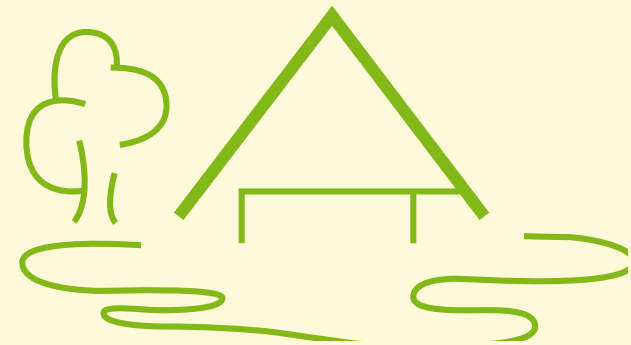


# Simmondley *M*edical Practice



15A Pennine Road  
Simmondley  
Glossop  
Derbyshire  
SK13 6NN

**Tel: (01457) 862305**  
**Fax: (01457) 857610**

# Welcome to the Surgery



## The General Practitioners

**Dr Subhash Chandra Bhatt** (Male) MBBS (Indore) 1971

**Dr Phaninder Tatineni** (Male) MBBS (Manipal) 2001 MRCGP DFFP

We are a training practice and will have qualified doctors working at the surgery to gain experience in general practice.

## The Practice Staff

### Practice Manager

Joan Highley and Kris Wendon job share this role and are responsible for the practice business and financial issues together with the day-to-day management of the practice.

### Receptionists

Betty Whaites Senior Receptionist (responsible for referrals)  
Joanne Bramall  
Kerry Armstrong

### Practice Nurses

Janice Parikh RGN  
Louise Westmerland RGN

### Assistant Practitioner

Chris Teasdale

### Data Input Administrator

Pat Stocks

### Health Visitor

A health visitor is allocated to visit families with preschool children at home or in the clinics.

### District Nurses

Community district nurses liaise with the practice and provide essential nursing services in the community.

### Students

We have medical students attached to our practice for short periods. If you do not wish to have the students present during your consultation, please inform the reception staff prior to seeing the doctor.

## Surgery Times

Monday	8.30 - 11.00am	3.00 - 5.30pm
Tuesday	9.00 - 11.00am	4.00 - 6.00pm
Wednesday	8.30 - 11.00am	
Thursday	8.30 - 11.00am	4.00 - 6.00pm
Friday	9.00 - 11.00am	4.00 - 6.00pm

Surgery times are extended to accommodate urgent problems.

The doctor appointments are 10 minutes long.

We offer extended opening hours on Monday 6.30 - 8.10pm.

This may be subject to change.

## Practice Reception Opening Hours

Monday	8.00am - 6.30pm
Tuesday	8.00am - 6.30pm
Wednesday	8.00am - 5.00pm
Thursday	8.00am - 6.30pm
Friday	8.00am - 6.30pm

The practice closes on the afternoon of the third Thursday of the month (except August and December) for staff training. Please see the list on the notice board for dates and times.

## Appointments

Appointments may be made by telephoning 862305 or by calling at the surgery. Routine appointments may be made well in advance (maximum six months), which will enable us to offer you an appointment at a time more suitable to your requirements. If you cannot keep an appointment, please inform us as soon as possible as this will assist in oversubscribed situations. If you frequently fail to attend appointments you may be removed from the list.

## Emergencies

If you are confronted by a serious problem such as severe chest pain or severe bleeding, call an ambulance (tel: 999) before calling the surgery.

## Home Visits

If you need a home visit because you are too ill or infirm to attend the surgery, please telephone before 11.00am if possible. You will be asked for your name, address and a brief description of the reason for the visit. You may be put through to the doctor to assess the need for a home visit. Please remember that several patients can be seen at the surgery in the time that it takes to do a home visit. Please note that lack of transport is not a valid reason for a visit.

## Test Results

Please note that it is your responsibility to find out the results of any tests. You are advised to enquire about blood tests after a week, x-rays after two weeks and cervical smears after eight weeks. You may call in person or telephone between 12 noon - 3.00pm. Results cannot be given to a third party.

## Ambulance Booking

Please try to arrange for a relative or friend to take you to hospital appointments wherever possible. Remember that ambulances are not taxis. If you need an ambulance because of your medical condition, please telephone 0161 335 2700. This is your local patient Assessment Booking and Choice Service and your transport can be arranged through them.

## Weekend And Night Cover

You will always have 24-hour access to a health care professional. Out-of-hours cover is provided by a deputising service, Go to Doc, that is commissioned by the Primary Care Trust. Your problem may be dealt with over the phone, you may be asked to visit one of the out-of-hours centres or a doctor may visit your home. Please ring 862305 and you will be connected to the out-of-hours provider or you may ring 0161 336 3252 directly. Alternatively you can attend any of the walk-in centres.

## NHS Direct

If you need medical advice when the practice is closed or at any time, you may phone NHS Direct 0845 4647 or visit their website on [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) 24 hours a day, 7 days a week.

## Repeat Prescriptions

The doctor will tell you if the medication he has prescribed is going to be provided as a repeat therapy. You will be given a repeat prescription slip with your prescription. To order a further supply of your medication, tick the items required and post the slip through the letter box in the front of the reception counter. Please try to allow 48 hours for a repeat prescription issue. If you are unable to call in at the surgery to order your prescription you may post your request. If you require the prescription posting back to you, please send a stamped, self-addressed envelope; you will need to allow more than 48 hours for this process. You may, as a last resort, telephone the surgery to order a prescription between the hours of 12 noon and 4.00pm, but it is vital that you have full details of the medication you require. Many of the local chemists operate an ordering and collection service for repeat prescriptions from the surgery for your convenience. Please ask your pharmacist for details. If the hospital asks you to get a non-urgent prescription, please leave it at reception and it will be done within 48 hours; please do not expect it to be done straight away.

## Patient Services

You may make appointments, where applicable, for the following services by calling in person or by telephone. It would be useful if you could tell the receptionist which service you require so she can give you an appointment with the right member of staff and allocate an appropriate amount of time.

## Clinics

### *Antenatal Booking Clinic*

Patients are seen by a midwife for an initial booking appointment at the surgery on a Friday morning.

### *Postnatal*

We offer postnatal care.

### *Disease Management Clinics*

The clinics are run by the practice nurse for patients with the following diseases:

Asthma

Cardiovascular disease

Chronic obstructive pulmonary disease

Diabetes (including specialist Dietician and Podiatry clinics)

Coronary heart disease

Hypertension

Invitations will be sent to attend these clinics, but if you have any problems in the interim periods please do not hesitate to make your own appointment.

### *Health Promotion Clinics*

These clinics are run by the practice nurse and include:

Well person - this is for people over 21 and covers lifestyle, family history, personal history and basic statistics.

Young person - this is for people between the ages of 15 and 21 and aims to provide a friendly, confidential service to raise awareness of health promotion and a healthy lifestyle.

Weight management - to offer help and support to those wishing to lose weight.

Smoking cessation - to offer support and help in giving up smoking.

Cervical smears - for women between the ages of 25 and 65 as appropriate.

### *Anticoagulation Clinic*

The practice nurse and GP run this clinic for patients who are currently taking anticoagulation therapy.

### *Child Health Surveillance*

We offer this service to all pre-school children and share the developmental checks with the health visitors and the community medical officers.

### *Minor Surgery*

This clinic is run by Dr Heather Metcalfe MBChB. Minor operations under local anaesthetic and joint injections are carried out once a month (usually on the second Thursday of the month).

### *Family Planning*

A confidential service is available for people of all ages. You can see a practice nurse or doctor for advice, oral contraception or post-coital contraception during surgery times. Please make an appointment with the practice nurse for the contraceptive injection or implant. Dr Heather Metcalfe is available for cap and coil fittings. This clinic is held once a month (usually the second Thursday in the month).

### *Counselling*

A counsellor is available for counselling. Please ask the doctor/nurse for a referral.

### *Immunisations*

The practice nurse carries out all primary immunisations as well as booster doses. The baby vaccination clinic is held on Wednesday morning between 9.15am - 12 noon.

### *Travel Immunisation*

If you are travelling abroad to a foreign country where you think you may need immunisations, please call at the surgery to collect a questionnaire about your travel plans at least eight weeks before departure. The practice nurse will arrange a schedule for immunisations and advise you on taking care of your health whilst you are abroad.

## Flu Vaccination

The influenza vaccination is particularly recommended for patients over 65 and those with heart, lung or kidney disease, diabetes, and residents of nursing and rest homes.

Please contact the reception staff in September for details of the vaccination dates and to make an appointment. If you are unable to attend the surgery, a home visit will be arranged to undertake this facility.

## Yellow Fever Vaccinations

Simmondley Medical Practice is an authorised Yellow Fever Vaccination Centre.

## Patient Participation Group

The practice has a patient participation group. If you wish to contact one of the members of the group or become involved, please ask at reception.

## Medical Certificates (Sick Notes)

Please complete a self-certificate (available from your employer) for the first seven days you are absent. If your employer insists on a doctor's certificate for this period there will be a charge for this. After this period the doctor will issue a Department for Work and Pensions Certificate. Please note that the doctor is unable to issue a medical certificate for any period of illness for which you have not seen a doctor from the start of the illness.

## Carers

If you look after a relative/friend/neighbour or somebody cares for you, please let the practice know so that we can record - with consent - the details and put you in touch with support services if necessary.

## Private Fees

Certain services provided by the doctor are not covered by the NHS contract (various forms, certificates and medicals) and a charge will be made for these services.

## Comments And Suggestions

We are happy to accept and consider comments and suggestions from our patients. Please present your views in writing at reception or use our suggestions box situated in the lobby. We are also happy to receive comments on positive experiences.

## Disabled Access

At Simmondley Medical Practice reserved car parking spaces for the disabled are marked near the front door. Wheelchair access to the building is via the front entrance. Patient services are provided at ground floor level. A disabled patients' WC is provided near the front entrance. If access proves difficult to any of our disabled patients, we would be happy to consider any suggestions for improvement. Please let us know if you need assistance.

## Confidentiality

We ask you for personal information so that you can receive appropriate treatment. This information is recorded on computer and we are registered under the Data Protection Act. The practice will ensure that patient confidentiality is maintained at all times by all members of the practice team. However, for the effective functioning of a multi-disciplinary team it is sometimes necessary that medical information about you is shared between members of the team.



**Don't throw it away!**

Donate your unwanted furniture  
Do your bit for the environment  
Collecting, restoring and recycling furniture  
Helping people on low incomes to purchase good quality furniture  
Collections throughout the area

Telephone: **01457 857 505**  
[www.glossopdalefurnitureproject.co.uk](http://www.glossopdalefurnitureproject.co.uk)

Glossopdale Furniture Project  
Pikes Lane  
Glossop  
Derbyshire SK13 8EH

The Glossopdale Furniture Project is a voluntary organisation that accepts donations of unwanted furniture. Our aim is to help people on low income to purchase good quality affordable furniture.

However, the Project is also open to the general public for the sale of most items of furniture, except fridges, freezers and beds.

Most items of furniture that are in good condition can be reused. Collections are made on specific days in towns throughout the High Peak.

In our workshop we restore furniture and also make new items from reclaimed wood - such as coffee tables, footstools, bookcases, toy boxes, planters, etc. These are for sale to any member of the general public.

You can help the Project by donating any unwanted furniture, which will be collected from your home. The Project is able to accept most items of furniture, so long as they are in good condition.

The law requires that all upholstered furniture, beds and mattresses comply with the 1988 fire regulations. Therefore, if any item does not have the necessary labelling the Project will not be able to accept it.

We can accept most electrical goods in working order. We don't pass on cookers or washing machines but can take these for scrap metal. We also accept gas appliances for scrap metal.

We also take other household items, such as curtains, bedding, pots/pans and crockery for people setting up home.

Please contact us to arrange collection.

All our furniture is at very affordable prices - so come and grab a bargain!

Come and visit our new shop on Henry Street, Glossop, where we have some fine items of furniture. Open Wednesday to Saturday from 10.00am to 4.00pm.

# Moorland Pharmacy Ltd.

Your Local Family Run Independent Pharmacy

- Repeat Prescription Collection Service
- Minor Ailments Service
- Smoking Cessation
- Lipotrim - Weight Management - BMI Check
- Free Sexual Health Service

Private Consultation Room Now Available

Mon - Fri 8.45am -12.45pm, 2.15 - 6.00pm

Sat 9.00am - 1.00pm

01457 866300

5 Pennine Road, Simmondley, Glossop



## Family Pharmacy

IT is a family business at Glossop's Moorland Pharmacy, where father and daughter Malcolm Aucott and Julia Williamson have been providing a complete independent pharmacy service since 2005.

"We had a practice together for 11 years before taking over here, so we've become quite a team," said Julia, who qualified as a pharmacist in 1994.

"What's great is that we work well together for the benefit of all our clients, and have continued the pharmacy's tradition of quality service and personal attention."

It's care and attention that means, as an independent pharmacy, the experienced team get to know each of their clients and tailor their services accordingly.

"We're a local service for local people, from prescription dispensing right through to our enhanced services," added Julia who, like her father, prides herself on the fast, efficient dispensing of both NHS and private prescriptions.

"We'll even collect them from local GPs, including Dr Bhatt's, and then have them conveniently ready for collection from the pharmacy."

By arrangement with the surgery, they can also provide up to 12 months' supply of medication without the need for repeat prescriptions.

"I have recently qualified as an Independent Prescriber, which means that I can assess and prescribe medication for minor ailments without having to trouble a GP," added Julia.

"We run the only scheme of its kind in the area."

Recently refurbished to include a private consultation room, the pharmacy now offers free contraception, pregnancy testing and chlamydia screening, as well as smoking cessation advice and Lipotrim weight management services.

Call in today or phone (01457) 866300 for more information.

To advertise your business in our booklet call 0800 612 1516

Advertising Feature

## CHARLESTOWN ELECTRICAL CO.LTD

Industrial, commercial & domestic contractors  
Stand by & breakdown service

**Tel/Fax: 01457 852134**

Email: sales@charlestown-electrical.co.uk

www.charlestown-electrical.co.uk

Collier Street, Glossop, Derbyshire SK13 8LS



## Let the taxi take the strain!

You know the feeling – you have been feeling 'a bit under the weather' for some time, and have finally got around to making an appointment to see the doctor. Do you really feel well enough to drive to the surgery? Of course it is vital to arrive in plenty of time for your appointment, and not to arrive stressed as that could mask other symptoms.

So why not call a local taxi company? They will take you door to door, get you there on time, and no worries about parking the car either!!

Many older or disabled patients regularly use their local taxi firm for all kinds of trips. They appreciate the convenience and relatively low cost. Mums find a taxi has many advantages especially for transporting all the paraphernalia associated with keeping an appointment, at a fixed time, and having to take a baby and/or a young child with them.

Once you have found a good reliable firm you will use them over again on a variety of occasions.

Advertising Feature

Charlestown Electrical Co Ltd is a Glossop run family company founded in 1982. The current seven employees' experience adds up to more than 233 years. Our aim is to provide a complete electrical service for the industrial, commercial, domestic sectors along with computer-based software control systems. Based in the centre of Glossop, with an easy access to the motorways all areas of the country are travelled to, with no job considered too small. We are continually advancing with the evolving technologies that our industry develops, so satisfying the demands of our customers. Directors Tom and Lee have a very much hands on approach and they feel it's vital to get involved from the concept to the commissioning of projects, in all areas of the offered sectors. With this structure and experience, we are able to offer a comprehensive range of services, examples of which include: industrial insulation industry, packaging industry, aerospace industry, ecclesiastic industry, water feature industry, education industry, control panel design and build, fire alarm and emergency lighting, machine wiring, inspection and testing, domestic rewires.

Visit our website [www.charlestown-electrical.co.uk](http://www.charlestown-electrical.co.uk) for further information.

Advertising Feature

**TAXIS BRITANNIA**

A reliable and friendly local company

All types of work – big or small

Great value set fares for local work Monday to Friday

Airport runs

Wheelchair access available

**FREEPHONE 0800 678 5898**

**Or mobile 07790 669438**

56 Arundel St, Glossop

To feature your business in our booklet call 0800 612 1516

# Specialist Building Services



Extensions • Conservatories • Roofing  
Windows and doors • Kitchens  
Bathrooms • Renovation and remedial work  
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All aspects of electrical work



We can fix your garden gate or build your house! Call today for a no-obligation estimate.

Tel: 01457 856682 / 07799 892571

Email: specialistbuildingservices@hotmail.com

## Don't Move - Improve!

Due to the financial market some home-owners have been unable to sell their homes.

If you had hoped to sell because you need more room, there may be another solution. Extensions, loft and garage conversions are an obvious way of adding more living space to your home.

Alternatively look at using your existing floor space more productively. The basic layout of a house rarely changes, yet the way we live in and use our homes has changed.

A house constructed in the 60's rarely meets the needs of a modern family without some re-organisation.

By changing the way rooms are accessed, moving thoroughfares and even windows, furniture can be re-distributed and new areas of light and space become accessible.

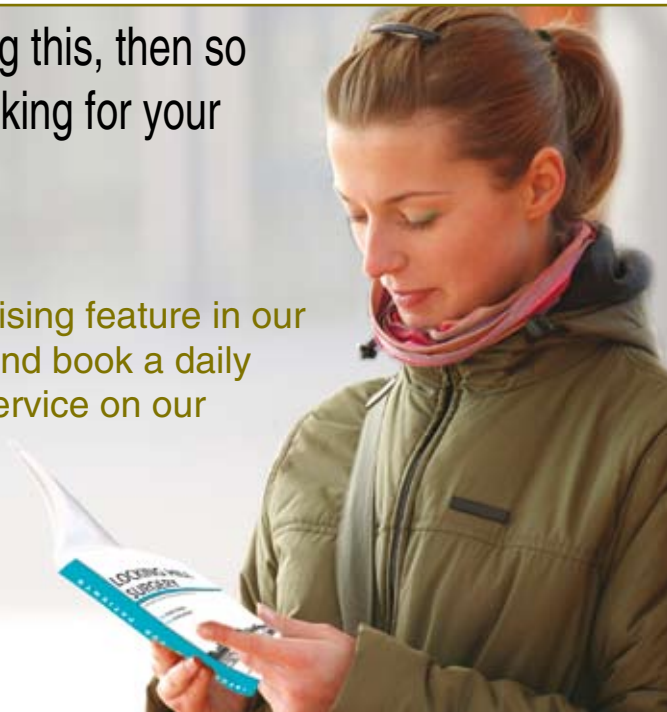
Dividing large bedrooms may be the answer to siblings currently having to share.

If making these changes to your home is something you would like to consider, ensure you turn to a reputable local builder to discuss your ideas. It could be that you require planning permission or building regulations, a reputable builder should be able to offer advice on this.

Advertising Feature

If **YOU** are reading this, then so could patients looking for your kind of service.

To place an advertising feature in our practice booklets and book a daily reminder of your service on our website simply phone Jenny Mellenchip now on 0800 612 1516.



To advertise your business in our booklet call 0800 612 1516

## Complaints Procedure

We always try to provide the best services possible, but there may be times when you feel this has not happened. The following information explains our in-house complaints procedure, drawn up to respond to patient grievances. We hope you will use it to allow us to look into and, if necessary, correct any problems that you have identified, or mistakes that have been made. If you use this procedure it will not affect your right to complain to the Health Services Authority.

Please note that we have to respect our duty of confidentiality to patients and a patient's consent will be necessary if a complaint is not made by the patient in person. If you wish to make a complaint, please telephone or write to our practice manager. Full details will be taken and a decision made on how best to undertake the investigation.

We believe it is important to deal with complaints swiftly, so you will be offered an appointment for a meeting to discuss the details within three working days. Occasionally it may take longer, but we will keep you informed throughout. You may bring a friend or relative with you to the meeting. We will try to address your concerns, provide you with an explanation and discuss any action that may be needed. Our practice procedure is not able to deal with questions of legal liability or compensation.

## Zero Tolerance

We strongly support the NHS policy on zero tolerance. Anyone attending the surgery who abuses the GPs, staff or other patients, be it verbally, physically or in any threatening manner whatsoever, will risk removal from the practice list. In extreme cases we may summon the police to remove offenders from the practice premises.

## Freedom Of Information

The Freedom of Information Act 2000 obliges the practice to produce a Publication Scheme. A Publication Scheme is a guide to the 'classes' of information the practice intends to routinely make available.

## Practice Boundary

New patients who live within our defined practice boundary of Simmondley as shown on the back cover of this booklet (if in doubt please enquire at reception) may register with the practice. You will need to call in to the surgery to complete a registration form; it would be useful if you have your NHS number available. If you move outside the practice area after you have registered, you may be asked to find a doctor closer to your new address.

## Primary Care Trust

The name, address and telephone number of your PCT:  
Tameside & Glossop PCT  
Millennium House, Windmill Lane, Denton, Manchester, M34 2GP  
Tel: 0161 304 5300

## Practice Charter Standards

These are the local standards set within this practice for the benefit of our patients. It is our job to give you treatment and advice. Following discussion with you, you will receive the most appropriate care, given by suitably qualified people. No care or treatment will be given without your informed consent. In the interest of your health it is important for you to understand all the information given to you. Please ask us questions if you are unsure of anything.

## Our Responsibility To You

We are committed to giving you the best possible service.

### **Names:**

People involved in your care will give you their names and ensure that you know how to contact them.

### **Waiting Time:**

We run an appointment system in the practice. You will be given a time at which the doctor or nurse hopes to be able to see you.

### **Access:**

You will have access to a doctor rapidly in the case of emergency (within four hours in cases of urgency) and otherwise within two working days. We will arrange a home visit as appropriate for those who are too ill or infirm to be brought to the surgery.

### **Telephone:**

We will try to answer the phone promptly and ensure that there are sufficient staff available to do this. You should be able to speak to a doctor by telephone.

### **Test Results:**

If you have undergone tests or x-rays ordered by the practice, we will advise you when and how to obtain the results.

**Respect:** Patients will be treated as individuals and partners in their healthcare, irrespective of their ethnic origin or religious and cultural beliefs.

### **Information:**

We will give you full information about the services we offer. Every effort will be made to ensure that you receive that information which directly affects your health and the care being offered.

### **Health Promotion:**

The practice will offer patients advice and information on steps they can take to promote good health and avoid illness and self-help which can be undertaken without reference to a doctor, in the case of minor ailments.

### **Health Records:**

You have the right to see your health records, subject to limitations in the law. These will be kept confidential at all times.

## Rights And Responsibilities

Help us to help you.

Please let us know if you change your name, address or telephone number.

Please do everything you can to keep appointments. Tell us as soon as possible if you cannot; otherwise, other patients may have to wait longer.

We need help too. Please ask for home visits by the doctor only when the person is too ill to visit the surgery.

Please keep phone calls brief and avoid calling during the peak morning time for non-urgent matters.

Test results take time to reach us, so please do not ring before you have been asked to do so. Enquiries about tests ordered by the hospital should be directed to the hospital, not the practice.

We ask that you treat the doctors and practice staff with courtesy and respect.

Please read our practice booklet. This will help you to get the best out of the services we offer. It is important that you understand the information given to you. Please ask us questions if you are unsure of anything.

Remember, you are responsible for your own health and the health of your children. We will give you our professional help and advice. Please act upon it.

Please ask if you wish to see your doctor.

## Family Medicine Chest

### *Paracetamol Tablets And Liquid*

For relief of pain and fever.

### *Antiseptic Solution*

For cleaning cuts and grazes.

### *Cotton wool*

For cleaning cuts and grazes.

### *Dressing Strips*

For minor cuts.

### **THERMOMETER**

For fevers

## Self Treatment Of Common Illnesses And Accidents

Many appointments are taken up with giving advice on simple self-limiting illnesses that can be treated without contacting the practice. We offer the following pages for you to refer to. The chemist is another excellent source of advice in treating a wide range of minor illnesses. Some chemists offer a minor ailments scheme where you can receive treatment from the pharmacist without having to see the doctor. If you do not pay for prescriptions you will receive your medication free of charge, otherwise a normal prescription charge will be incurred.

### *Back Pain*

Back pain causes 13 million working days each year to be lost in Britain. The spine supports the whole weight of the upper body so it is understandable that it sometimes goes wrong. Because of the complex nature of the spine it is advisable to consult your doctor if back pain persists for more than a few days. If, as is usual, the pain has been caused by abuse ie lifting too heavy weights etc, be sensible and take things easy. Take care to sit as upright as possible with a support for the small of the back. Take aspirin or paracetamol, which will not only relieve the pain but will help to relieve inflammation. Your doctor may well prescribe stronger drugs, heat treatment, and gentle exercise or some kind of supportive corset.

### *Bedsores*

Bedsore are far easier to prevent than cure. They are caused by prolonged pressure to certain parts of the body when lying in bed for long periods. Encouraging the patient to shift position as often as possible can prevent them. Take care to smooth out creases in the bottom sheet to avoid irritation. If marks appear at the pressure points such as heels, elbows, buttocks, and hips, inform the doctor before they get worse.

### *Burns*

Apply large quantities of cold water to the affected area as soon as possible and maintain this until the pain subsides. This may take as long as 15 minutes! If the skin is unbroken but blistered, apply a loose, dry dressing.

If the burn is larger than four or five inches in diameter or if the skin is broken, consult your doctor as soon as possible.

## Chickenpox

On the first day a rash appears as small red patches about 3 - 4 mm across. Within a few hours of these developing, small blisters appear in the centre of these patches. During the next three or four days further patches will appear and the earlier ones will turn 'crusty' and fall off. Calamine lotion may be applied to soothe the often severe itching. Cool baths may also help. The most infectious period is from two or three days before the rash appears and up to five days after that date. Children may return to school as soon as the last 'crusts' have dropped off.

## Colds

Even in this day and age there still is no magic cure for the common cold. Go to bed, take plenty of drinks. If you have a headache or are feverish, take paracetamol. Antibiotics will not help, unless you have a secondary bacterial infection.

## Coughs

Dry coughs usually cure themselves and can be eased by medicine from the chemist. Children with colds often cough at night and this may be eased by propping them up with a pillow. Decongestant measures may help.

## Diarrhoea And Vomiting

In adults, this is usually caused by a viral infection (gastroenteritis) or a sudden change of diet and is therefore unable to be treated directly. The symptoms can usually be eased by the traditional kaolin and morphine mixture or by medicines containing codeine.

Holiday diarrhoea is very often due to bacteria. Again, kaolin and morphine can be taken. Large quantities of water, orange juice or thin soup should be taken to counter the effects of dehydration. Consult your doctor if the symptoms persist for more than a few days.

Diarrhoea in very young children and babies needs careful attention. Most babies have loose bowel action during their first six months due to their predominantly liquid diet. Taking the baby off solids and feeding them a cooled solution of boiled water with a teaspoon of sugar and half a teaspoon of salt to the pint should treat sudden bouts of unusually watery diarrhoea.

If the symptoms persist for more than 24 hours, or are accompanied by vomiting or weakness, consult your doctor.

## German Measles (Rubella)

The rash appears during the first day and usually covers the body, arms, and legs in small pink patches about 2 - 4 mm across and doesn't itch. No other symptoms are usually present apart from occasional aching joints.

It is infectious from two days before the rash appears until the rash disappears in about four or five days from that date. The only danger is to unborn babies and, therefore, it is important that all contacts are informed so that anyone who may be pregnant can contact their doctor.

Immunisation can prevent this disease

## Head Lice

These creatures, contrary to popular belief, prefer clean hair and are, therefore not a sign of poor personal hygiene. Medicated head lotion can be obtained from the chemist without prescription.

## Influenza (The Flu)

A viral illness, this is common in winter. High temperature, aching muscles and fatigue can last several days. Plenty of clear fluids and regular aspirin and paracetamol are usually all that is needed. If you have another medical problem (diabetes, heart disease or chest trouble) it would be wise to seek medical advice. We have an active campaign of influenza immunisation that usually starts late September. Ask at reception if you would like to be immunised.

## Insect Bites And Stings

Antihistamine tablets can be obtained from the chemist without prescription and will usually relieve most symptoms.

Note: bee stings should be scraped away rather than 'plucked' in order to avoid squeezing the contents of the venom sac into the wound.

## Measles

The rash is blotchy and red and appears on the face and body around the fourth day of illness. It is at its most infectious from two or three days before the rash appears until eight days after that date.

Immunisation can prevent this disease

## Minor Cuts And Grazes

Wash the wound thoroughly with water and a little soap. To stop bleeding apply a clean handkerchief or dressing firmly to the wound for about five minutes. Cover with a clean dry dressing.

## Mumps

Symptoms are swelling of the gland in front of one ear often followed, after a couple of days, by swelling in front of the other ear. It is infectious from two or three days before the swelling appears until eight or ten days after that date. If the pain is severe you should consult your doctor.

Immunisation can prevent this disease.

## Nosebleeds

Sit in a chair, lean forward with your mouth open and pinch your nose for approximately 10 minutes, by which time bleeding should have stopped. Avoid hot drinks or hot food for 24 hours. If symptoms persist, consult your doctor.

## Sore Throat

Almost always caused by a virus, antibiotics therefore have no place in the treatment. Generally a sore throat lasts two to five days. The best treatment for adults is to gargle with soluble aspirin and then swallow it, four times daily. Remember that children under 16 should not be given aspirin. Plenty of cold drinks and paracetamol regularly will help.

## Sprains

Treat with a cold compress, containing ice if possible, for 15 to 30 minutes to reduce the swelling then apply, firmly, a crepe bandage and give the sprain plenty of rest until all discomfort has subsided. Further strain will inevitably lead to further swelling and a longer recovery period.

## Sunburn

Treat as for other burns with cold water to remove the heat. Calamine lotion will relieve the irritation whilst paracetamol will also help.

Children are particularly susceptible to sunburn and great care should be taken to avoid overexposure to the harmful effects of the sun.

## Threadworms

These are not uncommon in young children and are not dangerous. Worming medicines are available from the chemist without prescription.

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## Useful Telephone Numbers

Tameside General Hospital.....	0161 331 6000
Glossop Primary Care Centre .....	850550
Social Services .....	0845 6058058
NHS Direct.....	0845 4647
Go To Doc.....	0161 336 3252

## Practice Boundary

