



The Orchard Partnership News

Issue 6, 9th May 2018

<p>Patient Survey: We value your feedback and would like to know what you think of the service we provide, therefore please see our website or pop into your surgery to complete our latest patient survey. <i>Please follow this link to complete our survey:</i> https://www.surveymonkey.co.uk/r/MDD9792</p>	<p>Doctors: A very warm welcome to our newest GP partner Dr Lindsay Kinlin who has taken over from Dr Andrew Hall at Fovant. A very warm welcome also to Dr Tony Clarke who will be working all day Tuesday at Fovant.</p>
<p>Long term conditions recalls: We reviewed the way in which we will be inviting you in for your annual review for your long term condition. Long term conditions such as COPD, Asthma, and Diabetes need reviewing every year to ensure you are on the correct medication and the Practice is supporting you with the care of your condition. You will be invited to attend your annual review around your birthday month. If you do not wish to attend your annual review please let the reception team know to ensure you do not receive any further invites.</p>	
<p> Email consultations: It is not the practice's policy to accept emails from patients regarding clinical matters. We do not believe that it is appropriate to discuss clinical matters (such as queries regarding medical symptoms, treatments etc) over email as we may not be in a position to respond quickly and do not feel it is best clinical practice. Thank you for your co-operation.</p>	<p>Patient Participation Group (PPG): We always welcome any comments or suggestions you may have. Please see our website or our friendly team for further details. We also have a PPG and we welcome you to participate in this group. The next meeting will be held at The Old Orchard Surgery, Wilton on the 21st May 2018. Please contact Claire Snook- PPG secretary at clairesnook@nhs.net for further details.</p>
<p>Did not attend (DNAs)- Did you know that in 143 appointments in April were unattended! We understand that life is very busy, but please remember to cancel your appointment so that it frees up a slot for someone else that may need it. <i>We can help! Please see reception to sign up to our free SMS reminder service. Whilst your there, ask about our other great online services.</i></p>	<p>Referrals: If you have been referred by your GP or nurse please contact the Sarum Referral Centre for further details or a progress update of your referral.</p> <p style="text-align: center;">Sarum Referral Centre: 01980 840284 / 840800</p>
<p>Are your details correct? It is VITAL that we have the correct details for you. Please keep us up-to-date with your address, phone number, email and mobile phone number. We now provide an appointment reminder service and it is vital details are accurate.</p>	<p>Bank Holiday: Please be advised that The Orchard Partnership surgeries will be closed for the Bank Holiday on Monday 28th May 2018. We will reopen on Tuesday 29th May from 8am. If you require medical assistance whilst the surgery is closed, please call 111. In an emergency, please call 999.</p>



Summer-Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen

What factor sunscreen (SPF) should I use?

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 15 to protect against UVB
- at least four-star UVA protection
- UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.
- Make sure the [sunscreen is not past its expiry date](#). Most sunscreens have a shelf life of two to three years.
- Don't spend any longer in the sun than you would without sunscreen.

What are the SPF and star rating?

- The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.
- SPFs are rated on a scale of 2-50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.
- The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to five stars on UK sunscreens. The higher the star rating, the better.
- The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least one third of the SPF value and meets EU recommendations.
- Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.

How to apply sunscreen

- Most people don't apply enough

- cover up with suitable clothing
- spend time in the shade – particularly from 11am to 3pm
- wear at least SPF15 sunscreen
- Apply sunscreen to areas not protected by clothing, such as the face, ears, feet, and backs of hands. Get more [sun safety advice for children](#).
- To ensure they get enough vitamin D, all [children under five are advised to take vitamin D supplements](#).

Protect your eyes in the sun

- A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.
- Reflected sunlight from snow, sand, concrete and water, and artificial light from sunbeds, is particularly dangerous.
- Avoid looking directly at the sun, as this can cause permanent eye damage.

Clothing and sunglasses

- Wear clothes and sunglasses that provide sun protection, such as:
- a wide-brimmed hat that shades the face, neck and ears
- a long-sleeved top
- trousers or long skirts in close-weave fabrics that don't allow sunlight through
- sunglasses with wraparound lenses or wide arms with the CE Mark and European Standard EN 1836:2005

How to deal with sunburn

- Sponge sore skin with cool water, then apply soothing aftersun or calamine lotion.
- Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.
- Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.
- Read more about [treating sunburn](#).
- Get tips on [preventing and treating heat exhaustion](#) in hot weather.

Who should take extra care in the sun?

- You should take extra care in the sun if you:
- have pale, white or light brown skin
- have freckles or red or fair hair
- tend to burn rather than tan
- have many moles
- have skin problems relating to a medical



sunscreen. As a guide, adults should aim to apply around:

- two teaspoons of sunscreen if you're just covering your head, arms and neck
- two tablespoons if you're covering your entire body while wearing a swimming costume
- If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried you might not be applying enough SPF15, you could use a stronger SPF30 sunscreen.
- If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:
 - 30 minutes before going out
 - just before going out
- Sunscreen should be applied to all exposed skin, including the face, neck and ears – and head if you have thinning or no hair – but a wide-brimmed hat is better.
- Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.
- This includes applying it straight after you've been in water – even if it's "water resistant" – and after towel drying, sweating, or when it may have rubbed off.

Swimming and sunscreen

- Water washes sunscreen off, and the cooling effect of the water can make you think you're not getting burned. Water also reflects ultraviolet (UV) rays, increasing your exposure.
- Water-resistant sunscreen is needed if sweating or contact with water is likely.
- Sunscreen should be reapplied straight after you've been in water – even if it's "water resistant" – and after towel drying, sweating, or when it may have rubbed off.

Children and sun protection

- Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.
- Children aged under six months should be kept out of direct strong sunlight.
- From March to October in the UK, children should:

condition

- are only exposed to intense sun occasionally – for example, while on holiday
- are in a hot country where the sun is particularly intense
- have a family history of skin cancer
- People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they don't take the right precautions.
- People with naturally brown or black skin are less likely to get skin cancer, as darker skin has some protection against UV rays. But skin cancer can still occur.
- The Cancer Research UK website has a tool where you can [find out your skin type](#) to see when you might be at risk of burning.

Protect your moles

- If you have lots of moles or freckles, your risk of getting [skin cancer](#) is higher than average, so take extra care.
- Avoid getting caught out by sunburn. Use shade, clothing and a sunscreen with an SPF of at least 15 to protect yourself.
- Keep an eye out for changes to your skin. Changes to check for include:
 - a new mole, growth or lump
 - any moles, freckles or patches of skin that change in size, shape or colour
- Report these to your doctor as soon as possible. Skin cancer is much easier to treat if it's found early.



The Orchard Partnership News

Issue 6, 9th May 2018