

WELCOME TO EYAM: DR PINNINTY

We would like to take this opportunity to **introduce our new permanent salaried GP, Dr Sarah Pinninty**. We are pleased to be able to welcome her into our team and her regular sessions will be on a Friday at Eyam Surgery.

“It’s a great pleasure to join the team at Eyam Surgery. I graduated from Sheffield in 2008 and have spent time in hospital posts before my GP training in Chesterfield. My husband and I run a charity in India so I have spent considerable time overseas with that work (www.flmhope.org). We have 3 boys aged 13, 9 and 6, who are very lively and energetic!! We have lived in the area since we got married 15 years ago and we’ve been in Eyam for 2 years now. It’s a privilege to be able to live and work in the same village, amongst this special community. I look forward to being on board!”

- Dr Sarah Pinninty

Farewell to Dr Hugh Pelc! We’d like to thank him for all his hard work and dedication over the last 4 years, whilst he has worked at Eyam Surgery. He has been a huge asset and will be missed by patients and staff. We wish him all the best of luck for the future.

COMMUNITY MATRON
HEATHER MCMULLAN

*“For many of a certain age, the title of Matron brings back images of Hattie Jacques, and when I accepted the post of **Community Matron** at Eyam Surgery, family and friends liked to remind me of this. However, I am glad to say that the role is somewhat different to that of Hattie’s and the uniform is a little more modern!”*

*“The role of Community Matron first came into practice in 2004, when the Department of Health recognised the need for more support for **patients with complex long-term needs and conditions**. I was appointed in October 2017, taking over the role from District Nurse, Sally Baker, who had done a tremendous job. Although initially daunted by the enormity of the task, I felt extremely privileged to be invited to care for my local community in such a positive and worthwhile position.”*

*“I have over 30 years’ experience in Nursing, much of which was in senior nursing roles in A&E. I joined the **Eyam Surgery team** in 2005. Now, supported by the brilliant staff at Eyam Surgery, I have been able to develop the role of Community Matron”.*

*“As Matron, I am only one member of a much larger team at Eyam Surgery. I see myself as a problem-solver with clinical experience. Much of the work I do is centred around **patients and their families within their homes**. Many of my patients have **complicated needs** which may be due to age or illness. The objective for me is to ensure that their healthcare needs and wishes are met. These needs may be **physical, practical, emotional or social**. Being in the privileged position of visiting people in their own homes allows me to forge*

trusting relationships, through which I am able to unpick the concerns and problems that patients and their families face. We then work together to overcome the hurdles life puts in their way. Sometimes this means accessing other services, teams, agencies, or simply getting equipment.”

*“The role of Community Matron is challenging and rewarding. It can also be emotional at times. But I hope that as a team we have helped many patients to **stay safely in their own homes** whilst they are dealing with life events in a well planned and supported way.”*

- Heather McMullan,
Community Matron

Inside this issue:

| | |
|-----------------------|---|
| Welcome Dr Pinninty | 1 |
| Community Matron | 1 |
| Bank Holiday Closure | 1 |
| Flu Vaccinations | 1 |
| “Beat the Heat” | 2 |
| Card Payments | 2 |
| Measles & MMR vaccine | 2 |
| Self Care | 2 |
| Proxy Access | 2 |

FLU VACCINATIONS

In September we will be starting our **flu vaccination season**. We will be sending out **letters of invitation to eligible patients offering an appointment date and time**. This season (Autumn/Winter 2019/20), there will be **two types of vaccine**.

One vaccine for **under 65 year olds** and a different vaccine for **65 and over**.

We will ensure that you have the correct vaccination for your age group.

Many pharmacies and supermarkets offer the flu vaccination. If you are eligible for your free flu vaccination, please have your vaccination at Eyam or Bradwell Surgery.

Please support your local GP surgery by using our services— “use it, or lose it”.



Grazed knee.
Sore throat.
Cough.
Stock your medicine cabinet.

Self-care



Unwell?
Unsure?
GP surgery closed?
Need help?

NHS 111



Diarrhoea.
Runny nose.
Painful cough.
Headache.

Pharmacy



Vomiting.
Ear pain.
Stomach ache.
Back ache.

GP surgery



Choking.
Chest pain.
Blacking out.
Blood loss.

A&E or 999
Emergencies only

AUGUST BANK

HOLIDAY

Eyam and Bradwell Surgeries will be closed on Bank Holiday

Monday August 26th.

We will re-open at 8am Tuesday 27th August at

Eyam (8.30am at Bradwell).

Should you need urgent medical attention during the time we are closed contact 111 or if life-threatening: 999



Beat the Heat

Stay connected



Look after yourself, check on others especially the elderly



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of water, avoid alcohol and caffeinated drinks



Dress appropriately for the weather



Slow down and avoid heavy activity

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



If you're too hot, cool your skin with water, slow down and rehydrate



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHE publications gateway number: 2016071



We have now installed electronic payment machines at both Eyam and Bradwell Surgery.
Card and Contactless payment now accepted



MEASLES OUTBREAKS AND THE MMR VACCINE

There has been an **increased incidence of measles** in the UK in the last few months, including outbreaks in the East Midlands. Measles is **highly infectious** and can lead to severe complications, particularly in people who are immunosuppressed or in young children. It is also more severe in pregnancy and can cause problems in the unborn child. **Signs and symptoms of measles include fever, cough, rash and conjunctivitis.** If you suspect you have measles please telephone the surgery and tell the receptionist your concerns. It is important that you do not come straight to the surgery as the disease is very contagious.

MMR is the vaccine used to help immunise people against measles. Children usually receive two doses (at 12 months old and at 3 years 4 months old) however, some people may have missed their childhood vaccinations. If you have not received two MMR vaccinations, please contact the surgery as **you are eligible to have them for free.** Just contact reception and one of the team will check your medical record and book you in with the nurse for the vaccination if this is appropriate.

Self care

is the best choice to treat common ailments and minor illnesses



Book appointments, order repeat prescriptions and view your medical record

If treatment is needed, a wide range of medications can be purchased from community pharmacies and supermarkets. These medications are usually cheaper than a prescription and you can get them without seeing your doctor.



Antihistamine tablets and syrup;
Steroid nasal sprays;
Eye drops;
Decongestants;
Simple pain relief, e.g. paracetamol



Antacid medicines and alginates reduce the symptoms of heartburn and relieve pain.



Simple pain relief, e.g. paracetamol and anti-inflammatory drugs, e.g. ibuprofen.



Simple pain relief, e.g. paracetamol or ibuprofen;
Cough mixtures (may contain paracetamol);
Cold remedies (may contain paracetamol);
Decongestants.



Creams, ointments or suppositories can help soothe;
Local anaesthetics may relieve pain, burning and itching;
Laxatives can make it easier to go to the toilet and reduce straining.



Pharmacists are an expert source of advice and will use their professional judgement to decide with you what the best course of action is for your condition. Speak to a local pharmacist to get advice on the best treatment for your symptoms. Always read the patient information leaflet that is included with the medicine.



Proxy Access

"Proxy Access" allows parents, family members, carers & care home staff to have access to a patient's online services account in order to book appointments, request repeat medication and where applicable, view their medical records.

Please ask at reception for a consent form.