

# EMMER GREEN SURGERY PATIENT NEWSLETTER – DECEMBER EDITION

## WELCOME TO OUR NEW DIETICIAN

Some of our patients will have already had the pleasure of meeting our newest team member Alistair Kumi our dietician.



Everyone at Emmer Green Surgery  
would like to wish all our patients

A very Merry Christmas and a Happy New Year.

Please note we will be closed on

Monday 26<sup>th</sup> December, Tuesday 27<sup>th</sup> December and  
Monday 3<sup>rd</sup> January.

Call 111 for advice or 999 for life threatening emergencies

For Mental Health please call the crisis team on  
03003659999

Please ensure you order any repeat medications with  
plenty of time for processing.

Dieticians in Primary care – what do they do? Registered Dietitians are qualified health professionals that assess, diagnose, and treat dietary and nutritional problems at an individual health level.

They utilise behaviour modification methods and motivational interviewing techniques as well as innovative digital practice to enable patients to make appropriate lifestyle and food choices to manage their own conditions, enabling a positive impact on clinical outcomes.

Alistair will also help to reduce the GPS workload by making it easier for patients to access an experienced dietitian without needing to see a GP first, patients will then have quicker access to diagnosis and treatment, helping them to manage their conditions more effectively.

Alistair is employed full time at Emmer green Surgery and is helping Hilary our Diabetic specialist with all our Diabetic patients and is currently working on a project around weight Management of any patients with a BMI of 30 and over if you feel that you would benefit from this service, please enquire with the reception team who will ensure this is dealt with for you.

### MONTHLY STATISTICS FOR NOVEMBER - VIA EMMER GREEN SURGERY WEBSITE

In the month of November, we had **749** repeat prescription requests. We also had **47** New patient requests.

We offered **877** face 2 face appointments and **26** of those patients did not attend.

PLEASE cancel your appointment so we can give this to someone else to attend if you can no longer make it. Thank you.

## **STREP A – WHAT YOU NEED TO KNOW**

Group A streptococcus (GAS), also referred to as Strep A is a common bacterium. Lots of us carry it in our throats and on our skin and it doesn't always result in illness. However, GAS does cause a number of infections, some mild and some more serious. The most serious infections linked to GAS come from invasive group A strep, known as iGAS.

These infections are caused by the bacteria getting into parts of the body where it is not normally found, such as the lungs or bloodstream. In rare cases an iGAS infection can be fatal.

Whilst iGAS infections are still uncommon, there has been an increase in cases this year, particularly in children under 10 and sadly, a small number of deaths. GAS is spread by close contact with an infected person and can be passed on through coughs and sneezes or from a wound. Some people have the bacteria present within their body without feeling unwell or showing any symptoms of infections.

GAS causes infections in the skin, soft tissue, and respiratory tract. It's responsible for infections such as tonsillitis, pharyngitis, [scarlet fever](#), impetigo and cellulitis among others.

While infections like these can be unpleasant, they rarely become serious. When treated with antibiotics, an unwell person with a mild illness like tonsillitis stops being contagious around 24 hours after starting their medication.

We are currently seeing high numbers of scarlet fever cases.

The first signs of scarlet fever can be flu-like symptoms, including a high temperature, a sore throat and swollen neck glands (a large lump on the side of your neck).

A rash appears 12 to 48 hours later. It looks like small, raised bumps and starts on the chest and tummy, then spreads. The rash makes your skin feel rough, like sandpaper. The rash will be less visible on darker skin but will still feel like sandpaper. More information on scarlet fever can be found on the [NHS website](#), including photos.

### **What Parents should look out for**

It's always concerning when a child is unwell. GAS infections cause various symptoms such as sore throat, fever, chills, and muscle aches.

As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement.

### **Contact NHS 111 or your GP if:**

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other [signs of dehydration](#)
- your baby is under 3 months and has a temperature of 38C, or is 3 to 6 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

### **Call 999 or go to A&E if:**

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, [tongue or lips are blue](#)
- your child is floppy and will not wake up or stay awake