



The Patient Reference Group

Cherrymead Chat Newsletter

E-Mail: cherrymeadprg@gmail.com Volume 2, Issue 4, December 2015



ANTIBIOTICS

Antibiotics are some of the most prescribed medicines. They kill bacteria or prevent them from spreading. However, healthcare organisations across the world are trying to reduce their use. That is because of what is known as antibiotic resistance.

Antibiotic Resistance

Bacteria can change to survive the effects of an antibiotic. It can then no longer kill them. The chance of that increases if the patient does not finish the course of antibiotics prescribed. Some bacteria may be left to develop resistance. Also, antibiotics can kill many harmless bacteria in the body. That allows resistant bacteria to multiply quickly to replace them. The more an antibiotic is used, the more likely bacteria will become resistant to it. Some are resistant to many antibiotics.

Can other antibiotics be used?

Other antibiotics may be used, but might not be as effective and have more side effects. The bacteria will also become resistant to them.

Only two new type of antibiotics have been found in the past 30 years. New ones may not be discovered. In that case, bacteria could become resistant to all antibiotics with dire consequences for healthcare.

Can antibiotic resistance be stopped?

It is not possible to stop it completely. Careful use of antibiotics by both doctors and patients can slow down development of resistance. That will slow its spread, and buy time to develop new types of antibiotics.

Inappropriate use by Doctors

This includes: Unnecessary prescriptions, Unsuitable use of broad spectrum antibiotics, Wrong selection of antibiotics, Wrong duration or doses of antibiotics

Inappropriate use by Patients

This includes: Not taking the medicine as prescribed, Skipping doses, Not taking the antibiotics at regular intervals, Saving some for later, Sharing with others

When not to use Antibiotics

Antibiotics are no longer routinely used to treat infections: All colds, and most coughs and sore throats, are caused by viruses; Antibiotics do not work against viral infections ; Many other infections are also caused by viruses; Antibiotics are unlikely to speed the healing process and may cause unpleasant side effects.

The more antibiotics are used to treat trivial conditions, the more likely they are to become ineffective in treating more serious conditions

Use of Antibiotics

Your GP will prescribe antibiotics for conditions:

Unlikely to clear up without the use of antibiotics; That could spread to others if not promptly treated; Where evidence suggests that antibiotics could speed recovery; That carry a risk of more serious complications

A world where bacteria are resistant to most antibiotics

If bacteria become resistant to most antibiotics:

A minor cut could be life threatening; Surgery, such as hip replacement would be impossible; Treatments that rely on suppressing immune systems, such as cancer treatments and organ transplants, would also be impossible

Help slow resistance. Do not expect, or request, antibiotics for trivial health problems. When antibiotics are prescribed take them all as instructed.

Les Taylor and Kirsteen Fraser

Stroke Association	2	Health Help Now	3	Know your limits	4
Meet the PRG	2	Useful numbers	3	Frosty Wordsearch	4
Invitation for Articles	2	Meet the Staff	3		



STROKE ASSOCIATION TALK

The PRG hosted a Stroke Awareness Evening on Wednesday 7th October. Suzie Imeson, from [Stroke Awareness UK](#), spoke to a group of invited patients and carers.

Her talk was very interesting and useful. She also answered questions during the evening. A Hotline Advice 'phone number is available for anyone needing more details.

0303 3033 100

Stroke occurs approximately 152,000 times a year in the UK; that's one every 3 minutes 27 seconds. First-time incidence of stroke occurs almost 17 million times a year worldwide; one every two seconds.

**If you suspect a stroke,
always dial 999.**

We plan to hold more Topic evenings. Hence, would be grateful for ideas for topics to be covered.

Sandra Salter

**Suspect a stroke?
Act FAST. Call 999.**

F **acial weakness**
Can the person smile?
Has their mouth or eye drooped?

A **rm weakness**
Can the person raise both arms?

S **peech problems**
Can the person speak clearly
and understand what you say?

T **ime to call 999**
Stroke is a medical emergency.

Stroke Helpline 0303 3033 100
stroke.org.uk

Stroke
association

MEET THE PRG

The Cherrymead Patient User group meets once a month to discuss Cherrymead Surgery from a 'Patient's Perspective'.

We provide feedback and suggestions to the surgery. We would love to meet you and hear your views.

Join us for mince pies on Tuesday 8th December and Thursday 10th December 10am -12 noon in the downstairs waiting room.



INVITATION FOR ARTICLES

The PRG are really keen to hear what you would like to include in future editions of Cherrymead Chat. If there is a subject you would like to know about, then please get in touch.

If you would like to write something to be included then we would love to hear from you too.

Contact us via cherrymead.surgery@nhs.net



WHO'S THE BEST PERSON TO HELP ME WITH MY SYMPTOM?

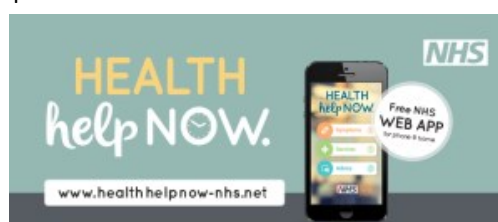
There may be times when you have a symptom and aren't sure whom to ask for advice. You may know you don't need a doctor or hospital. On the other hand, you may have an emergency and have lost track of all the new emergency and urgent units and departments. So whom should you speak to for advice on your particular symptom? If you have internet access you can use a free NHS app for Buckinghamshire by going to www.healthhelpnow-nhs.net.

- The site responds fast
- Registration is not needed.
- Under either Symptoms or Advice, find your Age Group, then find your Symptom.

You'll get detailed advice on managing symptoms yourself. It also lists contacts, if urgent specialist advice is needed. For some symptoms, the best people to give you advice may be pharmacists, opticians, dentists, health visitors and other community specialists. Their contact details will also be on the site. We're impressed with the idea of the right professional for symptoms. So, we have asked our receptionists to use the guidelines to guide you to the correct professionals when you ring us for an appointment.

Health Help Now leaflets have been mailed to households by Chiltern CCG. Please keep this valuable resource in a safe place for future reference.

Kristina King



Useful Numbers

Health Visitors:
01628 482788

Wycombe General Hospital:
01494 526161

District Nurses:
01628 482292

Stoke Mandeville Hospital:
01296 315000

Diagnostic Centre:
01494 555200

Wexham Park Hospital:
01753 633000

Tesco Loudwater
London Road
High Wycombe, Bucks
HP10 9RT
0345 677 9351

AQSA
91 London Road
High Wycombe
HP11 1BU
01494 451888

Wooburn Green Pharmacy
50-51 The Green
Wooburn Green
HP10 0EU
01628 521397

Lansdale Pharmacy
208 Desborough Road
High Wycombe
HP11 2TE
01494 528604

Boots Flackwell Heath
3 Aries House
Flackwell Heath
HP10 9NB
01628 521750

Ryemead
Gateway House
Wycombe Retail Park
High Wycombe
HP11 1FY
01494 525752

Q2 (24 hrs)
51 Hughenden Road
High Wycombe
HP13 5HS
01494 436444

Lloyds Pharmacy
1 Cressex Road
High Wycombe
HP12 4PG
01494 520685

STAFF



Kate Abbitt

I always knew I wanted to be a nurse. After completing my GCSEs, I worked as a HCA in my local hospital. I started my nurse training when I was 17. My first job was for three years in Intensive care. I learnt lots of valuable skills. In 2007 I moved to Harefield hospital working as an Artificial Heart Nurse Specialist, caring for patients with end stage heart failure. Whilst working there, I started training to become an Advanced Nurse Practitioner and gained a 1st class honours degree in 2012.

To make better use of my qualifications, I moved into primary care and began working as a minor illness nurse. I have carried out this role for 5 years. I enjoy the variety and pace of work. Every day has a different challenge.

Out of work I spend time with my friends and family. I have been married for 2.5 years and have a 19 month old daughter.



DO YOU KNOW YOUR LIMITS?

The Christmas party season is upon us. While we all love spending time with family and friends and letting our hair down, it is also easy to over indulge. No one wants to be a party pooper, but it is worth noting the recommended alcohol limits.

Remember the best hangover cure is not to drink too much in the first place!

LOWER RISK GUIDELINES for MEN & WOMEN
(you should not regularly exceed these daily guidelines)

3-4 units per day 	2-3 units per day 
This means you should not drink more than this amount of wine...	
 250ml - 12% ABV	 175ml - 12% ABV
...OR this amount of lager or ale	
 Pint and a half 4% ABV	 Pint 4% ABV
...OR this amount of cider	
 Pint and a half 4.5% ABV	 Pint 4.5% ABV
...OR this amount of whiskey	
 25ml - 40% ABV	 25ml - 40% ABV

drinkaware.co.uk

Frosty the Snowman

Word Search

Find and circle all of the words shown in the word list below

ALIVE	COAL	HAPPY	MELT
BROOMSTICK	DANCE	HAT	RUN
BUTTON	FROSTY	JOLLY	SNOWMAN
CHILDREN	FUN	MAGIC	

H U Y W I R G O N G B R X H T
 A G H X A H A P P Y P Z U X T
 T O G E L W I S T B T F L L I
 W R J C I M T Z K U J O L L Y
 L B X O V E L S A T P T T Z G
 G A B A E L C N N T I F U N N
 G V T L F T H O R O P X X L U
 Z C D J J N I W E N S K L N G
 B Y Z M F K L M B B A K W L P
 F R O S T Y D A U R L U A X F
 K S N M O N R N L Z K C K D D
 Y R U N P X E C E C K U K M A
 C O D O H S N R J U N L T Z N
 M I C B R O O M S T I C K H C
 S G O D Q G I U B M A G I C E

