors provide information, advice and support throughout your attempt to go smokefree. Stop smoking products such as [Nicotine Replacement Therapy](#) and [Zyban](#) are available at the cost of a prescription - or free if you don't pay prescription charges.

We offer a varied and flexible service to make it as easy to use as possible. You can get help from us in a number of ways:

Group support: people who choose this option are likely to have the most success of stopping smoking! Groups run in Derby and usually consist of 10 to 20 quitters and one or two stop-smoking advisors. Groups meet weekly, usually for around 7 weeks, with each meeting lasting for a maximum of an hour. The first meeting is an information session, and smokers usually set a 'quit date' for the 3rd week. Group sessions are particularly useful as many people go through similar experiences when they stop smoking and can therefore share ideas and tips of what works. A stop-smoking advisor is on hand throughout the programme to answer questions and give extra support.

One to one support: this service is available to anyone who would rather see an advisor on a personal basis. The advisor and individual meet once per week over a period of around 7 weeks. As with other kinds of support, the Fresh Start advisor gives advice and encouragement throughout your quit attempt, and will answer any questions that you might have.

At your GP surgery: some GPs offer the Fresh Start service from their surgeries. This is similar to the one to one support detailed above, but the service takes place within the doctor's surgery.

At your local pharmacy: the Fresh Start service is available at a number of pharmacies across Derby; again, this service is similar to the one to one support detailed above, but the service takes place at the pharmacy. Nicotine Replacement Therapy will also be available at the pharmacy itself.

You can see a Fresh Start advisor at a large number of venues across the city, at a variety of times and days each week. You can search for the nearest venues to you [here](#).

□ **How to register with Fresh Start**

If you'd like to make a Fresh Start and quit smoking you can register [online](#) or by calling the Fresh Start hotline on 0800 7076870 or 01332 8

