



7/11/2024
Volume 1,
Issue 8

November Newsletter



The practice would like to thank everyone who donated to this years wear pink day campaign. We have collectively raised £143 to donate towards life saving breast cancer research.

The practice will be collecting donations for children in need this month and would like to accept any donations for this cause.



Meet the staff



WEAR PINK DAY!

October 25, 2024










Show your support for breast cancer warriors everywhere
and wear PINK on October 25th!



 Fox Chase
Cancer Center
Temple Health

Appointments

Last month our practice had 11,465 contacts with patients. This includes our clinical and non clinical staff communicating with patients either via the telephone, at an appointment, from an econsultation or visiting them at home.

 <p>Telephone calls received:</p> <p>8,367</p>	 <p>Average call wait time:</p> <p>3 minutes and 21 seconds</p>	 <p>Patients seen face to face in the surgery:</p> <p>1866</p>	 <p>Telephone appointments carried out by clinicians:</p> <p>754</p>	<p>GP appointment? Can't make it? Don't need it?</p> <p>CANCEL IT!</p> <p>Patients who did not attend appointments:</p> <p>148</p>
 <p>Patients who were visited at home:</p> <p>49</p>	 <p>Prescription items issued:</p> <p>228742</p>	 <p>Medication Reviews carried out:</p> <p>83</p>	 <p>Referrals made:</p> <p>245</p>	 <p>E-consults received:</p> <p>101</p>

Winter Pressures

Many health conditions such as asthma, other respiratory diseases and lung conditions can be caused or worsened by cold weather. Winter typically also sees higher incidence of illnesses such as flu, noroviruses and pneumonia that particularly affect the elderly and vulnerable.

This can lead to more demand for GP appointments over the winter period. The best way to protect yourself from being affected by any winter illnesses this year is to get vaccinated. To check your eligibility for any vaccines you can receive, for example the flu jab or pneumonia vaccination, this winter please contact the surgery.

Common symptoms of a common cold:

- a blocked or runny nose
- sneezing
- a sore throat
- a hoarse voice
- a cough
- feeling tired and unwell

You may also have:

- a high temperature
- aching muscles
- a loss of taste and smell
- a feeling of pressure in your ears and face



Symptoms of a cold can last longer in young children. They may also be irritable, have difficulty feeding and sleeping, breathe through their mouth, and get sick after coughing.

Things to do to treat a cold at home:

- Get plenty of rest
- Drink lots of fluid, such as water, to avoid dehydration
- Eat healthy food (it's common for small children to lose their appetite for a few days)
- Gargle salt water to soothe a sore throat (not suitable for children)
- Drink a hot lemon and honey drink to soothe a sore throat
- Breathe in steam to ease a blocked nose – try sitting in the bathroom with a hot shower running



Things to avoid when treating a cold at home:

- Do not let children breathe in steam from a bowl of hot water because of the risk of scalding
- Do not give aspirin to children under the age of 16
- Do not smoke as it can make your symptoms worse



Suggestion Box