

The New Milton Health Centre



STAFF NEWS

We welcome Laura to our Nurse team and Jackie to our Reception team. Karen Collis, one of our administrators, retired at the end of June after working at the practice for 20 years. We wish her a happy retirement!

Dr Annie Rutherford will be retiring after 18 years in November. From September please come in and sign her 'Goodbye' book.

STAYING SAFE THIS SUMMER

Remember while out enjoying the warm weather to look after yourself. Stay hydrated, wear loose, cool clothing and be sure to apply adequate sun lotion. If you burn you increase the chance of developing skin cancer.



When the weather turns warm people head to the beach. Around 400 people drown in the UK each year. These are the top tips for staying safe in the sea:

- Never swim alone
- Supervise children at all times
- Don't go in the sea after drinking alcohol
- Avoid rough sea
- Beware of rocks, piers, groynes / breakwaters
- Be aware of dangerous rip currents

If you get into trouble keep calm, raise your hand and shout for help. If you see someone else in trouble call 999 or 112 and ask for the Coastguard.

INSECT BITES AND STINGS



Most insect bites and stings are not serious and will get better within a few hours or days. Occasionally they can become infected and need antibiotics.

To treat an insect sting:

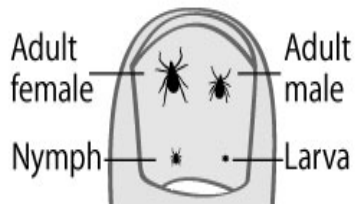
Remove the sting and wash the affected area with soap and water. To reduce the risk of infection avoid scratching the area. The pain, swelling and itchiness can sometimes last a few days. Ask your pharmacist about over-the-counter treatments that can help, such as painkillers, creams for itching and antihistamines.



Daily Tick Checks

Most tick bites happen in summer as more people are enjoying being outside. There are many ticks in the New Forest area; especially in long grass and woodland.

You should inspect your skin for ticks if you have been outdoors. Check your legs, neck and armpits and groin as this is where most feed. Look closely as they are usually very small. Remove any ticks you find promptly using a tick removal tool (available at most vets) or tweezers.



If you have been bitten by a tick in the last month and develop a distinctive circular rash at the site of the tick bite or fatigue, muscle pain, joint pain, headaches, fever, and neck stiffness you need to see a doctor to rule out Lyme disease.

Only a small proportion of ticks carry the bacteria that cause Lyme disease and you're unlikely to become infected if the tick is attached to you skin for less than 24 hours.



GOING ON HOLIDAY?

If you are going away and need to order your medications early please write a note with your prescriptions to explain this. If we are not aware that you need them earlier than normal we may wait until the medication is 'due' before issuing more.

NON-EMERGENCY HOSPITAL VISITS.

We have had some issues about patient transport to hospital appointments. If you are going to hospital for a non-emergency treatment you will normally be expected to make your own way there.

NHS funded hospital transport is available to patients who have a genuine medical need and meet the 'Patient Transport Service' eligibility criteria as per West Hampshire Clinical Commissioning Group. Transport requirements are not set by practice. It is for patients who require a medical crew during the journey and/or are unable to stand and cannot travel via usual means.

If a patient is able to travel in a car, taxi or on public transport they need to make their own way to hospital. Try to get a friend or relative to

take you. If patients are worried about the cost of transport they may be able to reclaim costs by completing a HC5 – Claim Form available at the practice or online at: <https://www.nhsbsa.nhs.uk/sites/default/files/2017-05/HC5T-travel-refund-form.pdf>

FLU VACCINATIONS

This year we will be giving the vaccine to those over 65, to children aged 2-3, pregnant women and to patients in high risk groups. More information will be available in September.

Please remember to check when our flu clinics are as we had a low up-take for the annual flu vaccination last year compared with other GP Practices. If you get invited for the vaccine and do not wish to have it please let us know.

SHINGLES



A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to all people aged 70. Please phone us to make an appointment or check eligibility.

PNEUMONIA VACCINATION

The pneumovax vaccine is available to all patients over 65 who have not yet had it. You could have your pneumonia vaccination in the Treatment Room at any time. Patients under 65 at risk are also eligible. People with auto immune conditions should have it every 5 years.

STROKE?

Think FAST & save a life
CALL 999

F	ace – Can they smile? Does one side droop?	
A	rm – Can they lift both arms? Is one weak?	
S	peech – Is their speech slurred or muddled?	
T	ime – To call 999.	

If you see these signs call 999 FAST.