SAVE SOMEONE’S LIFE TODAY.

ABOUT ‘SEPSIS’

Sepsis was previously known as septicaemia or blood poisoning. Sepsis is the body’s reaction to an infection and means your body attacks it’s own organs and tissue. If not spotted and treated quickly, sepsis can rapidly lead to organ failure and death.

If a person has two or more of the following symptoms, a very high temperature, a racing heart beat, rapid shallow breathing or confusion then they may have sepsis.

In the early stages, it is often difficult to distinguish sepsis from ‘flu. However, if any of the features above exist and skin is cold, pale or has developed strange colours or is mottled, the patient has lost consciousness or has not passed water for more than 18 hours then the patient needs urgent medical treatment and should be taken to hospital as soon as possible.
If you suspect sepsis try to ensure that the patient receives urgent medical attention. Don’t be afraid to say ‘I think this might be sepsis’. Remember, if it does turn out to be sepsis getting this patient treated even one hour earlier might make the difference between life and death.

**BE PREPARED**: Do you have a working thermometer? Please try and have a reliable thermometer in your house to check the patient’s temperature.

Have you seen our free standing sign about ‘How to choose well.’?

It’s a guide to what health services are available when you feel unwell.

From self care to calling 111 when you need medical help fast and it’s not an emergency the sign helps you choose the right way to feel well again.

**ARE YOU THINKING ABOUT FINDING SOME WINTER SUN?**

Don’t forget to include your travel health requirements as part of your planning. We provide a comprehensive service to advise you how to look after yourself and your family while on holiday. This includes what immunisations are recommended for your chosen holiday destination.
Simply complete one of our Holiday Health Planner forms, 6 to 8 weeks before departure and we will produce a report for you. Please remember that some immunisations do need a period of time before they provide adequate protection and that not all immunisations are available free on the NHS. We will advise you where there is a fee payable.

**Practice Manager.**

Dr Wood and Partners are pleased to announce the appointment of Geraldine Comery as the new Practice Manager. Geraldine started on the 5th January 2015 and brings a wealth of experience from the Derbyshire and Nationwide Building Societies. Our current manager, Laurence Bernthal will be retiring on 31st March 2015.

**Manage your appointments online**

Booking your next appointment over the internet is easy. You can do it anytime without waiting for surgery phone lines to open. So, whether it’s in the middle of the night, your lunch break at work, or even if you’re away on holiday in the UK, you can log in and secure yourself an appointment within seconds.

Forgotten the time of your next appointment? Login to SystmOnline and see it!

Your appointment no longer needed? Login to SystmOnline and cancel it.
Manage your medication online

If you find it hard to get to the practice to order your next repeat prescription, SystmOnline could make your life easier.

Simply login to SystmOnline and view a list of the medication you have been prescribed. Select the prescription you need and click the ‘Request Medication’ button. All you have to do then is collect your prescription as normal two working days later.

Not everyone can access their GP surgery during normal opening hours.

SystmOnline helps by letting you manage your appointments and repeat medication over the internet.

Come into the Practice and speak to our practice staff to get your user name and password. Sorry we cannot do this over the telephone. It would help us if you could come into the Practice after 11:00am when our early morning busy period is over.

To protect your security we ask you to bring some form of photographic identification before we are able to provide you with your login details.

Young people over the age of 13 years will need to attend in person with photographic identification.