

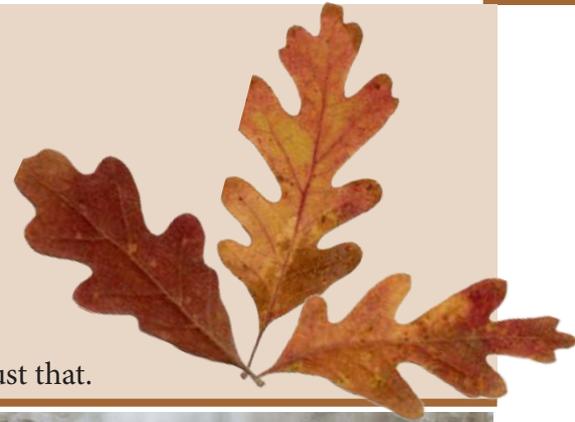
Selsey Medical Practice Newsletter

The latest news and information
from your local surgery

Autumn 2022

A Blustery New Season!

Welcome to our latest newsletter. The weather outside has certainly turned autumnal in time for publication! The practice has been working hard to meet the needs of our community and also improve the way we work so we make the best use of our resources. One of the best ways of ensuring the NHS can cope as winter approaches, is for us to share good advice and to encourage patients to take responsibility for self-care and make good lifestyle choices that lead to better health. We hope this edition does just that.



How to stay well in winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition. Some people are more vulnerable to the effects of cold weather. This includes:

- People aged 65 and older
- Babies and children under the age of 5
- People on a low income (so cannot afford heating)
- People who have a long-term health condition
- People with a disability
- Pregnant women
- People who have a mental health condition

Get a flu vaccine

Flu will often get better on its own, but it can make some people seriously ill. It's important to get the flu vaccine if you're advised to. The best time to have the flu vaccine is in the autumn before flu starts spreading. But you can get the vaccine later. If you're 65 or over, you are also eligible for the pneumococcal vaccine, which will help protect you from pneumonia.

Keep your home warm

Follow these tips to keep you and your family warm and well at home:

- If you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C
- Keep your bedroom at 18C all night if you can – and keep bedroom windows closed



- If you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable
- Use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time
- Have at least 1 hot meal a day – eating regularly helps keep you warm
- Have hot drinks regularly
- To reduce the risk of sudden infant death syndrome (SIDS), babies should sleep in rooms heated to between 16C and 20C
- Draw curtains at dusk and keep doors closed to block out draughts
- Get your heating system checked regularly by a qualified professional

Help with heating costs

You may be able to claim financial and practical help with heating your home. Grants available include the [GOV.UK Winter Fuel Payment](#) and the [Cold Weather Payment](#).

For more information on how to reduce your bills and make your home more energy efficient, go to [GOV.UK/Find ways to save energy in your home](#), or call the government helpline on **0800 444 202**.



Patient Group - Visit our Facebook Page

Do you use social media? Are you on Facebook? Have you discovered the Selsey Patient Group Facebook page yet? Visit us here: www.facebook.com/SelseyPG

It's been a busy few months for the Patient Group since the last Selsey Medical Practice newsletter. Aside from our marshalling assistance, firstly with the Covid vaccinations and now latterly with the flu vaccinations, our most significant activity during this time has been our annual Patient Survey. As always, the survey was available on-line and also in paper format, and I'd like to thank the 411 people who took the time to give us their thoughts about the Practice. The survey provides us with an invaluable snapshot of where the surgery excels and where thought needs to be given over the coming period.

Overall, it's clear that the community continues to regard our Surgery and its staff very highly and, although there was a slight dip in satisfaction last year during the Covid lockdown, this year's survey has shown a return to a high level of satisfaction once again.



There remain some areas of concern and, as might be anticipated, these are around getting an appointment. This is not the first year that this issue has featured in our survey and, although it's no consolation and certainly no excuse, we've noted that a great majority of surgeries nationwide suffer from exactly the same problem, demonstrating that the causes are clearly wider than just Selsey.

We're not complacent, however, and in our regular meetings with the Practice, we return to this issue time and again, perhaps hopeful that here in Selsey we can find the solution to this problem which is evading others elsewhere.

It's clear that there are some things that patients have been accustomed to seeing their GP about but which would very often be more beneficial if dealt with in another way. For example, checking one's blood pressure and weight are things which can easily and conveniently be done in the surgery on a self-help basis, rather than wasting a GP's time on what are routine checks.

In coming weeks the Patient Group will be working in the surgery at certain times to help patients to learn how to take their own blood pressure, utilising the machines kindly provided by the Friends of Selsey Medical Practice, and to then get this information updated onto the individual's medical record.

Also, in the period prior to Christmas, we will be in the surgery inviting patients to subscribe to an electronic copy of the periodic Selsey Medical Practice newsletter. Whilst paper copies of this will continue to be available for the foreseeable future, there is a definite time and cost overhead in producing hundreds of paper copies, as well as the environmental impact. The Practice is working on putting measures in place to become a greener service, and the Patient Group is keen to assist the Practice in achieving this goal.



Inhalers - We are 'going green'

Many asthma sufferers use salbutamol inhalers, commonly 'Ventolin'. These products are small aerosols containing the medication and a propellant gas which is a CFC (very damaging to the ozone layer). As part of a drive to become more environmentally friendly we are now switching patients to CFC-free inhalers such as "Salamol" (right), which has exactly the same salbutamol content. You may also try powder-based versions of treatment and prevention inhalers, so please discuss this at your asthma review, or when you next attend the surgery.

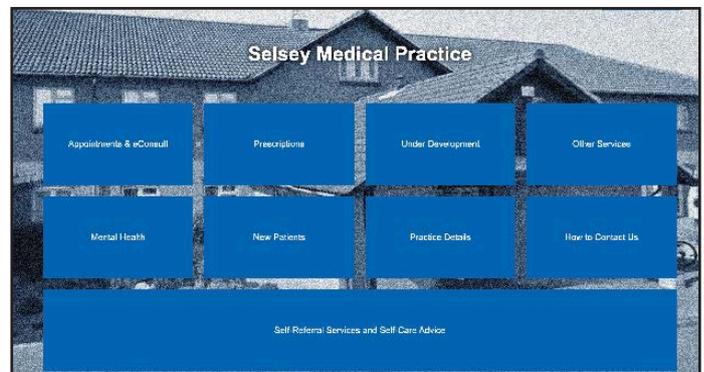


It is worth remembering that used inhalers can be recycled, but only at pharmacies that are signed up to the service. Boots in Selsey are hoping to offer this service soon, and can already accept some insulin 'pens'. You can also reduce waste by reducing any 'stockpile' of inhalers and other medicines that you get on repeat. You can ask for items to be removed or reduced by contacting the surgery.

Website Accessibility

We are continually improving our website to make it accessible to all of our patients.

We have quite a few patients for whom English is not their first language. For many, their spoken and written English is so good that this does not present a problem when seeking healthcare, but we want to make sure that our service is accessible to everyone in our community so we are developing an area of our website which presents important resources and information in a variety of languages.



You can visit it here: www.selseymedicalpractice.co.uk/health-advice-other-languages, or follow the link at the bottom of our website. We have also added a link to the top of our pages which opens up our whole website using a feature of Google Translate. This can translate everything into another language (the language can be selected from an extensive list). If you know someone for whom this might be useful, please do let them know.

You can also click on a little figure icon, which pops up (shown below right) to change the appearance of our pages to make them easier to read. For example, a user with low vision might increase the font size or change the background colour, or a dyslexic user might change the font itself. We want as many people as possible to be able to use our website, so we hope this helps. For example, that means you should now be able to:

- Change colours, contrast levels and fonts
- Zoom in up to 400% without text spilling off the screen
- Navigate the website using just a keyboard
- Navigate the website using speech recognition software
- Listen to most of the website using a screen reader.
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We now think we have a website which achieves those objectives, but if you notice any issues relating to accessibility or if you have any suggestions for improvements to our layout or contents, please let us know.

NHS App. Did you know that you can view your test results by using the NHS app? This means you can get information quickly and avoid ringing the practice. Find out more and download the app here: www.nhs.uk/nhs-app/

Friends of Selsey Medical Centre

We are extremely fortunate to have the valuable support of such a dedicated group of volunteers as the Friends of Selsey Medical Centre.

Their objective is to raise funds to provide increased and improved facilities and amenities at the centre, over and above that which is provided by the NHS, for the benefit of all patients in Selsey and the wider community.



The Friends recently donated £35,000.00 to help fund a great new initiative between the surgery and the Care Shop which will benefit patients using the surgery and those visiting the care shop immensely. This provides funding for a member of staff from the Care Shop to work at the surgery, to provide on-the-spot help and advice for patients, and even better collaboration between both organisations.

The Friends are actively looking for new members especially as the project requires significant funding. You can find out more about the Friends of Selsey Medical Centre on the surgery website where you can also download a membership form. Alternatively you can ask for one in reception.

David Webber, Friends of Selsey Medical Centre

Care Shop at the Surgery

We are delighted to be able to work closely with Selsey Care Shop in supporting our patients. The Care Shop acts as a one-stop-shop in the High Street for access to a wide range of services provided by Selsey Community Forum. You can still visit them at 121 High St, Selsey or call **01243 201616**, but as part of a new initiative (see the Friends item above), we will now have a member of the Care Shop team in the practice every Thursday.

They will be able to assist with non-medical issues such as debt, employment, form filling and other general advice. They will have some availability on the day but we can also book a time slot with them in advance should you need it.



Waiting for a Hospital Appointment?

As you will have heard in the News, hospital waiting times are very long at the moment. If you have been referred on for further treatment and want to know how long you are likely to have to wait before being seen, there is now a dedicated NHS site for patients to be able to check waiting times for different specialities: www.myplannedcare.nhs.uk. This is updated weekly so you can monitor the length of time you should expect to be waiting for. You can also ring the referral support team for information on **01903 708670**. Lastly, you can visit our own page www.selseymedicalpractice.co.uk/support-while-you-wait for useful tips and how you can get support while you are waiting for a hospital appointment.

Physiotherapy Self-Referral



Self-Referral gives you direct access to your local physiotherapy service if you are suffering with back, neck, joint or general muscular problem. This means you can refer yourself for physiotherapy without the need to see your GP first.

Self-referral forms can be accessed through the Physiotherapy link on our website at www.selseymedicalpractice.co.uk/self-referral-services-and-self-care-advice Or directly, via Sussex Community Foundation Trusts website at www.sussexcommunity.nhs.uk/services/physiotherapy-coastalmsk-outpatient



Understanding Pain

Many patients suffer from pain. Sometimes this is for a short period and called Acute Pain, sometimes for longer periods, which is called Persistent Pain. Solent NHS Trust have produced some excellent resources to help explain what pain is and understanding the reasons can help us to manage pain. The following is taken from their leaflet "Pain Explained".

Pain is your brain's way of warning you of possible danger/threat. For example, the pain you feel if you touch something very hot. This stops you from burning your hand.

Acute pain is pain that lasts a short time, anything from a few seconds to 3 months usually. For example, if you sprain your ankle, the pain will stop you walking on it too much. This gives the ankle a chance to get better. When your ankle is better the pain will stop.

Persistent pain (sometimes called chronic pain) is pain that continues beyond three months. The reasons we can get persistent pain are complicated. If you have persistent pain, it does not always mean you have an injury or damage to your body.

Persistent pain is caused by changes in the nervous system

Acute pain The nervous system is the main part of our body which leads us to feel pain. The nervous system includes the brain, spinal cord and nerves in our arms, legs and rest of our body. We have detectors at the ends of our nerves. These detect changes in the body. A signal is sent from the detector along the nerve and spinal cord to the brain. The signal tells the brain that there has been a change in the body. We call this a danger/threat message. For example, if a brick falls on your foot the signal tells your brain that there has been a change in pressure. The brain makes sense of this information. To do this it also looks at other things, such as what is going on at the time, your thoughts, feelings and past experiences. These things influence how much pain you feel. If the brain decides there is possible danger/threat, you will feel pain. This will make you take action to keep you safe.

Sensitised Nervous System

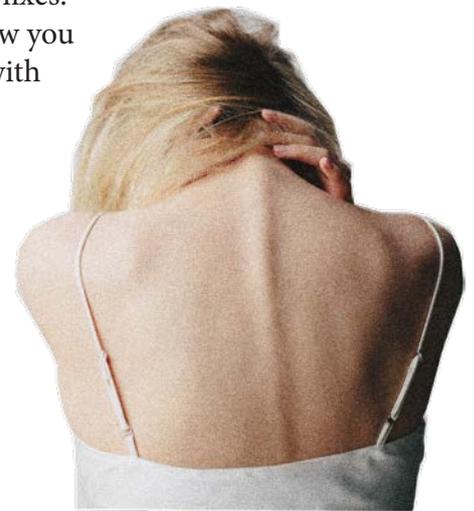
When you have a sensitised nervous system you might feel more pain than you would have before.

Other things that may happen:

1. **Pain spreads and gets worse**
2. **Movement can hurt**
3. **Pain can come on unexpectedly**
4. **Pain can make you feel stressed or low.**

If you had an injury you can continue to feel pain after it has healed because of the sensitised nervous system. You can have a sensitised nervous system if there was no injury in the first place.

Persistent pain When an injury happens, your nervous system adapts. This makes your body better at sending information to your brain. This is called sensitisation. Sensitisation happens in the nerves in your arms, legs and rest of the body, your spinal cord and your brain. The changes in your nervous system can mean more danger/threat messages are sent to the brain. You can then feel more pain. If you're feeling stressed or low this can make you feel more pain. People who have persistent pain can have digestive problems, tense muscles, poor sleep and memory. This can leave you feeling exhausted and make the pain feel harder to cope with. Pain is very complicated and there are no quick fixes. Clinicians can show you ways to help you with your pain.



Points to Remember. Pain is always real. Pain does not always mean there is damage. Pain is your brain's way of protecting you from danger/threat. Your nervous system becomes sensitised. It does not switch off and keeps sending danger/threat messages to your brain. Lots of different things can affect if you feel pain and how bad it is. Persistent pain is caused by real processes in your body. To learn more please visit:

www.solent.nhs.uk/msk/self-help/persistent-pain-management

Managing Pre Diabetes part 1 - take control

Many of our patients have a condition called Pre Diabetes. This occurs when blood glucose levels are higher than normal, but not high enough to be diagnosed as Type 2 Diabetes.

| HbA1c (blood sugar level) | | Category |
|---------------------------|----------------------|--------------|
| Less than | 42mmol/mol (6%) | Non-diabetic |
| Between | 42-47mmol/l (6-6.4%) | Pre Diabetes |
| Greater than | 48mmol/mol (6.5%) | Diabetes |



People with Pre Diabetes have an increased risk of developing Type 2 Diabetes & are at a higher risk of having heart disease. Making & maintaining lifestyle changes is the most effective way to reduce the risk of Pre Diabetes progressing to Type 2 diabetes.

We wanted to share some good advice to help anyone with Pre Diabetes to take some action to become healthier. This information comes from a leaflet produced by Western Sussex Hospitals Dietitians.

Risk Factors

Risk factors for pre diabetes include:

- Being overweight
- Being physically inactive
- High blood pressure
- Age - risk increases as we age
- Family history (genetics)
- Ethnic background

Management

Steps towards managing Pre Diabetes:

- Manage your weight
- Reduce waist measurement (<80cm for women & <94cm for men)
- Eat well
- Keep active
- Avoid or stop smoking

'That's enough!'

That might be all the information you need, but if you'd like some more detail and guidance please read on!

Manage your weight

If you are overweight, aiming for a 5% weight loss reduces Type 2 Diabetes risk by 50%. Reduce your weight by cutting down the amount of calories you eat/drink, and keep as active as possible.

Eat well

- Reduce your intake of sugar sweetened drinks & sugary foods
- Reduce your fat intake, especially saturated fat
- Reduce your salt intake
- If you drink alcohol, drink it in moderation
- Eat regular meals
- Have a max. of 1 fist sized portion of starchy carbohydrates each meal
- Choose high fibre, wholegrain sources of carbohydrates
- Eat five (handful sized) portions of vegetables, salad & fruit per day
- Avoid skipping meals & space your meals out over the day, this helps to control your appetite and blood glucose levels



Keep active

Regular physical activity can help with weight management, reducing blood glucose levels and lowering cholesterol levels. Evidence continues to support being physically active every day, working to achieve a minimum of 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity per week. See Page 8 for details of activities/groups to join in Selsey.

Managing Pre Diabetes part 2 - good dietary advice

Control those Carbohydrates

Have a maximum of one fist-sized starchy carbohydrate portion per meal

Carbohydrates are the easiest source of fuel for your body and are a source of vitamins and fibre. The high fibre starchy foods help maintain your digestive system and prevent problems such as constipation.

Carbohydrates are digested and absorbed as glucose into the bloodstream – some quickly (sugary foods), and some slowly (starchy foods). Choose slowly absorbed starchy carbohydrates as these are converted to glucose at a slower rate. These choices include:

- Pasta
- Basmati or long grain rice
- Grainy breads such as granary, pumpernickel and rye
- New potatoes, sweet potato and yam
- Porridge oats, All-Bran and natural muesli
- Pulses, e.g. lentils, kidney beans and baked beans.

Cut out the salt

Do not add salt to your food and limit the amount of processed foods you eat.

Reduce the Fat

Cut down on fat, especially saturated fat

Choose unsaturated fats or oils, especially monounsaturated fat, e.g. olive and rapeseed oil, as these types of fats are better for your heart. Fat contains a large amount of calories, so eating less can help you lose weight.

To cut down on your fat intake here are some tips:

- Choose low fat dairy products - milk, cheese and diet yoghurts
- Choose leaner cuts of meat and trim off any visible fat/skin (choose white meat/fish instead of red meat or processed meats)
- Grill, steam or oven bake rather than frying or roasting in oil
- Include low-fat margarines and cooking oils based on unsaturated fats, e.g. olive oil
- Avoid foods with hidden fats e.g. pastries, pies, cakes and biscuits
- Try to have 2-3 portions of oily fish a week, e.g. mackerel, sardines, pilchards, salmon and trout. They contain a type of fat that is good for your heart.

Limit the Booze

- Drink alcohol in moderation only
- No more than 2-3 units/ day, with no more than 14 units of alcohol per week
- 1 unit = ½ pint beer/cider/lager (normal strength), 1 small glass of standard strength wine 8/9% (125ml), 25ml measure of spirits.
- Always choose a low calorie/sugar-free/diet mixer, e.g. low calorie/diet tonic, diet lemonade/ cola.
- All types of alcoholic drinks are high in calories, so if you are trying to lose weight it is best to reduce your intake.
- Try to have at least 2 alcohol-free days per week.

2 Units



2 Units



Look at the Labels

Choose reduced fat and reduced sugar products - many foods labelled as low fat are often high in sugar. Also, low sugar products can be high in fat, so be careful when choosing. Keeping a healthy balance can be difficult so using food labels can help to make appropriate choices. The table below gives some guidance.



A lot (per 100g)

20g fat or more
5g Saturated fat or more
0.5g sodium or more
10g sugars or more



A little (per 100g)

3g fat or less
1g saturated fat or less
0.1g sodium or less
2g sugars or less

Keep Active in Selsey

There are many ways to keep active in Selsey. Obvious places include gyms, such as Thrive, Bea Fit and Dream Fitness, and they can organise induction sessions to help you to plan a personal programme, whatever your starting point. There are many other organisations that run friendly classes and groups you can join - Selsey Community Forum (www.selseycommunityforum.uk/Community-Information) have details of these and run a diary so you can see what is on. Another thriving local group are Selsey Sea Bathing Society (www.selseyseabathingsociety.com), who welcome swimmers of any age or level.

We recently visited the ShapeMaster Suite at Thrive Selsey (01243 606720). They have a lovely manager called Julie, who explained how their members not only enjoyed improving their mobility and strength, but



how they love the social side and support from the friends they make there. The ladies and gentlemen using the specially designed and comfortable-looking equipment all spoke enthusiastically about how much they love going there, and what a difference they feel both physically and mentally. Doing activities in any group certainly helps overcome loneliness. The members vary in age from 28 right up to 92! Julie also arranges for speakers to come and give talks on a range of issues that affect our community, and there is also a very nice coffee and juice bar, so it's a nice place to catch up with friends after your exercise.

If you are involved in an activity group in Selsey, please tell us about it and we can share it in future editions.

Pharmacy for Minor Ailments

All NHS services are feeling the pressure at the moment, and demand for appointments at the surgery is continuing to increase. Visiting the local pharmacy for advice and treatment of minor ailments can help us to free up valuable appointments. We are very aware that our local pharmacists are also very busy right now, but they are qualified to help and can recommend over-the-counter treatment for a wide range of common complaints.

For minor injuries you can also self-refer to the unit at Bognor War Memorial Hospital. There is a link to this on our website self-referral page. [Follow the link](#) to see a list of conditions they can treat.



Access to Remote Women's Health Appointments

New Service!

'Women's Gynae Health' is a new service which provides remote consultations for women with gynaecology health problems (including menopause) that require more expertise than is easily available in primary care, but do not require a full secondary care service.

Appointments will all be provided remotely by telephone or video by gynaecologists or GPs with a special interest (GPSI) in women's health. Consultations will be 15-minute duration and, with your consent, the consultant can access your GP records. Where necessary, the clinicians will organise basic investigations and then arrange follow up care.

These appointments are available during the day and in the evenings and can be booked by the reception team at the practice.

Please contact the surgery in the normal way to make an appointment.

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