

THE ELMS MEDICAL PRACTICE

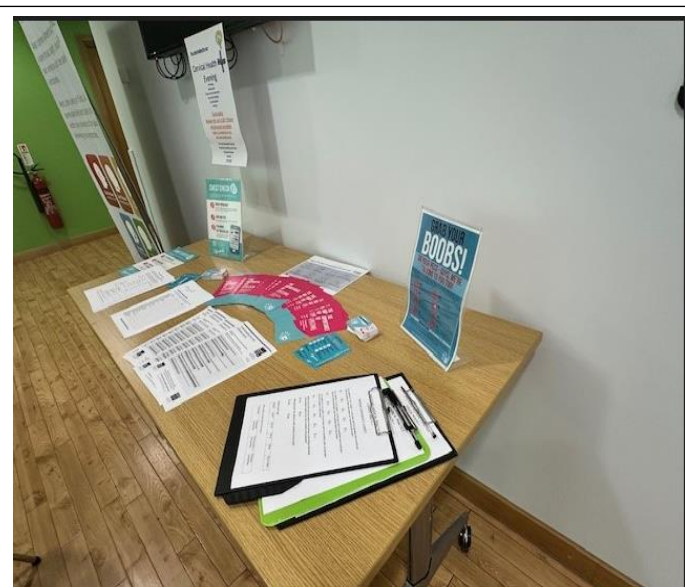
August 2024 NEWS

We would like to welcome **Dr Sophie Hunt** who has joined the Elms Team from July. Dr Hunt's working days are Wednesday & Friday.

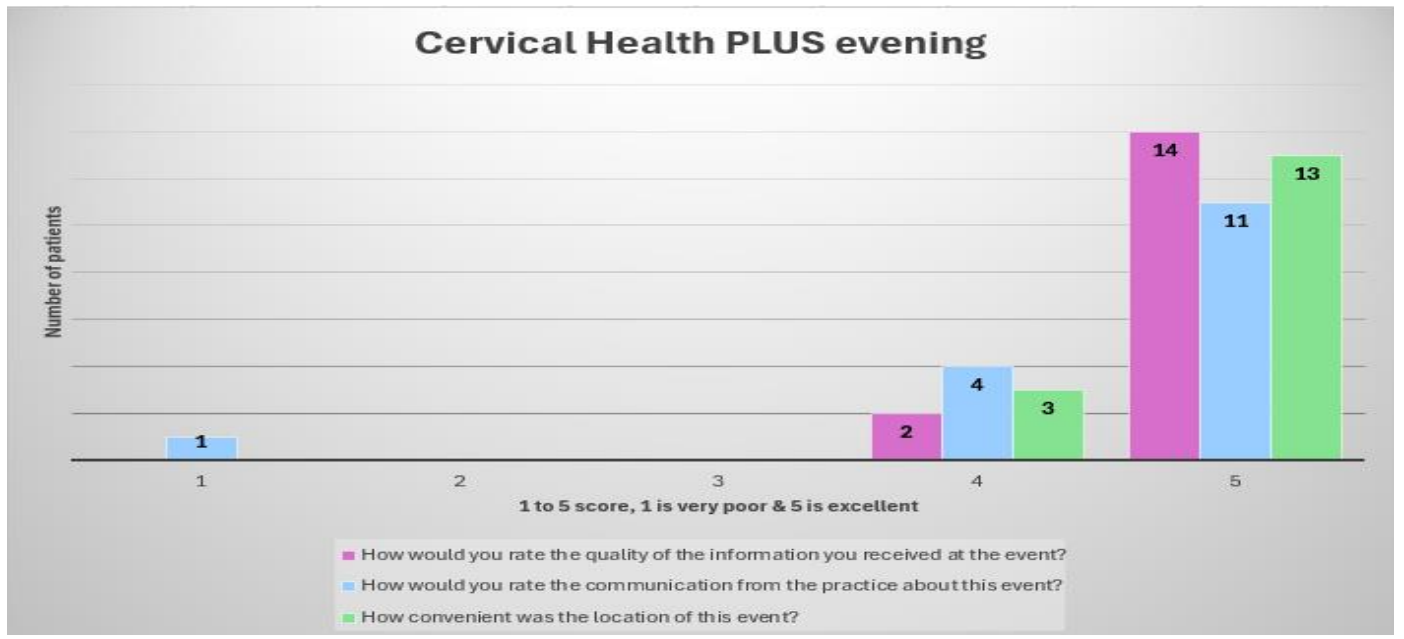
CERVICAL HEALTH + EVENT

We held our second event on the 8th July 2024. It was well attended and led by Dr Hannah Hughes on various topics ranging from Peri-menopausal, Menopausal, cervical health and breast cancer awareness.

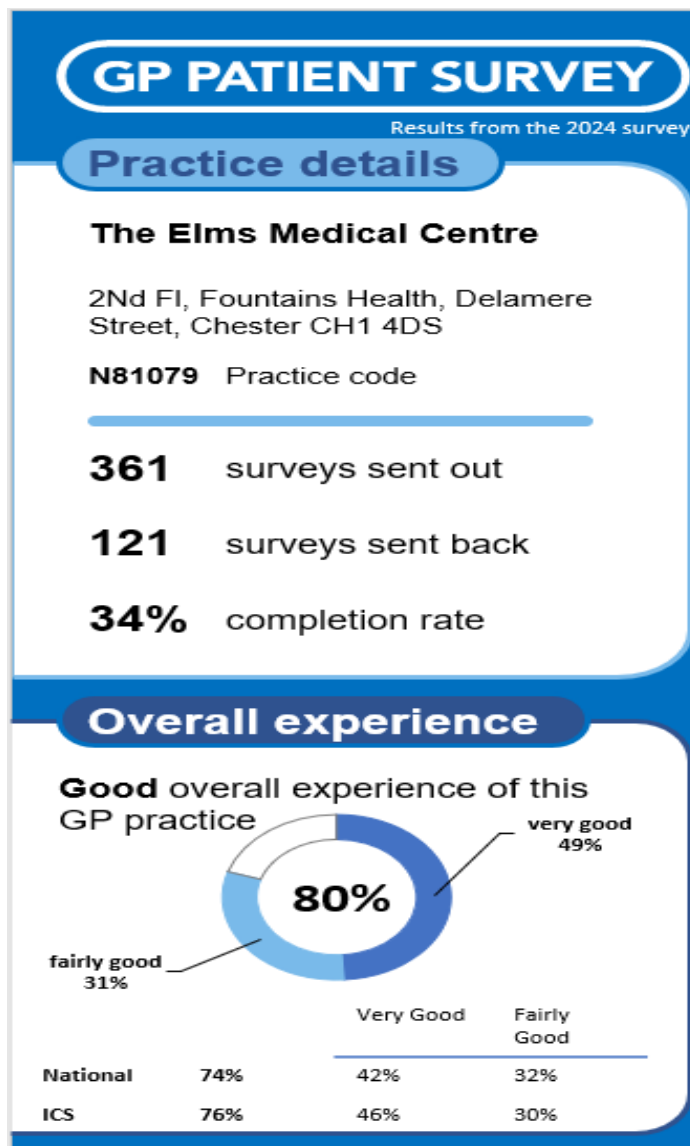
Frequently the terms "menopause", "the change", "that time of your life" are simply associated with hot flushes, night sweats and mood swings. While these are the common early symptoms, many changes take place at this stage and beyond which affect other health issues such as a need of contraception and when to stop, bone health and heart health. This event made us aware of changes in these aspects of health and better prepare for the next stage of life.



Feedback we received following the event



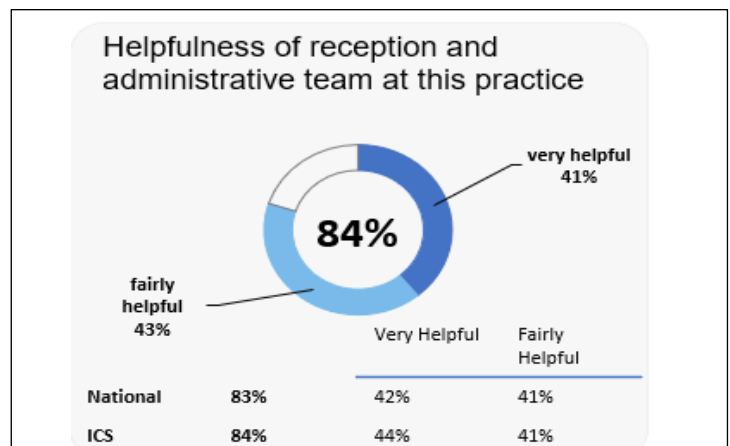
We are really proud to present our latest Patient Survey Results



Our reception team are incredible. Anyone that's worked in the NHS will know that those who are working at the front door of any service, trying to advocate and ensure everyone gets the care they need is the hardest job. They need to understand all the services inside the practice and in the local area. And sometimes they take abuse that they don't deserve.

The administrative team provide support to the clinical team, making sure you are recalled for your screening and annual reviews. They ensure there are the right number of staff with the right skills and that the workplace is safe. It's not easy looking after almost 10000 patients but they do a great job at it!

Thank you to everyone in the practice but particularly those that don't always get the recognition they deserve.



Need support? Here's who to call.



0300 123 3393

Open 9am-6pm weekdays

SAMARITANS

116 123

Always open



0800 58 58 58

Open 5pm - midnight

If you're in Wales:



0800 132 737

Always open

If you're under 25:



Text THEMIX

to 85258

Always open

DID YOU KNOW?

If you're battling with your mental health and you're unsure about where to start and how to improve it, there are a few things you can try. Reaching out to people and trying to connect can make you feel better; talking to someone you trust or even a stranger on a helpline, e.g., [Samaritans](https://www.samaritans.org), may help you. Trying to be physically active, if you can, or just stepping outside for a few minutes can improve your mood. Learning a new skill can help you to feel busy and interested, or doing something you enjoy without any pressure. Helping someone out or showing kindness to others may also help you feel better, and surrounding yourself with people who have a positive impact on your life. Trying out mindfulness and focusing on the present can help you to focus on how you feel in the present moment.

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

THE ELMS MEDICAL PRACTICE

Our Staff must be able to come to work without fear of violence, abuse or harassment from patients or their relatives. The NHS has a zero-tolerance attitude towards violence ⁽¹⁾.

Violent, threatening, or abusive behaviour including shouting and swearing will not be tolerated at this practice.

Patients who act in such a manner will be asked to leave the premises; the Police may be called, and you could be removed from our patient list.

Our staff are here to help you, please treat them with respect.

Hay fever is a common allergy to pollen which can cause sneezing, itching, coughing, watery eyes and more. Hay fever usually only occurs in the summer and although it's not a serious issue, it can be difficult to deal with. To try and prevent hay fever, you can put Vaseline on your nostrils, wear sunglasses, shower and change your clothes when coming in from outside and take antihistamines. If your hay fever is causing serious issues or you are struggling to carry on with your day, then have a chat with your pharmacist.

<https://www.nhs.uk/conditions/hay-fever/>



What the practice did in

July

One Practice /One Month

Appointments booked = 4916

The number of online consultations (PATCHS) = 202

Physio appointments = 315

Number of cervical smears the practice nurses did = 30

Number of blood results processed = 862

Number of Shingles vaccines given = 37

Number of new registrations = 99

PATIENT FEEDBACK

"Attended a high Blood pressure & Cholesterol workshop on the 3rd floor at the Fountains Health Centre organised by the Elms who are on the 2nd floor. A very informative 30-minute session advising what's good and what's not diet wise plus other tips including exercise. Well, presented, informative, entertaining, and interesting course. Bravo the Elms. more courses like this would be a good idea for a healthy & well-being lifestyle".

TAKE CARE IN THE SUN

Children are at greater risk from sunburn, especially when around water. Whenever your child gets out of the pool, you should dry them and reapply sun cream. Even if your sun cream is waterproof, it's better to be completely sure that they're protected. Making sure that they're not in direct sunlight in the middle of the day is vital.




Heatstroke can be caused by too much contact with the sun, being outside in very hot weather or exercising in hot weather. To avoid heatstroke, you should stay in the shade, drink plenty of water, try to avoid being outside in the middle of the day and wear light clothing. Heatstroke symptoms can include dizziness, nausea, cramps, a high temperature and other similar symptoms.

<https://www.redcross.org.uk/first-aid/learn-first-aid/heatstroke>



Heat exhaustion

THE HERBERT PROTOCOL
Safe & Found



Do you care for someone who has dementia & worry that they might go missing?

#HerbertProtocol

The Herbert Protocol is a scheme that encourages families and carers to put together information on a vulnerable person that can easily be accessed if they go missing. This scheme is used for people who are suffering with dementia and aims to give the police as quickly as possible the information they will need to find the vulnerable person. If you know someone who may benefit from this protocol, then you should look into it and find out what information you might need. It could make a significant difference to how quickly a vulnerable person is found.

<https://www.ageuk.org.uk/calderdale...test-news/articles/2018/the-herbert-protocol/>

If you're struggling with alcohol addiction and you'd like to reach out for help and support, there are several places you can go to. **Alcoholics Anonymous** is one support group that you can reach out to if you'd like to get some help. Looking after yourself and others is important, especially when it comes to struggles with alcohol.

<https://www.alcoholics-anonymous.org.uk/>