

# Wilson Practice News

January 2018

## FACT: most chest infections don't need antibiotics

At this time of year our doctors and nurses see lots of people with coughs, many of whom are keen to have antibiotics to sort the problem out.



The facts, however, are that:

- **antibiotics are not effective** against most chest infections, which might better be called 'viral bronchitis'
- with or without treatment, in otherwise well adults, viral bronchitis will generally **clear up** without treatment in **three to four weeks**
- The **cough**, which comes after the sore throat/runny nose phase will be with you for **about three weeks**
- you can get **symptom relief** from a pharmacy
- green sputum does not mean antibiotics are required
- if you want to know a bit more, we have a **Fact Sheet** on this topic which is available from Reception and from our website: [www.wilsonpractice.co.uk/website/J82157/files/chest%20infections%20Jan18.pdf](http://www.wilsonpractice.co.uk/website/J82157/files/chest%20infections%20Jan18.pdf)



## 'Physiotherapist first' pilot...

...because there are times when it might help to be assessed by a physio rather than a GP

**A31  
Group  
of  
Practices**

From January we are joining with other local practices (the 'A31 Group of Practices') and Hampshire Hospitals Foundation Trust (HHFT) to trial a new service for patients with musculoskeletal conditions. If you have a limb, back or neck problem and you ring for an appointment you will be offered the choice of whether to see a GP or an experienced physiotherapist from the HHFT team.

You will also be asked whether you consent to the physio accessing your health records to conduct and record your consultation. They are bound, like everyone working within the practice, by very strict rules of confidentiality.

The physios, who will be seeing patients from The Wilson Practice, Chawton Park Surgery, Boundaries Surgery and Bentley Village Surgery, will be based at The Wilson Practice twice a week and at Chawton Park Surgery once a week. They will have 20 minutes to assess patients, and will, as appropriate, offer them advice and exercise guidance, refer to Alton or Basingstoke Hospitals for a course of physiotherapy, or request a prescription, an X-ray or a referral to other hospital departments via a GP.

"Around 30% of GP consultations are concerned with limb, back or neck problems," explained Dr Andy Fellows, "many of these could be helped as well, or better, by a physiotherapy practitioner. This trial will test how we can involve other healthcare professionals in the 'front line' of general practice.

"The three physiotherapists who are joining the pilot are all very experienced," he added. "We have discussed the clinical boundaries and they know when they might need to refer someone back to a GP. For many patients, this new service will provide a thorough assessment and an expert solution in a single appointment. We will be relying on patient feedback as part of the evaluation, so we would urge anyone who uses the service to complete a questionnaire after their visit."

## Happy New Year – Happy New Year’s Resolutions...

If you have determined that 2018 is the year you will **quit smoking, lose weight, get fitter** or just generally take better care of yourself (or encourage a friend or relative to do so!), there is a lot of free help available from the NHS and a variety of voluntary organisations (see [www.nhs.uk](http://www.nhs.uk) or ask for a copy of the *Alton Community Directory* from Reception, the library or the town hall).

Locally, the **Alton Men’s Weight Loss Group**, run for many years by dedicated members from the Wilson Practice Patient Participation Group, decided to pack away its scales at the end of December, recognising that these days, the Slimming World and Weight Watchers meetings are much more ‘mixed gender’ than they were some years ago.

They are keen to remind both ladies and men that people with a **BMI (body mass index\*) of 30 or above qualify for a free (NHS-funded) 12-week course at Weight Watchers**. If you are interested please contact the practice to ask your GP to refer you. You do not need to make an appointment to do this.

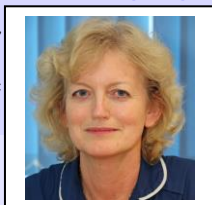
*\*there is a BMI calculator on the nhs.uk website but, for example, someone 5’2” tall weighing 12 stone has a BMI of 30.7; someone 5’10” tall weighing 16 stone has a BMI of 32.1.*

### Who’s who: our nurses and health care assistants

Our nursing team works hard throughout the year supporting patient care in so many ways  
*Next issue we will feature some of the people who work behind-the scenes at the practice*

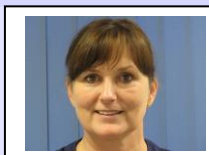
#### Sister Claire Muir

Nurse Practitioner, nurse manager, managing minor illness, asthma, chronic lung disease, CHD and hypertension



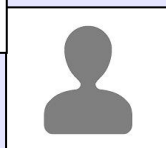
#### Sister Lynn Paice

Nurse Prescriber, Minor illness, asthma, travel medicine and general nursing



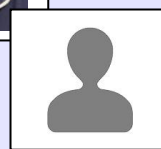
#### Sister Wendy Morris

Nurse Prescriber, elderly care, diabetes and minor illness management, wound care



#### Sister Karen Byng

Nurse Practitioner, elderly care, chronic disease management and minor illness



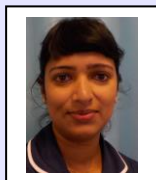
#### Sister Jean Thomas

Nurse Prescriber, minor illness management



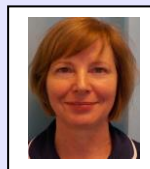
#### Sister Alison Frater

Diabetes management, baby imms and CHD



#### Sister Julee Cherukattu

Treatment Room and Well Woman clinics



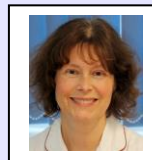
#### Sister Tina Palmer

Treatment Room and Baby Imms



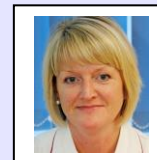
#### Karen Baxter

Healthcare Assistant



#### Mary Barnsley

Healthcare Assistant



#### Wendy Gagen

Healthcare Assistant

### Do you or your driver keep the car running when you ‘nip in’ to the Health Centre?



We have recently received a number of comments from patients concerned about cars parked outside the surgery with their engines running.

We would like to discourage this: not only does it reduce the air quality around the building for people visiting and working in it, but it is costly for the car owner and the fumes have an impact on the wider environment. Thank you for considering this matter.

### Do we have your current details?

Do we have your **correct mobile** number and **e-mail** address? We send appointment reminders by text and e-mail newsletters to patients for whom we hold an e-mail address unless you opt out.

To ensure you don’t miss out on reminders, or to unsubscribe from the newsletter, please email:

**[nhccg.wilsonpractice@nhs.uk](mailto:nhccg.wilsonpractice@nhs.uk)**

### ‘A31’ Community Wellbeing Hub

Thanks to an EHDC grant Chawton Park Surgery (CPS) is hosting a ‘drop in’ information hub for local people, every other **Thursday from 10am – 2pm**.

Complementing the ‘**Help Yourself to Health**’ stand in our Reception, a range of different organisations attend each time, offering a chance to chat informally with representatives over a cup of tea or coffee.

#### Forthcoming dates are featuring:

**11 Jan** HealthWatch, HHFT Dementia team, Alton Community Care and Princess Royal Trust for Carers

**25 Jan** Diabetes UK, Walking for Health, exercise and diet referral schemes, Cardiac Rehab

**8 Feb** CAB: reducing your utility bills (*one-to-one slots with the adviser bookable via CPS: 01420 542542*)

**22 Feb** Dementia team from HHFT

**8 Mar** CAB as above, Trading Standards, Fire Service: Safe & Well Programme

See our website or the poster in the waiting room for more dates.