



A Message from the Chairman of the PPG

I hope everyone is still keeping well as hopefully, we are coming to the end of this trying pandemic and that we can get back a normal (even if it is a new normal) way of life.

I just wanted to let you know that whilst the Practice is still operating, albeit with more telephone consultations than face to face meetings, the PPG is still in operation. The meetings have been held on a virtual basis but from May onwards, we hope to return to normal face to face meetings.

We are still open to new members and so anyone wishes to give up an hour of their time five times a year it would be much appreciated. Please contact either Reception or e-mail glynandwendy@btopenworld.com.

Hopefully the Newsletter will answer any questions you may have but please do not hesitate to contact as above and I will forward your questions to the Practice Manager for a investigation and a response.

Until the general situation improves please try to avoid overloading the surgery telephones unless it is urgent.

Take care
Glyn Jones PPG Chair

Zero Tolerance

There is a renewed campaign in Derbyshire to address abuse of health and care staff.

Health and care staff are experiencing an increased volume and severity of instances of violence, aggression, and discrimination. This appears to have escalated post-pandemic and is affecting staff in all services, but in particular, general practice and emergency departments.



The system has resolved to develop a unified zero tolerance policy to manage instances of violence, aggression, and discrimination. Here are some of the images we are using to get the message out to patients.

NHS Health Checks

What is an NHS Health Check?

The [NHS Health Check](#) is a health check-up for adults in England aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

Am I eligible for an NHS Health Check?

The check is for people who are aged 40 to 74 who do not have any of the following pre-existing conditions:

- heart disease
- chronic kidney disease
- diabetes
- high blood pressure (hypertension)
- atrial fibrillation
- transient ischaemic attack
- inherited high cholesterol (familial hypercholesterolemia)
- heart failure
- peripheral arterial disease
- stroke
- currently being prescribed statins to lower cholesterol
- previous checks have found that you have a 20% or higher risk of getting cardiovascular disease over the next 10 years

You should have regular check-ups if you have one of these conditions. Your care team will be able to give you more information about this.

How do I get an NHS Health Check?

If you're in the 40 to 74 age group without a pre-existing condition, you should receive a letter from your GP surgery or local council inviting you for a free NHS Health Check every 5 years. You can also call your GP surgery to book a Health Check. You may want to try this online

[Heart Age test](https://www.nhs.uk/conditions/nhs-health-check/check-your-heart-age-tool/). (<https://www.nhs.uk/conditions/nhs-health-check/check-your-heart-age-tool/>)

Use of Antibiotics

Antibiotics are used to treat or prevent some types of bacterial infection. They work by killing bacteria or preventing them from spreading. But they do not work for everything.

Many mild bacterial infections get better on their own without using antibiotics.

Antibiotics do not work for viral infections such as colds and flu, and most coughs and sore throats.

Antibiotics are no longer routinely used to treat:

- chest infections
- ear infections in children
- sore throats

When it comes to antibiotics, take your doctor's advice on whether you need them or not. Antibiotic resistance is a big problem – taking antibiotics when you do not need them can mean they will not work for you in the future.

How long will it be until I feel better... and will antibiotics help?



Middle ear infection

8 days

Antibiotics may reduce this by about **8 to 12 hours** i.e. less than a day* in around 5 out of every 100 patients, but around 10 out of every 100 patients may get side-effects.



Sore throat

7 to 8 days

Antibiotics may reduce this by about 12 to 18 hours i.e. less than a day* in around 7 out of every 100 patients, but around 7 out of every 100 patients may get side-effects.



Common Cold

14 days

Antibiotics will not help. Colds are caused by a virus .



Sinusitis

14 to 21 days

Antibiotics may reduce this by about one day* in around 5 out of every 100 patients of patients, but around 10 out of every 100 patients may get side-effects.



Cough caused by viral infection

21 days

Antibiotics will not help coughs caused by a virus.

Remember ... Colds, most coughs, sinusitis, ear infections, sore throats, and other infections often get better without antibiotics, as your body can usually fight these infections on its own. Antibiotics can cause side effects such as rashes, thrush, stomach pains, diarrhoea and reactions to sunlight.

*Cochrane reviews Otitis media: Venekamp et al (2015); Sore throat: Spinks et al. 2013; Sinusitis: Leminengre M et al. (2012)

Meet Our Trainees

Dr Steven Tao, based at Gosforth Valley Medical Practice



Hello my name is Dr Steven Tao and I am a British-Chinese doctor originally born and raised in East London. I moved to Sheffield almost six years ago for work and training and have done various jobs over the years; ranging from urology and intensive care, to stroke rehabilitation and general medicine.

I am currently an ST3 and will be at The Valleys until August 2022. I have an interest in sports and exercise medicine and will consider pursuing this in the future - fingers crossed! My trainer is currently Dr Gupta.

Outside of work I love trying to keep active, being a black belt in karate and an amateur just-dancer (I definitely have two left feet!). I love a good laugh and equally love learning about different cultures and cats - though I am warming up to dogs very quickly.

Although I am at The Valleys for less than a year, I am looking forward to meeting you all.

Dr Yusuf Hussain

Hello, my name is Yusuf and I am a British-Pakistani doctor and final year GP registrar at Moss Valley Medical Practice. I was born in Sheffield and studied there before moving around West Yorkshire in my junior training years.

enjoy understanding patients and their problems and am currently focussing on refining my skills in general practice. Dr Handscombe is my Educational Supervisor and I am due to finish in August 2022, God willing.



Libby Barlow Trainee Pharmacist (Foundation Training)

At the Valleys till 29th July 2022

Special interests: chronic diseases, polypharmacy reviews

Designated Supervisor: Gavin Williamson

Plans: See a bit more of the world and hope to return to GP practice to complete the Education Pathway / Prescribing course after a few years' experience.

Meet Our Trainees

Dr Tess Hardwick

I am currently in ST3 and will be at Gosforth Valley Medical Practice until August 2022. I was also previously at GVMP in my 1st year of GP training for eight months.

My educational supervisor is Dr Gupta. I am interested in learning more about women's health. After I qualify I am hoping to continue working in the NHS in general practice.



Dr Heba Elakabawy

I am ST1 – in my first year as a GP Registrar.

I will be one of the team at Moss Valley for the next 4 months, until 03 August 2022. I will join the team again as ST3.

My educational supervisor is Dr Handscombe

I would like to develop a special interest at women's health.

Dr Woodhouse

I am currently an FY2 Doctor working under Dr Catherine Bell who is my clinical supervisor. I will be based at Moss Valley Medical Centre for 4 months in total until the beginning of August 2022 and have been mainly working at Chesterfield Royal Hospital before this placement.

I have an interest in Paediatrics (Children's Medicine) and am hoping to pursue this as a career after completing this stage of my training.

Hay Fever

The Hay fever season is almost upon us and is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

Symptoms of hay fever include, sneezing and coughing; a runny or blocked nose; itchy red or watery eyes; itchy throat, mouth, nose and ears; loss of smell; pain around your temples and forehead; headache; earache; feeling tired and if you suffer with asthma you may also have a tight feeling in your chest; be short of breath and wheeze and cough.



Hay fever can last for weeks or months, unlike a cold which usually goes away after 1 to 2 weeks.

How to treat hay fever yourself: there's currently no cure for hay fever and you can't prevent it, but you can do things to ease your symptoms when the pollen count is high.

DO

- Put Vaseline around your nostrils to trap pollen
- Wear wraparound sunglasses to stop pollen getting into your eyes
- Shower and change your clothes after you've been outside
- Stay indoors whenever possible; keep windows and doors shut as much as possible
- Vacuum regularly and dust with a damp cloth; buy a pollen filter for the air vents in your car and a vacuum cleaner with a special HEPA filter

DON'T

- Cut grass or walk on grass
- Keep fresh flowers in the house
- Smoke or be around smoke - it makes your symptoms worse
- Dry clothes outside - they can catch pollen

A pharmacist can help with hay fever. Speak to your pharmacist if you have hay fever. They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays to help. It is often cheaper to buy this medication over the counter from your pharmacy or supermarket.

See a GP if: your symptoms don't improve after taking over the counter medicines from your pharmacy or if your symptoms are getting worse.

Travel Vaccinations

If you require any vaccinations relating to foreign travel you need to make an appointment with the practice nurse to discuss your travel arrangements. This will include which countries and areas within countries that you are visiting to determine what vaccinations are required.

It is important to make this initial appointment as early as possible - at least 8 weeks before you travel – as several appointments may be required with the practice nurse to actually receive the vaccinations. These vaccines have to be ordered as they are not a stock vaccine.

Some travel vaccines are ordered on a private prescription and these incur a charge over and above the normal prescription charge. This is because not all travel vaccinations are included in the services provided by the NHS.



Safety in the Sun

Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday - you can burn in the UK, before full summer or even when it's cloudy.

There's no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Sun Safety Tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

What factor sunscreen (SPF) should I use?

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun is at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 15 to protect against UVB
 - at least four-star UVA protection



UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure you:

DON'T

- Get sunburnt

DO

- Cover up with suitable clothing and sunglasses
- Take extra care with children
- Use at least factor 15 sunscreen

Make sure the **sunscreen is not past its expiry date.**

Most sunscreens have a shelf life of two to three years.



Live Life Better

You might have decided that the new decade is the time you finally give up smoking and/or eat more healthily. Please don't forget that we are here to help and can offer you assistance with what can be, for many people, a real struggle.

If you think you might need help to stop smoking, or you want to discuss how you might stop and what's out there to help you, for example, using nicotine patches, nicotine replacement gum/tablets you can self-refer to 'Live Life Better'. Please see the leaflets in the waiting room, contact them on:

0800 085 2299 or 01629 538200

or visit the website:

www.livelifebetterderbyshire.org.uk

With the average cost of a packet of 20 cigarettes at now over £10.00, if you smoke 20 per day over the whole year you could be spending in excess of £3,500. If that's not a good enough incentive to quit the damage to your health should be. Did you know.....smoking is the biggest cause of preventable deaths in England, accounting for nearly 80,000 deaths each year. One in two smokers will die from a smoking-related disease.

If you could see the damage, you'd stop.

'Live Life Better' can help with weight management and are happy to advise you on eating a healthier, balanced diet. If you would like to discuss lifestyle changes, please contact them. Eating more healthily does not mean depriving yourself!

