

Measles – have you seen this recent Facebook post from Tameside and Glossop CCG?

Tameside and Glossop Clinical Commissioning Group

9 March at 15:02 · 🌐

👍 Like Page

Measles is circulating in Greater Manchester. Get all the facts you need on measles. MMR vaccination is the only prevention. Protect your family <http://bit.ly/2AHF9s6>

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----- Online Access -----

If you missed the recent surgery promotions about online access and would like to use the internet to book appointments, order prescriptions or access your medical records, just ask at reception. The process is easy and straight forward. Reception staff will be delighted to help you.



GLOSSOP AND HADFIELD PATIENT PARTICIPATION GROUP

NEWSLETTER
SPRING 2019



HOLIDAY TIME

Planning a holiday??? Set a date? Booked the flights?? Sorted travel insurance??? But have you thought about whether vaccinations are advised for your destination? Many people are under the impression that vaccinations are only required if visiting far flung destinations. However, this is a myth and whether you are visiting Turkey or Mexico it is always beneficial to ensure you are adequately protected against disease. National guidance recommends seeking advice about travel vaccinations a minimum of six weeks before you are due to travel as some vaccines require multiple doses spread over weeks.

Manor House provides a private travel clinic, every Thursday evening by appointment at Glossop, where you can receive advice from a trained clinician regarding what vaccinations are recommended for your destination. You can receive the vaccinations at the same appointment. Advice will also be given regarding malaria and if anti-malarials are recommended a private prescription can be issued.

Don't leave it to the last minute – make your appointment in plenty of time before your holiday. More information at www.northwesttravelclinic.com

**BE SAFE – GET ADVICE BEFORE TRAVELLING TO ENSURE
ADEQUATE PROTECTION.**

Hay fever

Symptoms of hay fever

Hay fever symptoms vary in severity and may be worse some years, depending on the weather conditions and pollen count. The time of year your symptoms start will depend on the types of pollen you're allergic to.

The symptoms of hay fever include:

A/frequent sneezing **B/**runny or blocked nose **C/**itchy, red or watery eyes (allergic conjunctivitis) **D/** an itchy throat, mouth, nose and ears **E/** cough, caused by postnasal drip (mucus dripping down the throat from the back of the nose)

Less commonly, you may also experience:**1/** the loss of your sense of smell (anosmia) **2/** facial pain (caused by blocked sinuses) **3/** headaches or earache **4/** tiredness and fatigue.

Even though your hay fever symptoms may be mild, they can interfere with your sleep and your daily activities at school or work.

Hay fever and asthma If you have asthma, your asthma symptoms may get worse when you have hay fever. Sometimes, the symptoms of asthma only occur when you have hay fever.

These symptoms include: tight chest -- shortness of breath -- coughing-wheezing.

When to seek medical advice

Most cases of hay fever can be treated using over-the-counter medication. Your local pharmacist can advise you on treatments for you or your children.

You usually only need to see your GP if:

- you can't control your symptoms with over-the-counter medications, or
- you have troublesome side effects caused by the medication, or
- you're experiencing persistent complications of hay fever, such as worsening of asthma or repeated episodes of sinusitis, or
- the pattern of your symptoms is unusual, such as occurring during the winter or only at your workplace (it's likely that another substance other than pollen is responsible, and further testing will be needed to confirm this)



Lesley Richardson – Advanced Nurse Practitioner

Congratulations to Lesley Richardson who has recently gained a Master's degree from the University of Bolton and thus qualified as an Advanced Nurse Practitioner. Before she came to Glossop Lesley had a varied and interesting career in the RAF. She joined when she was 18 as a non-commissioned officer and initially trained as an EN nurse. She rose steadily through the ranks to become a sister and an officer working in a variety of RAF Stations and civilian hospitals here and abroad including Germany and The Falklands.

In 2004 she left the RAF and, with her family, settled in Glossop where she came to work at Manor House Surgery concentrating mainly on minor surgery and the management of chronic diseases such as diabetes. Three years ago, Lesley decided to take an MSc post graduate degree in Health and Social Care, part time, over two years.

An important part of the course was a research project and Lesley decided to focus on the screening of COPD – Chronic Obstructive Pulmonary Disease, a condition that is caused primarily by smoking and environmental factors. It is estimated that about 2.2 million people in the UK have undiagnosed COPD. If this disease could be diagnosed much earlier treatment could improve patients' quality of life and cut down increasing costs to society. To prove this hypothesis, Lesley contacted a group of patients who had no symptoms but had suffered chest infections and taken antibiotics in the last 12 months. After tests 29% of patients were showing mild symptoms of COPD. As a result of this research Manor House hope to set up a monitoring programme so that potential patients can be diagnosed and receive effective treatment before symptoms become severe.

Taking on post graduate studies, when you are having a young family and are working in a demanding profession such as nursing, is a challenging commitment. We are very fortunate to have practitioners who are interested in pursuing research into conditions which affect many of us so that we can have better treatment and an improved quality of life. Well done Lesley on your achievement.



The Manor House Glossop and Hadfield Newsletter is compiled and produced by the **Patient Participation Group (PPG)**. If you have any suggestions for inclusion in our next newsletter please contact us on

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