



# thevalleysurgery

## Practice Newsletter

November 2011  
Issue 8

Welcome to the eighth issue of The Valley Surgery practice newsletter. We produce an issue on a regular basis to keep you up to date on the latest news from the surgery.

### ***Seasonal flu vaccinations—it's not too late!***

*Unlike in previous years, this flu season we have NOT sent out invitation letters for those of you who are in the at risk groups requiring vaccination against seasonal flu (those aged over 65 or with certain chronic diseases).*

*It is not too late to have your flu jab if you haven't already — book yours now!*

### **Contraceptive implants.**

Dr Anna Henderson and Dr Amanda Gunther are currently being trained to administer the contraceptive implant called Nexplanon which is inserted with local anaesthetic into the upper arm and lasts for 3 years. Please contact the surgery if you are interested in this service.

In addition Dr Henderson is being trained in contraceptive coil fitting.

### ***Can't make your appointment? Please ring us and cancel it!***

Each month we have an average of **90** GP appointments lost because people did not turn up to their appointment. This is the equivalent of a full time GP's appointments for a whole week! Even if you cancel with short notice it really helps us as we can then offer the appointment to someone else.

**For certain types of appointment we shall continue to trial a mobile phone text reminder service—you will be asked at the time of booking if you would like to have a re-**

Health-related bad joke corner:

Doctor Doctor I swallowed a bone.  
Are you choking?  
No, I really did!

Doctor, Doctor I've got wind! Can you give me something?  
Yes - here's a kite!



# NOW WASH YOUR HANDS!

## Why is hand hygiene so important?

The most common way germs are spread is by people's hands. Germs are often harmless but they can also cause illnesses such as colds, flu and tummy bugs.

Proper hand washing with soap and warm water is the single most important thing you can do to help reduce the spread of infections and help protect you, your family and those around you.

## Hand Washing for Children

It is vitally important that all children are made aware of the importance and benefits of washing your hands properly.

Encouraging children to wash their hands at appropriate times will help to ensure that this practice becomes a lifelong habit.

## Carers

For those people who care for friends or relatives who are unable to look after themselves, it is equally important that hand washing techniques are applied at the appropriate times.

This helps to significantly reduce the risk of passing on an infection to someone who could be more susceptible to infection because of their existing condition.

## Visiting a friend or relative in Hospital

When visiting a friend or relative in hospital or other environment where healthcare is provided, it is important to ensure that you clean your hands in order to help prevent the spread of infection.

## How to wash your hands:

- Wet hands with water
- Apply enough soap and handwash to cover all hand surfaces
- Rub hands palm to palm
- Right palm over the other hand with interlaced fingers and vice versa
- Palm to palm with fingers interlaced
- Backs of fingers to opposing palms with fingers interlocked
- Rotational rubbing of left thumb clasped in right palm and vice versa
- Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa
- Rinse hands with water
- Dry thoroughly with towel. Duration of procedure: At least 15 seconds



## By washing your hands you can prevent:

- Diarrhoea and vomiting
- Food poisoning
- Flu
- Norovirus
- MRSA

## With one short and simple act, you could:

- Stop a child vomiting
- Help hundreds to avoid diarrhoea
- And even prevent the outbreak of flu

*Taken from [www.wash-hands.com](http://www.wash-hands.com), in partnership with the NHS.*