

# PRACTICE NEWSLETTER

tel 01289 333240

**WELL CLOSE  
SQUARE DOCTORS**

*DR J WATSON*  
*DR C BROMLY*  
*DR S DOHERTY*  
*DR B WARNER*  
*DR H WILCOX*  
*DR R  
SWANEPOEL*  
*DR A BROWN*

## SUMMER 2011

**We welcome our new nurse practitioner to the practice. Jean is available to help with minor illnesses and is able to diagnose and prescribe. The additional appointments available are improving access to a health professional for our patients and appointments are available each day for urgent problems or appointments can be booked in advance for problems that can wait a few days.**

### **Jean Curry**

**Nurse  
practitioner  
can treat minor  
illnesses**

### **Repeat prescriptions**

**Please allow 48 hours for your repeat prescription. Due to the volume of prescriptions we issue ( 1197 in the last week) we are unable to make any exceptions to providing repeat prescriptions more quickly than within 48 hours. You can obtain a repeat prescription without the need of having an appointment with your doctor.**

Should you have any comments about how we can improve services within the practice please ask at reception for a comments form.

### **Patient participation group**

**Meets regularly in the practice and have helped us with looking at appointments, posters and advertising and many other suggestions as to how we can improve services for our patients. If you would like to find out more please leave your details at reception ( email address welcomed) and we will get in touch.**

## TAKING CHILDREN ON HOLIDAY

Parents are increasingly travelling overseas with their children sometimes to remote areas of the world. Children have their own travel health requirements that differ from those of an adult. This poses challenges to the practice nurse advising them on their trip. Anyone planning a trip overseas should seek pre-travel health advice by completing a travel form available from reception. Ideally this should be done at least 6 to 8 weeks before travel.

Accidental injury is the leading cause of harm in the travelling child and drowning is the second leading cause of death. Parents should be aware of the key health dangers for the travelling child:

- ✦ Trauma and accidental injury
- ✦ Drowning
- ✦ Diarrheal syndrome
- ✦ Animal bites (rabies)

Vector-borne disease (malaria)

Your practice nurse can give you advice and information on how to reduce these risks for your child as well as recommended vaccinations. This advice can include:

- ✦ Suggested first aid kits
- ✦ Rules around water
- ✦ Signs of dehydration and how to rehydrate a child with diarrhoea
- ✦ Animal bite advice

Malaria prevention

For more information about children travelling overseas visit:

### **Fit for Travel**

[www.fitfortravel.nhs.uk/advice/advice-for-travellers/child-travellers.aspx](http://www.fitfortravel.nhs.uk/advice/advice-for-travellers/child-travellers.aspx)

### **NHS Choices: Travelling with Children**

[www.nhs.uk/Livewell/travelehatlh/Pages/Travelling\\_with\\_kids.aspx](http://www.nhs.uk/Livewell/travelehatlh/Pages/Travelling_with_kids.aspx)