

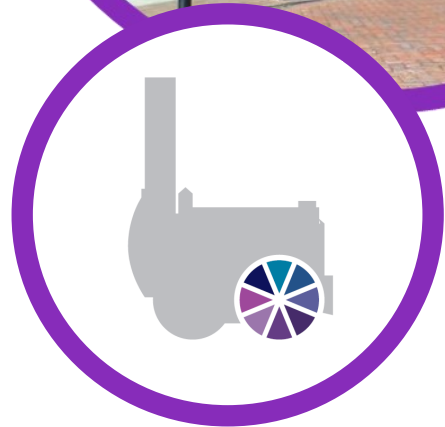
LION HEALTH

Summer 2024 Newsletter

Welcome

Please see inside for information about how to arrange tests, meet the wider team and also healthcare advice.

At the end of June we said goodbye to retired Partner Dr Stephen Mann after over 30 years of working at Worcester Street and then Lion Health. We would like to wish Dr Mann the very best and hope that he enjoys his retirement!



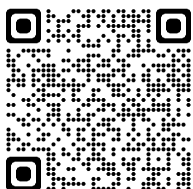
World Breastfeeding awareness

Week 1st August – 7th August

Did you know that Lion Health has breast feeding rooms in the Quiet Room downstairs in the reception area and upstairs in room 16. Patients who need to breastfeed can do so in a safe and comfortable space.

Breastfeeding is one of the most effective ways to ensure child health and survival. Breast milk contains antibodies which help protect against many common childhood illnesses as well as provides energy and nutrients infants need for the first few months of life.

World Breastfeeding Week is held in the first week of August every year supported by WHO and UNICEF and many Ministries of Health. The theme for 2024 is 'Closing the gap' to promote breastfeeding support



Appointments line -

01384 460 111 (open 8am to 6:30pm)

General Inquiries-

01384 460 999



www.lion-health.co.uk



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Meet the team : Clinical Pharmacists

Clinical pharmacists are increasingly working as part of general practice teams. They are highly qualified experts in medicines and can help people with a range of health care needs.

We have a wide team of pharmacists here at Lion Health. They assist the team with medication reviews, resolving issues and problems with medication, monitoring of high-risk medication and also perform audits to ensure safety and efficiency. They are a valuable member of the team. It may be that you have a review with one of them following your long term condition review, or if you are on a lot of complex medication.

Community pharmacists work at your local pharmacy and dispense medications once they have been prescribed by Lion Health. Alongside this, many pharmacies are able to help with minor illnesses, including:

- Earache (1-17 years),
- Impetigo (1 year and older),
- Infected insect bites (1 year and older),
- Shingles (18 years and over),
- Sinusitis (12 years and older),
- Sore throat (5 years and older) and



Macmillan Coffee Morning



The worlds biggest coffee morning is taking place on the morning of **27th September**. People all over the UK will host their own Coffee Mornings and raise money for Macmillan to support more than **3 million people living with cancer in the UK**.

Coffee mornings can come in all shapes and sizes from small home gatherings to large corporate events and school fundraisers.

If you would like to host or take part in a coffee morning in order to raise money for Macmillan you can sign up for your free fund raising kit here: <https://www.macmillan.org.uk/coffee-morning/how-to-host/fundraising-kits>. If you do not want to host you can also join public Coffee Mornings in cafes, sports clubs, hospitals etc.

To find out more please visit:

[What is Macmillan Coffee Morning? | Macmillan Coffee Morning](https://www.macmillan.org.uk/coffee-morning/how-to-host/fundraising-kits)





Clinicians Corner:

Sepsis Awareness

Sepsis is a life threatening condition that arises when the body's response to an infection injures its own tissues and organs. Sepsis can lead to shock, multiple organ failure and death especially if not recognised and treated promptly. It's estimated that as many as 245,000 people develop this condition each year in the UK. As humans we come into contact with many 'bugs' during our lifetime, some of which cause infections. Our body's natural defence systems and immunity fight these infections, frequently without any need to visit the GP or hospital. Sepsis can occur when the body's immune system-which normally helps us fight infection- overreacts, causing damage to tissues and organs.

It's important to note that it's not possible to catch sepsis or pass it onto others. Not every infection will cause someone to develop sepsis however almost any infection can trigger sepsis- that's why it is important to be aware of symptoms.

Common infections precipitating sepsis include: Chest infections (pneumonia), UTIs, Abdomen infections (appendicitis , gall bladder), Skin, soft tissue infections (cellulitis, wound infections). Sepsis primarily affects very young children and older adults and is more common in people with underlying health conditions, it can also be triggered in those who are fit and healthy.

WHAT ARE THE SYMPTOMS?

SYMPTOMS IN CHILDREN

A child may have sepsis if he or she:

- **Is breathing very fast**
- **Has a 'fit' or convulsion**
- **Looks mottled, bluish, or pale**
- **Has a rash that does not fade when you press it**
- **Is very lethargic or difficult to wake**
- **Feels abnormally cold to touch**

SYMPTOMS IN ADULTS

An adult may have sepsis if they show any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

Call 111 or **contact your GP** if you're worried about an infection.

Call 999 or **visit A&E** if someone has one of the sepsis symptoms.

JUST ASK "COULD IT BE SEPSIS?"

Sepsis can be difficult to spot, particularly in the earlier stages. There is no single sign and no single diagnostic test – symptoms can also present differently in adults and children.

It requires a full clinical assessment. A patient who is unwell and has signs or symptoms of an infection should be evaluated for the presence of sepsis by looking for one or more organs not working as they should be—this will include monitoring and blood tests. People with sepsis require a hospital admission and some may require critical care.

For more information and support relating to sepsis, severe infection and critical illness visit: sepsistrust.org/get-support/, or phone our support team on **0808 800 0029 (UK number)**

May– July, Lion Health offered...

GP Face to face
appointments

4406

GP telephone
appointments

2305

Home Visits

153

As well as this, there have been...

DNA (missed
appointments)

1203

Referrals made

1380

Medications
Issued

15083

Booking Blood Tests & X-rays

Please be aware that there is still a booking system in place for both blood tests and X-rays. There is no longer a walk-in service.

Blood tests

There are a number of locations where you can have your blood test done locally, including Corbett Hospital, Merry Hill Shopping Centre (on the ground floor, near the NatWest Bank) and Russells Hall Hospital. Please be aware children's blood tests (those under 16 years of age) can still only be carried out at Russells Hall Hospital. To have your blood test done, you will need to use the online booking system by visiting

www.dgft.nhs.uk/patients-and-visitors/blood-tests/

Please remember to take your blood test stickers with you, as the team will be unable to take your blood if you do not have these which will lead to unnecessary delays in your care. Our reception team are able to print these out for you.

X-rays

X-rays can be carried out at Russells Hall, Corbett or Guest Hospitals. You can arrange your X-ray by calling 01384 244 722. Please call the day after your appointment with us, as it can take 24 hours for the hospital to receive our X-ray request. Phone lines are open between 9am – 4.30pm, Monday to Friday.

You do not need any paperwork for this appointment; the hospital will have it all on their system.

Your results will be sent to the requesting GP (or your named GP if it was a locum GP or other health care professional who requested them). We operate a 'no news is good news' policy so be reassured that a follow-up appointment will be arranged by the team if it is appropriate to do so, or if it has previously been agreed with you.

Lion Health Flu Week 2024



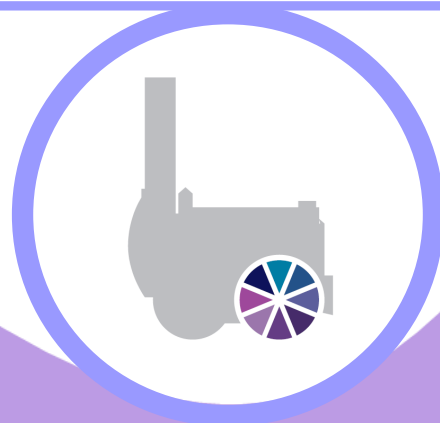
Within the next coming months Lion Health will be introducing its annual **Flu week** where patients can receive both their flu and Covid-19 booster vaccinations. The flu vaccine helps to protect against which can be a serious or life-threatening illness. You can receive a free flu vaccination if you are:

- Aged *over 65*,
- have *certain long term health conditions*,
- are *pregnant, live in a care home*,
- are the main *carer of an older or disabled person or receive a carers allowance*,
- live with someone who has a *weakened immune system*.
- *Front line health and social care workers are also eligible.*

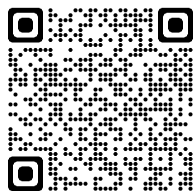
Further information will follow shortly regarding the Lion Health Flu Week 2024. Please look out for this and details of how you can book.



Useful Telephone Numbers



Russells Hall Hospital	01384 456 111		
Russells Hall appointments line	01384 365 100		
Blood test appointment booking line	01384 365 165	Dudley Social Services	0300 555 0055
Corbett Hospital X-ray booking line	01384 244 722	Community Midwives	01384 244 358
Russells Hall X-ray booking line	01384 244 617	Health Visitors	01384 323 186
Bushey Fields Hospital	01902 607 000	Patient Transport	01384 679 047
Dudley Talking Therapies	01384 324 664	Imperial Wax (Ear Syringing)	01384 422 0156
Mental Health Crisis Line	01384 324 578	Macmillan Nurses	01384 321 523
District Nursing Team	01384 323 179	Atlantic House	01384 426 120
Stourbridge Health & Social Care Ctre	01384 323 766	Citizens Advice Bureau	03444 111 444
Brierley Hill Health & Social Care Ctre	01384 321 222	Abdominal Aorta screening	01384 321 125



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