



BLACKTHORN HEALTH CENTRE AUGUST NEWSLETTER 2019



The partners wish to advise that sadly Dr Reena Virdi will be leaving us on Friday the 6th September.

Dr Virdi started with us nearly five years ago as a Registrar GP under the tutelage of Dr Tomson and then as a part time salaried GP. On Thursday and Fridays. Dr Virdi has decided to take some time off to travel heading to Vietnam and South East Asia.

Dr Virdi will be missed by patients and all of us here at BHC. We wish her well in her travels and hope she has an amazing time.



Travelling abroad is exciting, but with so many things to see and do when you get there, the basics of Health and Safety are often neglected.

Every year, people living in the UK go on more than 60 million trips abroad. Most have a safe trip, but some people get ill or have an accident and need medical treatment while they're away.

Travel vaccinations

Start preparing for your trip four to six weeks before you go.

Read the latest health advice for the country you're travelling using NATHNAC's interactive world map, and check the travel safety updates with the Foreign & Commonwealth Office.

You may need travel vaccines or, if diseases such as Malaria are a risk, you may need to start protecting yourself well in advance.

Prepare a kit of travel health essentials, including sunscreen, medications, painkillers, antiseptic, insect repellent and anti-diarrhoea pills. These will be useful wherever you're going.

Sexual health experts advise taking condoms with you to avoid the risk of buying fake, and potentially unsafe, brands when you get there.

Make sure your vaccinations are up to date and check whether you need any extra travel vaccines depending on your itinerary.

Travel kit checklist

- antiseptic
- sunscreen
- after sun lotion
- insect repellent
- condoms
- antihistamines
- anti-diarrhoea pills
- rehydration sachets
- first aid kit

Sun protection

Skin cancer is one of the most common cancers in the UK, and it's a growing problem. Each year, around 2,600 people die from skin cancer.

Skin cancers are caused by damage from the sun's ultraviolet (UV) rays. Protecting the skin from the sun can help prevent these cancers.

Whether you're on holiday or at home, you can protect yourself by following Cancer Research UK's Sun Smart messages:

- Spend time in the shade between 11am and 3pm.
- Make sure you never burn.
- Aim to cover up with a T-shirt, hat and sunglasses.
- Remember to take extra care with children.
- Then use factor 15 or more sunscreen.

Report any changes to moles or any unusual skin growths to your GP.

Always take special care of children's skin. The best way to do this is to cover them up and keep them in the shade.

DVT and Jet Lag

If you think you may be at risk of developing a Deep Vein Thrombosis (DVT), seek advice from your GP.

On long-haul flights, get up from your seat to walk around and stretch your legs whenever you can. Drink regularly but avoid alcohol. Wear loose, comfortable clothes. There is evidence to suggest that compression stockings are effective in reducing the risk of developing DVT.

To get over jet lag quickly, adjust to your destination as soon as possible. Set your watch to the time at your destination as soon as you board the plane and try to eat and sleep according to appropriate times in your destination.



AUGUST BANK HOLIDAY CLOSURE

The surgery will be closed on Monday 26th August.

We will re-open on Tuesday 27th August at 7.30 am.



Blackthorn Health Centre now have a Facebook Page.

We will be posting and sharing various posts on the NHS, the Practice and news about the surrounding area that may affect our patients.

www.facebook.com/BlackthornHealthCentre

Remember to Like and follow our page to stay up to date with these updates. You can also share this page with friends and family.

Attendance/Non-Attendance by Patients

In the month of **JULY, ??? Appointments** were not attended this equated to **??? HOURS** of GP, Nurse and Health Care Assistant time being wasted.

Please make sure you cancel any appointments that you no longer need in good time so that they may be offered to another patient.

Cancelling your appointment is even easier now if you receive Text reminders as you are able to send a text back to cancel any appointments that you no longer require. Simply follow the instructions when you receive your reminder text. You can also call the surgery, choosing Option 4 and leave a message.

For more information and how to register please visit:

<https://patient.emisaccess.co.uk>

When the Surgery is closed

If you have a healthcare need when the Surgery is closed please see contact details below:-

NHS Out of Hours Service. Tel No: 111

If you have a life threatening emergency please Telephone 999

A&E is under intense pressure please do not attend for minor ailments or problems

Blackthorn Health Centre Contact details

Email: WHCCG.BlackthornHealthCentre-reception@nhs.net

Website: www.blackthornhealthcentre.org.uk

Telephone: 02380 453110 Fax: 02380 452747