

Protected Learning Time Closure Dates:

- 19th September 2017 PLT closure
- 8th November 2017 PLT closure
- 17th January 2018 PLT closure

Please note that on PLT dates all practices will be closed from 1pm and telephone calls will be redirected to the out of hours service .

Bank Holidays

- 25th December 2017 (Christmas Day)
- 26th December 2017 (Boxing Day)
- 1st January 2017 (New Years Day)

FLU REMINDER
VACCINATIONS
ARE STILL
AVAILABLE, IF YOU
WOULD LIKE TO BE
VACCINATED
PLEASE SPEAK TO
ONE OF OUR
RECEPTIONISTS.



Newsletter

Two Shires Medical Practice

Monday 30th October 2017



Wishing all of our patients a Spooktacular Halloween and a wonderful Bonfire Night from all at Two Shires Medical Practice

COPD Awareness Day

World COPD awareness day is November the 15th this year and we all need to help. COPD is a condition which makes it very hard for people to breathe and carry out every day tasks. It stands for Chronic Obstructive Pulmonary Disease and it happens when the lungs become inflamed, damaged and narrowed. Millions of people across the UK could be living with COPD but have no idea, they could be struggling with their symptoms and living a lower quality of life. So what do we need to look out for with COPD?

Causes

you are at increased risk if you are a smoker or have had long term exposure to harmful fumes or dust.

Symptoms

breathlessness, a persistent chesty cough, producing more phlegm, frequent chest infections and wheezing.

Treatment

currently there is no cure for COPD however there is treatment which can slow progression and help to manage symptoms, this includes: inhalers, medication and pulmonary rehabilitation. Also stop smoking advice.

For more information you can visit <https://www.nhs.uk/Conditions/Chronic-obstructive-pulmonary-disease/Pages/Introduction.aspx> or <https://www.blf.org.uk/support-for-you/copd>

A Safe Bonfire Night for All

Keeping safe on bonfire night is one of the most important things to bear in mind this time of year. In a recent year there were 990 firework/sparkler related injuries over October and November, 475 of which were at family and friend events and 494 of which were involving children. Here are some key points to help keep you and your loved ones safe this bonfire night:

- Make sure the surrounding environment is clear of obstructions
- Have a cold water bucket ready for used fireworks/sparklers
- Let off fire works away from people/buildings and leave it to the adults!
- Always ensure children are supervised
- Wear gloves when using sparklers to help avoid burns



Do you really need to see a doctor?

As the winter months approach, cases of coughs, colds and winter sickness bugs are on the rise and demand for appointments hits the max. But the question is, are they really a reason to see a GP?

The Common Cold: unfortunately despite being in the 21st century, there is still no cure for the common cold as it can be caused by more than 200 viruses. It is something that is completely manageable at home and you should only see a doctor if your symptoms worsen or persist for more than three weeks.

Coughs: Coughs are usually a symptom of a cold and again can be managed at home. You should only see a doctor if you start producing thick yellow/green phlegm, wheezing, experiencing temperatures over 38C, night sweats or start coughing up blood.

Sickness Bugs: NHS choices actually recommends that patients do not see a GP as this increases the risk of it spreading to fellow patients and staff members.

We understand that being ill isn't nice and can be worrying at times however we do ask patients to be mindful when booking appointments. Remember there are many places to get further advice and information if you are unsure what to do such as **NHS Choices** and **NHS 111**. More often than not, winter illness can be managed through rest, keeping hydrated and managing pain relief.

Burns & Scalds

First Aid

STOP the burning process, smother flames or douse with water

REMOVE any jewellery and clothing from the affected area

COOL the burn with lukewarm or cool water for 20 minutes *never* use ice

WARM keep the person warm to avoid hypothermia

COVER loosely with cling film to protect

TREAT with paracetamol or ibuprofen for pain.

If it is serious then seek medical attention

Shingles Vaccine

Patients who were born between 01/09/42 to 02/09/47 and those between 01/09/38 to 02/09/40 are eligible for shingles vaccinations. Once you have turned 80 you are no longer eligible. If you would like to be vaccinated or require further information please speak to one of our receptionists.



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