

Melbourne Grove Medical Practice

Newsletter August 2016

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FY2 Junior Doctors: training the future GPs

Bereavement support: Helping when those we love pass away



Summertime is here again

Summer is a great time for your health and wellbeing. The long days make it easier to get out and exercise, and summer salads and fruit can make healthy eating enjoyable.

But it is important to remember that for some people, the hot weather presents risks to their health too.

In this edition of the newsletter, we focus on some common summer health problems, from the irritating scourge of hay fever, to sunburn, melanoma, and dehydration.

Remember, if you suffer from chronic health problems, summer is a great time to come in for your yearly reviews. It tends to be a little easier to get appointments during the school holidays and as such if you have conditions such as asthma, COPD, mental health problems, or diabetes, now is the time to get checked over to make sure you have a safe and happy winter.

Many of you will be away travelling the world this summer: for vaccinations, travel advice and malaria tablets, please remember to book into our nurse-led travel clinic at least six weeks before you travel.

Best wishes, and fingers crossed for some nice weather for a change!

Warm regards,

Dr Jonathan Love, Clinical Lead GP

Opening Times

Monday	8am – 6:30pm
Tuesday	8am – 6:30pm
Wednesday	8am – 6:30pm
Thursday	8am – 6:30pm
Friday	8am – 6:30pm
Saturday	9am – 1pm (Pre-booked only)



Contact us (comments, complaints, and ideas):

Telephone: 020 8299 0499

Email: souccg.mgmp@nhs.net

Summer health and safety

Summertime is finally upon us, and whilst we all hope for glorious weather and long warm evenings, it is important to remember that it is still a time of year that has health implications, particularly for vulnerable patients.

Remember to stay well hydrated, and look out for your neighbours who may struggle in the heat. Furthermore, look out for our Sun Safe, and Hay Fever leaflets in the reception area. Our *Pharmacy First* team is available for advice on these issues and can provide hay fever medications and sunscreen. Please ask at reception for details.

Advice for seniors from Age UK

5 key summer health messages

1. Shut windows and pull down the shades when it is hotter outside. If it's safe, open them for ventilation when it is cooler
2. Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat
3. Drink cold drinks regularly, such as water and fruit juice. Avoid tea, coffee and alcohol
4. Wear loose, cool clothing, and a hat if you go outdoors
5. Have cool baths or showers, and splash yourself with cool water

Remember to plan ahead to make sure you have enough supplies, such as food, water and any medications you need.

And check up on friends, relatives and neighbours who may be less able to look after themselves.

Sunburn prevention

Sunscreen is not an alternative to covering up with suitable clothing and seeking shade, but it does offer additional protection if applied correctly.

When buying sunscreen, make sure it's suitable for your skin type and blocks both ultraviolet A (UVA) and ultraviolet B (UVB) radiation.



The sunscreen label should have:

- The letters "UVA" in a circle logo and at least four-star UVA protection
- At least SPF15 sunscreen to protect against UVB
- Make sure the sunscreen is not past its expiry date.

Melanoma

Melanoma is a type of skin cancer that can spread to other organs in the body.

The most common sign of melanoma is the appearance of a new mole or a change in an existing mole. This can happen anywhere on the body, but the back, legs, arms and face are most commonly affected.

In most cases, melanomas have an irregular shape and more than one colour. They may also be larger than normal moles and can sometimes be itchy or bleed.

SEE YOUR GP IMMEDIATELY IF YOU NOTICE A CHANGING MOLE

Hay Fever

Itching eyes, sneezing, runny nose? These are the symptoms of hay fever. In the first instance, we recommend you visit our Pharmacist rather than the doctor – if you don't pay for NHS prescriptions then you will get hay fever medicine free from *Pharmacy First*.

Your GP or nurse would like to see you if you have asthma, which may be worse in high pollen counts.

Travel health clinic

Our travel appointments help ensure that you are safe wherever you are visiting in the world. Nurse Biola Odusanya explains what you can expect in this clinic.

Everyone is eligible to attend the travel clinic including children, pregnant women and older people. Ideally patients will need to book an appointment for travel health advice between **4-6 weeks of travel** with their practice nurse. For those who have pre-existing health issues, an earlier appointment is recommended. However, even if time is short, please still come and see us.

In the clinic, there is an opportunity to assess health risks taking into account a number of factors including a patient's travel destination, medical history, medications, pregnancy or breast-feeding, and any past history of travel they may have had. Length of stay in the foreign country, and season of travel all influence the advice and treatment offered.

Furthermore, we also discuss travel health insurance, drinking water, sanitation, overcrowding, and diseases transmitted by insects or ticks. Other aspects include safety regarding child travellers, sexually transmitted infections, health issues relating to extreme cold and heat, and discussions around the efficacy and side effects of antimalarial tablets.

Vaccinations are offered where necessary, and free of charge on the NHS include: Revaxis (DTP), Hepatitis A, Typhoid, and Hepatitis A & B vaccines.

Other vaccines are still administered here in the surgery, but are not available on the NHS and hence incur a charge (if the vaccine is not in stock, we will refer you to a private travel clinic). These include: Yellow fever vaccine, Rabies, Cholera, Japanese encephalitis, Meningitis ACWY, Tick borne encephalitis, single Hepatitis B.

Malaria prophylaxis (prevention) is very important, and there are three options for antimalarial drugs. Doxycycline and Mefloquine are both free of charge NHS prescriptions (in Southwark). Malarone is available as a private prescription only. We recommend antimalarials before travel for all adults and children unless there are any contraindications. Mosquito nets, long clothing, and insect repellents are essential too, and advice is given about mosquito bite prevention. **None of these methods is 100% effective, as such any patient returning from overseas and developing a fever should see their GP immediately.**

Postcards and stories of happy travels are always welcome! We love to hear about our patients' adventures! Have a safe and enjoyable trip!



Meet the team:
Dr Imran Usmani

I have been working at Melbourne Grove for almost 3 years now. My medical experience before I joined the practice was quite broad, and included hospital medicine and surgery as well as general practice.

I lived and worked in New Zealand for 6 years, which is where I trained as a GP. My elective as a medical student was in Malawi and I am interested in health care in different countries.

I have always enjoyed teaching and recently I have taken on the role of supervisor for junior doctor trainees who will be starting with us from August.

Outside of work my interests are physics, gardening, religion and spending time with family.

We are now an accredited training practice!



Last year, we applied to become a training practice for junior doctors, and in October, the team from the London Deanery inspected us. This daylong assessment went very well, and we are now an accredited practice.

This means that we will be having a "FY2" doctor working with us soon. We will be providing them with a nurturing environment in which to learn, and they will be running surgeries alongside their trainer (Dr Usmani) who will provide them with feedback and learning.

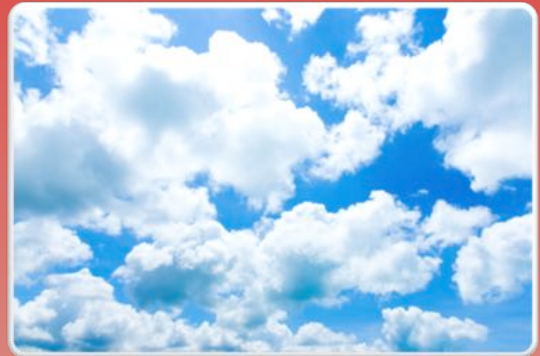
The FY2's are qualified doctors who will be able to see patients as normal, but with the benefit of longer appointments; and we hope that by hosting them with us, that we are developing the next generation of skilled and motivated GPs of the future!

Bereavement services

When friends and family pass away, bereavement and grief can be full of emotions that are hard to cope with. Here at Melbourne Grove, we would like to extend a helping hand at this difficult time.

If you or anybody you know might benefit from talking to a GP about how they are feeling following the death of a loved one, then please do speak to our receptionist who can make you an appointment.

All our GPs have access to local services that may be of help, as well as lending a listening ear and offering counseling.



The following local services may also be helpful, which you can contact free of charge for further advice and support:

Cruse Bereavement Care	www.cruse.org.uk	0808 808 1677
Cruse – Hope Again	www.hopeagain.org.uk	(support for young people after the death of someone close)
NHS Choices	www.nhs.uk/Livewell/bereavement	
WAY Widowed and Young	www.widowedandyoung.org.uk	
St Christopher’s Hospice	www.stchristophers.org.uk	020 8768 4500

In the next issue:

Patients whose circumstances make them vulnerable: offering extra care, help and special services

Chronic pain: easing discomfort with our dedicated in-house pain clinic

Substance misuse and alcohol dependence: an interview with our drug worker Sharon Peters

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