



Haddenham Health News

Goodbye to Helen Goodliffe

I am now coming to the end of my GP registrar year at Haddenham Medical Centre. I have thoroughly enjoyed my time at the practice and will be very sad to leave. I feel very privileged to have worked with the team at Haddenham and their patients who have made me feel very welcome and who have taught me a lot. I will miss all the patients and staff as well as the wonderful view of cows and red kites from my consulting room!

I have had a very exciting and challenging year- my first year in General Practice, passing my membership exams for the Royal College of General Practitioners as well as the Royal College of Medicine, and getting married!

Although I would have loved to have stayed in the area, my husband has an orthopaedic surgery rotation in Northamptonshire and Leicestershire and we will hopefully be moving to the Market Harborough area. I am looking forward to starting work as a GP in Wellingborough, near Kettering from August but we will remain living in Thame until our house sells!

Thank you very much to everyone who has helped, encouraged and inspired me this year. Best wishes for a happy and healthy future.
Helen Goodliffe

A Little Brain Teaser



According to research at Cambridge University, it doesn't matter in what order the letters in a word are, the only important thing is that the first and last letter be at the right place. The rest can be a total mess and you can still read it without a problem. This is because the human mind does not read every letter by itself, but the word as a whole.

Acupuncture Education Talk –

A few key acupuncture points...

Recently I had the pleasure of meeting with both practice nurses and patients at HMC to talk about the use of acupuncture. The resounding response at the end of each talk was one of surprise that acupuncture can be used in many different ways. So, I thought I would share a couple of key points from the talks.

1. Medical Acupuncture v Traditional Acupuncture

Medical acupuncture is used increasingly by doctors and healthcare professionals to treat symptoms of pain and nausea. Traditional acupuncture is used by registered acupuncturists who train for four years to treat a wide range of symptoms which include: muscle and joint pain relief, gynaecological problems, migraines and digestive problems. Some acupuncturists treat a variety of conditions whereas others specialize in one area, such as fertility or sports injuries.

2. Needles are only one part of treatment.

The needles used are very fine, about the width of a human hair and they are one part of treatment. An acupuncturist also uses: massage for sports injuries, migraines and muscular tension; moxibustion, a technique to relieve joints and muscles which suffer cold, stiffness or cramping pain; cupping, a technique to improve circulation and relieve muscular tension; and auricular (ear) acupuncture, used to help with stress and anxiety as well as drug or alcohol withdrawal.

If you have any queries about traditional acupuncture you can contact me (James Thirwall) at the Haddenham Medical Centre or call 07726 945341.

FUTURE EDUCATIONAL TALKS

We have not organised an Educational Talk for over the summer months because of the holiday season. These will however start again towards the end of the year. They have proved to be a success and are enjoyed by patients and staff alike.

Welcome to our new partner – Dr Karen West

I am the lucky GP who has replaced Dr Hugh Stradling and Dr Cathy Wade, as one of the partners here at Haddenham Medical Centre. I have moved from a partnership in Littleport, Cambridgeshire.

Originally I hale from Northern Ireland, hence my unusual accent, which still lingers. I graduated from the University of Manchester, and prior to joining General Practice, trained in Paediatrics on the Cambridge rotation.

I am a generalist and enjoy all aspects of general practice with special interests in Child Health and Women's Health.

I am married to Mark, a clinical robotics specialist, have two wonderful sons, Rohan and Ethan, and two mad labradors. Outside work my family and I enjoy camping holidays and skiing. I am a keen cook and enjoy entertaining our friends and family.

It is with great pleasure that I join this practice and look forward to getting to know you all over the coming years.

Dr Karen West

Welcome to our new Registrar –

Dr Andrew Silverman

In August '08, Dr Andrew Silverman will return to the practice as our GP registrar. He was last with us for a three month attachment at the end of 2007 and beginning of this year. He will now be joining us for his final year of GP training after many years working in hospitals including Wycombe General Hospital, Thame Community Hospital and Stoke Mandeville Hospital.

He has extensive experience and a special interest in care of the elderly. We hope you will make him welcome.

DOCTORS IN THE PRACTICE

*Dr. Jonathan Sadler
Dr. Hugh Stradling
Dr. Mark Howcutt
Dr. Nicola Hutcheson
Dr. Kaye Smith*

HEALTH NEWS

Is a means of communication between the Medical Centre staff and patients. If you have an article to contribute please send to:

HEALTH NEWS

c/o The Medical Centre, Stanbridge Road, Haddenham, Bucks. HP17 8JX
Or hand it in at reception marked "Health News"

Extended Hours

To make it easier for those patients who find it difficult to access a healthcare professional, (a GP or a Nurse), during normal working hours we are now offering pre booked appointments only from 7:30am Monday to Thursday every week.

Haddenham and surrounding villages have a large commuter population; we hope the early morning opening will be of particular benefit to those patients who need to embark on long journeys to reach their place of work. At the present time it is only possible to see patients who have a pre-booked appointment from 7:30 until 8:00. The Medical Centre will be open as usual from 8:00 each morning.

MEDICAL CENTRE

Mon-Thurs 7.30am - 6pm

Fri 8am - 6pm

Closed everyday

12.30 - 1.30

MEDICAL CENTRE

Tel: 0844 477 8575

Fax: 0844 477 8576

HARMONI 0845 450 2530

Dr Stevenson's Minor

Plastics Clinic.

Regrettably this clinic has relocated to Stoke Mandeville Hospital. This service has proved very popular and we hope it will return to Haddenham in the future.

Your used stamps can

help fund Florence

Nightingale Hospice,

(www.fnh.org.uk)

please bring them in

and hand to reception.

GETTING THE RIGHT TREATMENT

Pharmacies

Pharmacists are experts on medicines and how they work. Your local pharmacist can answer questions about medicines, provide advice about treating everyday ailments, and help you decide whether or not you need to see your GP, as well as providing many other services.

GP surgeries and Health Centres

Your local GP surgery is often the first point of contact for a wide variety of treatment and further healthcare services. GPs work with a range of healthcare professionals including: health visitors, midwives, and practice nurses.

GP surgeries are particularly busy so be sure to keep to your appointment time. If you need to cancel your appointment, you should always let your surgery know because missed appointments waste precious time and resources.

Out-of-hours services are for urgent medical treatment and should only be contacted if you cannot wait until the next day to be treated. Most surgeries have an answering machine message referring you to out-of-hours telephone numbers, or you can call NHS Direct on 0845 4647 for details of your local out-of-hours services.

Accident and emergency (A&E) departments

It is usually obvious when emergency care is needed for serious injury or illness. You can get emergency medical attention by going to the A&E department at your local hospital, or by dialling 999 for an ambulance.

The healthcare professionals at an A&E department are equipped to deal with serious cases of injury and illness, rather than routine or minor ailments.

What is an emergency?

When it comes to your health or the health of someone in your family, it is often very obvious if the person is seriously ill and needs immediate emergency care. An emergency is a critical or life-threatening situation.

To help you decide what a critical situation is; here are some examples:

- unconsciousness,
- heavy blood loss,
- a deep wound such as a stab wound,
- a suspected heart attack,
- difficulty in breathing,
- severe burns
- a severe allergic reaction.

There are a few things that you should remember in any emergency. These will help you to deal with the situation quickly and efficiently.

- Stay calm, shout for help. You may need to instruct someone to telephone 999. Make sure they know where the ambulance has to come to, and they have some details about the person who is injured or ill.
- Don't put yourself in danger. For example, if someone has been electrocuted, make sure you switch off the power supply before touching them.
- Do everything you can to help the person.
- Don't give the person anything to eat, drink or smoke.
- Don't stick anything in their mouth.
- Follow the instructions the ambulance service call handler may give you.

GETTING THE RIGHT TREATMENT

The NHS Direct telephone service

You can contact NHS Direct on 0845 46 47 for confidential healthcare advice 24-hours a day, 365 days a year. NHS Direct has become an alternative source of information for patients seeking medical help outside normal surgery hours.

Call NHS Direct for information on:

- what to do if you, or your family, are feeling ill,
- particular health conditions,
- local healthcare services, such as doctors, dentists, or the out-of-hours opening times of pharmacies, and self-help and support organisations.

The NHS Direct online self-help guide can help you identify common symptoms and also gives suggestions about what medicines to include in your collection. However, the information provided by the self-help guide is not intended to replace advice from your GP. If your symptoms persist, or get worse, you should always see your GP.

Self-care

You can prepare for minor illnesses and ailments by keeping a range of over-the-counter (OTC) medicines at home. A well-stocked medicine collection will help you with many common health problems, such as:

- ☹️ **colds and flu,**
- ☹️ **sore throats,**
- ☹️ **toothache**
- ☹️ **constipation.**
- ☹️ **coughs,**
- ☹️ **indigestion,**
- ☹️ **headaches**

What should I keep in my first aid kit?

It is important to have a well-stocked first aid kit in your home to deal with minor accidents and injuries. Your first aid kit should be locked and kept in a cool, dry place, out of reach of children. Medicines should be checked regularly to make sure that they are within their use-by dates. Many people also keep a small first aid kit in their car for emergencies.

A basic first aid kit should contain:

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| ✚ Triangular bandages. | ✚ Crêpe rolled bandages. | ✚ Safety pins. |
| ✚ Disposable sterile gloves. | ✚ Sticky tape. | ✚ Tweezers. |
| ✚ Scissors. | ✚ Alcohol-free cleansing wipes. | |
| ✚ Thermometer, preferably digital. | | |
| ✚ Skin rash cream such as hydrocortisone or calendula. | | |
| ✚ Cream or spray to relieve insect bites and stings. | | |
| ✚ Antiseptic cream. | | |
| ✚ Painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen. | | |
| ✚ Cough medicine. | | |
| ✚ Decongestant tablets or nasal spray. | | |
| ✚ Antihistamine tablets. | | |
| ✚ Distilled water, for cleaning wounds and as an eye bath. | | |

