



Boultham Park Medical Practice

Patient Participation Group

Newsletter

Winter 2018



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Editorial

Welcome to the Christmas 2018 edition of the newsletter and it is hoped that you will be encouraged to take a copy home with you although an electronic copy will also be available on the Boutham Park Medical Centre webpage as usual.

There is something for everyone in the newsletter including items on colds and flu, advice from the Lincolnshire Fire Service, PALS and even a letter from our new Advanced Nurse Practitioner, Gaynor

Finally, your Patient Participation Group wish you all warm, festive greetings for the season



PALS

Do you have a query about timing of a hospital appointment?

Do you have a question about medication started in outpatients?

Unfortunately, your GP surgery is unlikely to be able to help you with these questions. The best way to get an answer is to contact the hospital directly-

- **Contact the consultant's secretary**
the number and email should be available on the hospital Website, or on hospital cor\\responce
- **Call outpatient appointments**
ULHT- 01522 573200 NLAG– via online portal only
- **Call the Patient Advice and Liaison Service (PALS)**
Boston 01205 446243
Lincoln 01522 707071
Grantham 01476 464861
Peterborough 01733 673405
Grimsby 01472 875403

Lincolnshire
lmc



COOKING

- **Half of domestic fires are caused by cooking.**

Top Tips:

- Keep hobs clean and clear from clutter.
- Whilst cooking keep your eye on the food.
- Read cooking instructions carefully
- Check the cooker is turned off when you have finished.



HEATING

- **7% of domestic fires.**

Top tips:

- Use gas heaters in a well ventilated room.
- Chimneys are swept regularly and kept clear.
- Ensure heaters are in good condition and halogen heaters are not close too anything which could easily catch fire.



ELECTRICAL

- **20% of domestic fires are electrical.**

Top Tips:

- Don't use washing machines or tumble dryers when you are asleep or out of the house.
- Turn off plug sockets when you go to bed.
- Charge your phone before going to bed.
- Ensure that all electrical equipment is in good condition and isn't damaged.



SMOKING

- **Smoking causes a high number of fire related deaths.**

Top tips:

- Avoid smoking when you are tired or have had a drink.
- Make sure your cigarette is stubbed out completely in a proper ashtray.
- Don't smoke in bed.



A Safe and Well Check is an excellent way of helping you stay safe and well in your own home.

Please contact us to discuss what the best action could be for you.



Telephone: 01476 565441

Website: www.lincolnshire.gov.uk/lfr



**Advanced Nurse Practitioner
Gaynor Edwards**

Hello – my name is Gaynor and I have recently started working at Boutham Park Medical Practice and would like to introduce myself to patients and let you know a little about myself.

I am an Advance Nurse Practitioner (ANP) which means I have studied to Masters Level in advance clinical skills. This allows me to see, treat, prescribe, diagnose and refer if necessary, patients who attend the surgery with any new or ongoing complaint that is within the scope of practice of an ANP. This can vary from one ANP to another depending upon his/ her experience.

I have worked in Primary Care, GP surgeries, what was the 'Walk In Centre' and in Out of Hours for approximately 20 years so I have a wealth of experience in seeing patients with a wide variety of conditions and ailments. Before working in primary care I was a Sister in a large Accident & Emergency department in Birmingham and also in London. I qualified as a nurse in London in 1987.

As ANP's we work alongside and support the Doctors and we work within our scope of competence. If we decide we need further assistance to manage a patient, we will ask for that from either another ANP or a GP colleague or refer to hospital.

Continued



Gaynor Edwards - Continued

It's very difficult to give a precise 'list' of what ANPs can and can't do, but for example, we can see any new undiagnosed condition or treat ongoing conditions. We see any minor illness or injury. We can see and treat patients with deterioration of their asthma, COPD, Heart Failure. We can alter medication up to the maximum allowable dosage. We can also treat symptoms such as urinary problems, tummy pains, back pains, breathing problems, and ongoing coughs. Most simple coughs colds and sneezes, abrasions, dry skin and rashes, can be, and should be either self-treated or treated by your local pharmacist; you don't normally need to come to the doctors surgery for these minor conditions, although if symptoms persist you should come and see us.

We can't sign sick notes, as this comes under a different law, but we can organise these for you to collect later in the day, and we can't treat any pregnant lady for any pregnancy related condition, this must be a Doctor or Midwife.

I look forward to meeting you in the surgery, If you have any questions please do not hesitate to contact the practice manager Mr Neil Hewson.

Thank you

Gaynor



Connect to Support

Lincolnshire County Council Adult Care and Community Wellbeing together with Lincolnshire NHS have now launched their partnership online Library of Information and Services called Connect to Support Lincolnshire. This is being provided in conjunction with Lincs2Advice.

Connect to Support Lincolnshire will provide people with a range of options on how care, support, health and community services can be accessed. Alongside the website, it will offer remote support by telephone, email, and web chat. Live operators will be available Monday to Friday 2.00pm to 7.00pm and Saturday 10.00am to 2.00pm.

The site will provide an online directory of providers and services, alongside information and advice content pages. Following the initial launch of the service, there will be an ongoing programme to develop the amount and scope of information held on the directory.

The website can be accessed at: <https://lincolnshire.connecttosupport.org/>

Connect
to support
Lincolnshire



Staying Safe

Mental Health launch 'Staying Safe' website, offering free resources for anyone distressed, thinking about suicide or worried about someone they care about.

The Staying Safe website is a potentially life-saving resource developed by 4 Mental Health, with invaluable input from people who have survived suicidal thoughts and those personally affected by suicide through bereavement.

StayingSafe.net offers compassion, kindness and easy ways to help keep people safer from thoughts of harm and suicide, seek support and discover hope of recovery through powerful videos from people with personal experience.

The website provides vital 'Safety Plan' guidance tools with easy to print / online templates and guidance video tutorials purposefully designed to help people through the process of writing their own Safety Plan. A Safety Plan helps to build hope, identify actions and strategies to resist suicidal thoughts and develop positive ways to cope with stress and emotional distress.

Tragically, suicide takes far too many lives, yet suicide is preventable. Anyone struggling to cope or experiencing deep distress may begin to think about harming themselves and consider suicide as a means to escape their emotional pain. It can be incredibly difficult to think clearly during these times.



Staying Safe

Everyone is encouraged to PREPARE for possible difficult times ahead BEFORE they happen, by completing a Safety Plan.

During times of deep distress, Safety Plans become a vital and valuable reminder of:

- *What people can do for themselves to get through difficult times*
- *Practical ways they can make their situation safer*
- *Who to contact for support*
- *Where to go or who to contact in an emergency*

It is 4 Mental Health's hope that anyone currently in extreme distress can share our hope that recovery is possible with the right support and that one day keeping a Safety Plan will be common place and regarded an extension of wellbeing and self-care.

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Staying Safe
You may have found yourse
from suicidal thoughts



Viruses

As the calendar races towards winter, we all need to start thinking about self-care and what we can do to look after ourselves over the coming months. Inevitably, the normal winter pressures will see GP and NHS resources stretched even further with people worried about common colds, flu and the norovirus. The majority of the time these conditions are self-limiting and don't need a GP appointment or A&E attendance.

Norovirus, which causes diarrhoea and vomiting, is one of the most common stomach bugs in the UK. It's also called the "winter vomiting bug" because it's more common in winter, although you can catch it at any time of the year. Norovirus can be very unpleasant, but it usually clears up by itself in a few days. You can normally look after yourself or your child at home.

Try to avoid going to your GP, as norovirus can spread to others very easily. Call your GP or NHS 111 if you're concerned or need any advice.

How to Self Help with Flu

To help you get better more quickly:

2. Rest and sleep
3. Keep warm
4. Take paracetamol or ibuprofen to lower your temperature and treat aches and pains
5. Drink plenty of water to [avoid dehydration](#) (your pee should be light yellow or clear)

A pharmacist can help with flu

6. A pharmacist can give treatment advice and recommend flu remedies.
7. Be careful not to use them if you're taking paracetamol and ibuprofen tablets as it's easy to take more than the recommended dose.

Speak to a pharmacist before giving medicines to children.



Flu myths and truths

FALSE - Having flu is just like having a cold

Colds, even heavy ones aren't the same as having flu. Flu starts suddenly and often severely, and you may spend a day or 2 in bed. The symptoms may be similar but with flu you are more likely to have a fever, aches and pains and feel weak and exhausted. For the elderly and those classed as in clinical risk groups the effects of flu can be much more serious and that is why it is strongly recommended that people in these groups have the seasonal flu vaccine as early as possible to provide the maximum protection. If you think you are entitled to a free seasonal flu vaccine, please contact the surgery – while we have run our major Saturday clinics we still have some vaccines available.

Flu

1. Appears quickly within a few hours
2. Affects more than just your nose and throat
3. Makes you feel exhausted and too unwell to carry on as normal

Cold

1. Appears gradually
2. Affects mainly your nose and throat
3. Makes you feel unwell but you're okay to carry on as normal – for example, go to work

