



The Alresford Surgery

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Newsletter – February 2018

Admin email address

Please can we remind patients not to use the admin email address for non-urgent, medical matters.

We've had a few emails asking if patients can have urgent appointments or prescriptions for things via this means, which is obviously not the correct way to use it - and could lead to things being missed/not being dealt with in a timely fashion.

Travel abroad

If you are travelling abroad and think you may need advice and vaccinations from us you must complete a questionnaire (available from reception or from our website) and make an appointment with a nurse.

Please be aware that if you provide us with less than 6 weeks' notice before travelling we have to refer you on to the Winchester Travel Clinic as our Nurses may not be able to accommodate your requirements.

New health promotion noticeboard

Look out for the new health promotion noticeboard which will be coming to the area between Dispensary & the nurse's waiting room.

The content of this board will change on a quarterly basis & will cover a specific topic each quarter.

The first topic to be covered on the board will be '**Looking after yourselves and your children**'.

Please feel free to pop in & look at the board & take away any literature you may find beneficial.

Self-care

'Looking after yourselves and your children'

Conjunctivitis. Did you know? Infective conjunctivitis typically involves mildly red or pink

eyes that may be sticky or watery and can cause irritation, although the condition is usually pain free. Most cases clear up in a few days without any treatment.

Current advice is that - for typical symptoms - you do NOT need to see a doctor or nurse, and nor do you or your child need to use antibiotic drops or stay away from school or work.

Children (and adults) should be discouraged from touching their eyes, and encouraged to wash their hands with soap and warm water regularly throughout the day. Do not share towels or pillows. Sticky or crusty coating on the eyelids or eyelashes should be bathed with water and cotton wool. Lubricant saline eye drops can be bought over the counter from a pharmacist in more severe cases. Newborn babies with conjunctivitis should be assessed by a healthcare professional.

We know that, when faced with an unwell child, parents often find it difficult to be sure whether the child needs to see a doctor, or whether they can be managed with sensible self-care at home. It can also be hard to judge how urgently a child might need to be seen. Should the child wait for an appointment? Should the child go to A and E?

Healthier Together <http://www.what0-18.nhs.uk> is a fantastic website developed by local specialists which we whole heartedly recommend to parents. It has clear, practical advice on a range of issues affecting babies, children and young people, including advice on whether the child can go to school or nursery. It tells you about the symptoms and what they mean, how long the illness will last, what you should do, and when you should worry and seek advice.

Please do take a look.