



Springfields PPG Newsletter

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Website- www.springfieldspg.co.uk

How to create a First Aid or Medical Kit for your Home

Ideally, everyone should have a first aid kit or medical kit at home and if your household includes children, keeping a kit in the house is especially important. The advantage of making your own kit is that you can specialize it according to your needs, and it generally will cost you less money to assemble your own.

A basic kit should include:

- 1) Band-Aids of all sizes
- 2) 4" by 4" Gauze pads - for cleaning wounds
- 3) 4" by 4" Dressing bandages - for wounds, cuts, and abrasions
- 4) 2" Dressing rolls - for wrapping and bandaging injuries
- 5) Medical tape
- 6) Cotton balls
- 7) Q-tips
- 8) Alcohol pads - for cleaning wounds
- 9) Antimicrobial hand wipes - in a sealed plastic bag to keep them moist
- 10) Sterile water - 16 oz. bottle
- 12) Eye flushing solution - 16 oz. Bottle with eye cup
- 13) Ace bandage - wrapping sprains and contused soft tissue
- 14) Arm sling
- 15) Chemical ice pack
- 16) Chemical hot pack
- 17) Thermometer - oral and rectal (especially for kids)
- 18) Tweezers
- 19) Scissors
- 20) Nail clippers
- 21) Sterile gloves

Self-care medicines



Warrington

Clinical Commissioning Group

From **Monday 29th January 2018** health professionals in Warrington will no longer prescribe additional medications for short term **minor** health problems, unless there is a specialist clinical need or for certain other exemptions. This follows on from a public consultation.

Full list of self-care medicines

Pain killers for minor aches and pains	Oral antihistamines for hayfever	Head lice treatments
Tonics, vitamins and health supplements	Decongestant nasal sprays and tablets	Treatments for infant colic
Ear wax removers	Teething gels and mouth ulcer treatments	Creams/ointments for nappy rash
Lozenges, throat sprays, mouthwashes, gargles and toothpastes	Vaginal moisturisers	Threadworm treatments
Indigestion remedies for occasional use	Warts and verrucae paints	Treatment for vaginal thrush
Creams for bruising, tattoos, and scars	Heparinoid gel/cream	Haemorrhoids treatment
Hair removal creams	Antiperspirants	Cough preparations
Moisturisers and bath additives for dry skin	Antifungal treatments	Eye care products
Sun creams	Treatments for bites and stings	Probiotics
Foods and food supplements	Treatments for cold sores	Treatments for mild acne
Pain relief cream/ointment for short-term use	Antibacterial eye drops	Dandruff and cradle cap treatments
	Treatment for diarrhoea	Baby milks (unless a clinical need for a specialist milk)

Why?

We spend approximately £1 million per year on prescribing these medicines. This money could be and should be spent on other vital treatments for local people and make better use of our precious NHS resources.



Your local NHS **no longer supports** the prescribing of medication which can be **bought over the counter** for some common conditions.



#selfcare #askyourpharmacist

For more information please ask at your GP practice reception or visit www.warringtonccg.nhs.uk

PATIENT PARTICIPATION GROUP (PPG)

WHAT HAVE WE BEEN DOING IN 2017

The following information shows hopefully our involvement will help ensure Springfields patients receive the best possible healthcare.

1: At a Patient Level

- Equipment Purchases
 - Extra Phlebotomy chair delivery in 2018
 - Waiting room music
 - Wheelchair for patient support in surgery
 - Cryogenic equipment
 - New toys for children in the waiting room
 - Books for children in the waiting room
 - Stand for wet umbrellas
- Patient News Letter including awareness of Health campaigns
- Dedicated PPG website, Twitter and Facebook
- PPG general notice board
- PPG / patient Post it notices board
- Did not attend (DNA) awareness / posters campaigns
- Flu awareness & flu clinic support
- Listening to patient's needs, concerns, interests and suggestions
- A&E cost awareness / poster campaigns
- A&E attendance campaigns
- Support as critical friend on patient issues relating to the surgery
- Support to Flu inoculation programmes
- Support to Young Peoples champion
- Support to Surgery on Self Help initiatives

2: At a Practice Level

- Act as a Critical Friend to GP's and Surgery staff
- Support to improve the telephone system
- Patient Care - training of reception staff
- Trustee & Management of Patient Fund
- Reference Group on expenditure of Patient Fund finances
- Support for over 75's Tea Party events
- Management of the PPG website, Facebook and Twitter
- Support for Healthcare information meetings
- Patient bereavement support
- Training of Surgery staff to deal with Abuse
- Survey support for Patient Reference Group, PPG & NHS England
- Provision of Alzheimer's and Dementia Awareness training
- Support to the Surgery on Parking and Service issues at Bath Street
- Support to the introduction of a Surgery Clinical Pharmacist
- Support to the introduction of the Electronic Prescriptions Service
- Support on surgery signage
- Medicine Management Support - Phases 1 and 2
- Organising of Macmillan coffee morning fund raising event
- Support to Family and Friends surveys
- Sponsorship to Running Down Dementia
- Sponsorship to St Rocco's hospice
- Sponsorship to Walton Lea mental health projects
- Support to CCG PPG Network development
- Support to the CCG Community Pharmacy Repeat Prescription Service



The PPG on behalf of the Patients, would like to present their congratulations to Dr Aggarwal for the coming birth of her first child.

This will be a beautiful time in your life that you will never forget. The birth of a child is something that changes you indefinitely and you will never be the same. Very best wishes to you and your family, good health and fortune to a new life, new experiences, and new thrills.



FIVE WAYS YOU CAN SAVE SOMEONE'S LIFE

WHAT TO DO IF SOMEONE IS CHOKING



1. Cough it out

- > Encourage the person to keep coughing



2. Slap it out

- > Give up to five sharp back blows between their shoulder blades.
- > Check their mouth



3. Squeeze it out

- > Give up to five abdominal thrusts
- > If that doesn't work call 999/112.

WHAT TO DO IF SOMEONE IS BLEEDING

1. Press it



3. Secure dressing with a bandage to maintain pressure

4. Treat for shock.

2. Call 999/112 for emergency help



WHAT TO DO IF SOMEONE IS UNRESPONSIVE

1. Open their airway

2. Tilt head



3. Check for normal breathing for up to 10 seconds



4. If they're breathing normally:

- > Put them in the recovery position
- > Then call 999/112 for emergency help

If they're not breathing

- > Call 999/112 for emergency help
- > Start CPR.



WHAT TO DO IF SOMEONE IS UNRESPONSIVE AND NOT BREATHING NORMALLY

1. Call for help

- > Tell them to call 999/112 and find an AED



2. Pump

- > 30 Chest compressions at a rate of 100-120 per minute



3. Breathe

- > Give two rescue breaths. If unwilling or unable, do chest pumps only



Continue to pump and give rescue breaths until help arrives.

WHAT TO DO IF SOMEONE HAS HAD A HEART ATTACK



1. Call 999/112 for emergency help



2. Sit them down

- > Rest, supported with knees bent



3. Give them aspirin

- > 300mg dose to chew*

*Do not give aspirin if the person is under 16 or allergic. Help them use their angina medication if they have it.

Make sure you always have life saving knowledge at your fingertips. Download our free first aid app from your app store today.

Learn first aid.

Help save lives.

Be the difference.

sja.org.uk