

GREYSTOKE GAZETTE

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Staff News



Hello to all my daddy's patients at Greystoke! My name is **Esther Hope Kurian** and Dr Kurian is my daddy. I am a very special baby as I have Down's Syndrome. My daddy found out 2 months before I was born that I have Down's syndrome and because of this and my grandad being poorly, daddy had to take some time off work over the Summer. I was born on the 16th of September weighing a sporting 8lbs 1oz. Unfortunately when I was born I was not breathing very well so I had to spend 2 weeks in the special care baby unit at the RVI in Newcastle to help my breathing and to learn how to feed. So daddy had to be off again to make sure I was OK and this meant all of daddy's friends at the surgery had to work harder whilst he was off and it might have been hard to get an appointment – I'm really sorry but daddy and I want to thank you all for your patience! I am doing much better now and have come home, though I need to still have some oxygen to help with my breathing. My daddy is now super excited that I am here, he really enjoys being a daddy and I have him wrapped around my little finger! Sometimes he might need to take me to the hospital for appointments so he might not be working his usual days at the surgery, so it's a good idea to check when he is working in case he is looking after me! Lots of love, EHK.

Your GPs need your help

Despite now being back to full strength and working 12-13 hour days your GPs cannot meet current demands. There is a lot in the press and from the government about how primary care is struggling with our Increasing workload but no support is filtering down to us at the grass roots. Therefore, the only people we can turn to is yourselves for help. Before you ask for a GP telephone consultation please ask yourself could anyone else deal with your problem or question? For example

- Pharmacists are trained to assess, advise and prescribe, under the Pharmacy First Scheme, for minor illness e.g. coughs, colds, sore throats, thrush, verruca's, headlice, threadworms
- The prescription line and medicines managers can manage many medication queries and early request for holidays. They will ask a GP if they need any guidance.
- If you have already seen the GP or a hospital doctor the receptionist can take details for fit notes or letters of support.
- If you are ringing regarding a hospital appointment, letter or test please contact your specialist. If someone at the hospital requests a test for you the results will go to them, not your GP.
- If you haven't done so already you can sign up for online access which allows you to order prescriptions, view your test results and request telephone appointments without having to ring us.

Vitamin D

It has been a wonderful summer but the nights are now drawing in. In spring and summer, most of us get enough vitamin D from sunlight on our skin and a healthy, balanced diet. During autumn and winter (from October until the end of March) the sun isn't strong enough in the UK to produce vitamin D. That means we have to rely on getting it just from the food we eat. Because it's difficult to get enough vitamin D from food alone, many of us risk not getting enough. Taking a supplement helps to keep levels of the vitamin topped up during the colder months.



Public Health England advise that adults and children over the age of four should consider taking a daily supplement containing 10mcg of vitamin D, particularly during autumn and winter. Vitamin D supplements are widely available from supermarkets and chemists.

People who have a higher risk of vitamin D deficiency are being advised to take a supplement all year round. The at-risk groups include people whose skin has little or no exposure to the sun, like those in care homes, or people who cover their skin when they are outside. People with dark skin, from African, African-Caribbean and South Asian backgrounds, may also not get enough vitamin D from sunlight in the summer. They should consider taking a supplement all year round as well.

It is recommended that children aged one to four years should have a daily 10mcg vitamin D supplement all year round. As a precaution, all babies under one year should have a daily 8.5-10mcg vitamin D supplement to make sure they get enough. Vitamin drops are available for babies. Your health visitor can tell you where to get them. These are available free to low-income families through the Healthy Start scheme. However, babies who have more than 500ml (about a pint) of infant formula a day don't need a vitamin D supplement as formula is already fortified.

Prescription line

We now have a separate prescription line which should make it easier for you to order prescriptions. This will also help free up the reception lines for appointments etc. The new prescription line number is 01670 501329. This line will be manned during the hours of 9.30 am—12.00 noon and 1.00 pm—4.30 pm. The answerphone will be on at all other times.

You can also continue to order prescriptions online, in person at the surgery and by using the counterfoil on your previous prescription.

Bouncing Back From Setbacks

Life rarely goes to plan. Everyone experiences setbacks along the way; we meet unexpected hurdles which trip us up so things don't work out the way we want them to. Whether it's something at work, or in our personal lives, it can throw us off course and knock our confidence. But it doesn't have to - if we don't focus on the negative aspects, such as whose fault it was or what we did wrong - we can take a step back and see it as a learning opportunity.

We don't need to deny our emotions, disappointment or frustration, but nor do we have to let them overwhelm us.

It may help to:

- . identify any lessons to be learnt
 - . re-evaluate your plan and focus on your end goal
 - . not be so hard on yourself – everyone makes mistakes
 - . look after yourself physically and emotionally
- and if it's something you really want, don't lose heart—keep going.

