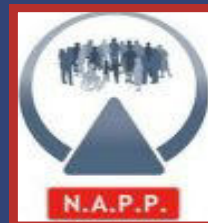


Cherrymead Chat

Spring 2023

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Integrated Care System for Bucks

What is Integrated Care ?

You may have already read or heard about NHS plans to make key reforms to the health care system, called Integrated Care Systems. Buckinghamshire was one of the first, selected by NHS England to become an integrated care provider in 2017. Since then Bucks ICS has together with Oxfordshire and Berkshire West, worked to develop services which will help to



form the new system, known as BOB ICS Partners. It's a way of working that brings together health and social care organizations, community groups and local charities to help people live better. The aims are :

- * to eliminate the old style divisions between health and social care, hospitals, GP's, and physical and mental health. Having organizations and teams who are more joined up will mean people will not have to go to different places and have numerous appointments with different professionals.
- * to focus more on prevention and wellness
- * to have teams of professionals based in communities so people can have easy local access in one place
- * the teams of professionals will vary across the county depending on the care needs of local people



BOB ICS will work in partnership with a number of organizations covering Buckinghamshire, Oxfordshire and Berkshire West. Below are some relating to Buckinghamshire.

Buckinghamshire Clinical Commissioning Group, which is responsible for commissioning health services.

- * Buckinghamshire Healthcare NHS Trust, which is responsible for delivering the majority of acute and community services for Buckinghamshire patients.
- * Oxford Health NHS Foundation Trust which is responsible for delivering mental health care and continuing healthcare services in Bucks.
- * Buckinghamshire County Council, which is responsible for commissioning and providing social and community services.
- * FedBucks, which is a GP federation.
- * South Central Ambulance Service NHS Foundation Trust, who provide emergency and non-emergency patient transport as well as 111 service

The new system will bring a number of benefits for patients and staff.

The closer working partnership of these organizations in the planning and delivery of health services, together with local charities and patients, will provide a better understanding of local needs. Health services can be targeted and adapted to the specific needs of a particular area. Improved collaboration between partners and their staff will mean more efficient, faster and easier access to health services.

This system is a big change and will take time to become fully operational. Bucks CCG is working on all the plans to make the system a reality and has published on its dedicated ICS website all the latest news and developments.

Cherrymead PRG will keep you informed of future ICS key developments via the Newsletter. In the meantime, if you would like to know more, please see :

<https://www.bucksoxonberksw.icb.nhs.uk/>



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GETTING HELP DURING THE BANK HOLIDAYS

We'll be closed on Good Friday 7 April, Easter Monday 10 April, Early May Bank holiday 1 May, Substitute Coronation Day 8 May, and Spring Bank Holiday 29 May.

During this period:

- **Call 999** immediately if you or someone else is having a heart attack or stroke. Every second counts with these conditions.
- **Also call 999** if you think someone has had a major trauma, such as from a serious road traffic accident, a stabbing, a shooting, a fall from height, or a serious head injury.
- **Call 999** in a medical emergency. Medical emergencies can include loss of consciousness, an acute confused state, fits that aren't stopping, chest pain, severe breathing difficulties, severe bleeding that can't be stopped, severe allergic reactions, severe burns or scalds.
- If it's not a life-threatening emergency and you or the person you're with doesn't need immediate medical attention, please consider other options before dialling 999. These could be self-care, **calling 111**, or talking to a pharmacist.



Obituary — Les Taylor



It is with sadness that we announce the passing of Les Taylor in late November last year. Les had been working with Cherrymead Patient Reference Group (PRG) for over 20 years and most recently held the position of Secretary.

In addition to his secretarial duties, Les also provided valuable assistance with documentation and financial activities for the Group, and his long term support was greatly appreciated by the PRG and staff at Cherry mead Surgery.

Having known Les for many years, we often worked together on various project and activities – one of which was attending meetings for Chiltern Prostate Cancer Support Group which provides support to those affected by prostate cancer.

Through his involvement in many activities Les befriended many people, and both the Patients Reference Group and I would like to express our gratitude for his involvement over the years.

Chris Ransted

Chairman of Cherrymead Patients Reference Group

Although you wouldn't guess from listening to him speak, Les was a true cockney having been born within the sound of Bow Bells in December 1943 – though at the time they were silenced as it was wartime.

He grew up in relative poverty, but this didn't stop him achieving academically and at primary school it was discovered that he had a particular talent for mathematics – at home recounting to his parents' details of eating an ice-cream expressed in percentages. His family moved to Swindon and Les cultivated a love of cycling, spending hours after school on his bike returning home for a snack of a loaf of bread and pint of milk before venturing out again.

He gained a place at University College London to study maths and statistics and fell in love with London life – spending spare time at the theatre, cinema, concerts and jazz clubs. Jazz became something with which he a lifetime love affair. Something of apolitical activist at university, on one occasion, he and fellow students descended on 10 Downing Street with the objective of bricking up the PM's front door. Unlike his friends, he escaped arrest as his trademark look of polo-neck, slack trousers and slip-on shoes didn't fit the standard image of a troublemaker. Upon graduating, Les started a hugely successful career in statistics, which was to last for his entire working life. He had many studies published and headed the group of employees who fought and won their case to regain pension funds as part of the Robert Maxwell scandal.

In his personal life, Les was married to his wife for over 20 years until their divorce and together they had 2 wonderful children who gave him a further 5 grandchildren all of whom Les was very proud. He was a man who often hid his emotions but he clearly loved his family deeply.

In retirement, Les was alone but never seemed lonely. He was happy in his own company in the house, kept himself busy by reading almost constantly, listening to jazz music and tuning in to sport and quiz shows on TV. He attended local quizzes with his son-in-law, often baby-sat for his grandchildren and took many walks rather than choosing to drive his car. Patients at Cherrymead Surgery, Loudwater got to know him as secretary of the Patients Reference Group for whom he wrote articles, held talks, wrote questionnaires, and provided statistical analysis. He served in this voluntary role for more than 8 years.

He overcame diabetes through changing his lifestyle and diet, successfully fought against prostate cancer and recovered from three heart attacks. Therefore, it was a particularly cruel blow when it was discovered that he had an inoperable brain tumour, which was to claim his life on November 20th, 2021. Cruel especially as it attacked his brilliant mind leaving him a shadow of his former self.

He is greatly missed by his family, friends, and those people whose lives he touched.

Chris and Emma Burgin

ANIMAL BITES



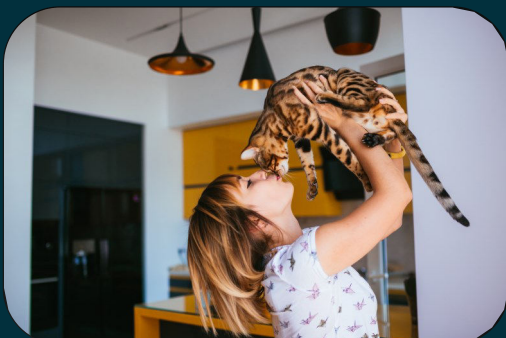
Most animal bites are not serious, but you may need to get medical help if the bite is severe or there are signs of infection. This article focusses on treating bites from animals such as dogs and cats rather than snakes and reptiles.

What To Do After Animal Bites



There are some things you can do after being bitten by an animal.

- * Clean the skin around the wound with soap and warm water – you can also use antiseptic, but try not to get it in the wound.
- * Try to remove any objects like teeth, hair or dirt from the wound using running water.
- * Gently squeeze the wound so it bleeds slightly (unless it's already bleeding) – this can help reduce the risk of infection.
- * Press a dry dressing or clean cloth firmly onto the wound to stop the bleeding if it's bleeding heavily.
- * After cleaning the wound, gently pat it dry and cover it with a clean dressing.
- * Take paracetamol or ibuprofen to help ease any pain and swelling – children under 16 should not take aspirin.



Urgent Advice

Get help from NHS [111](#) either online or by calling if you've been bitten and:

- * You think there may still be objects like teeth, hair or dirt in the wound.
- * The bite is hot or swollen (it may also be painful, red or darker than the surrounding skin).
- * You have a high temperature.
- * Fluid is leaking from the bite.
- * The bite smells unpleasant.
- * You were bitten on your hands or feet.
- * You were bitten by a person.

You could also go to your nearest urgent treatment centre.

Immediate Action

Immediate action is required, and you should go to A&E if you've been bitten by an animal and:

- The wound is large or deep.
- You were bitten on your face or head.
- You cannot stop the bleeding.

If a body part, such as part of a finger or ear has been torn off, wrap it in clean tissue and put it in a plastic bag with ice so it can be taken to hospital.

Treatments For Animal Bites

If you've been bitten by an animal, a doctor or nurse will check the wound.

They may:

- * Clean the bite thoroughly – if the wound is very dirty, some of the affected area may need to be removed to reduce the risk of infection.
- * Close the wound with stitches, sticky strips or special glue, or leave it open to heal.
- * Give you antibiotics to stop the wound becoming infected.
- * Check your risk of getting tetanus and rabies – you'll be given treatment to prevent these serious infections if needed.



Strep A

What is Strep A ?

Group A streptococcus (GAS) also referred to as Strep A, is a common type of bacteria. Most strep A infections are mild and easily treated. However, serious infections linked to GAS come from invasive Group A strep, known as iGAS.

iGAS infections, still uncommon, are caused by the bacteria getting into parts of the body where it is not normally found, such as the lungs or bloodstream. iGAS infections can cause necrotising fasciitis, necrotising pneumonia and Streptococcal Toxic Shock Syndrome. These are some of the most severe but rare forms of invasive group A strep.

Common forms of strep A include

- * Flu-like symptoms, such as high temperature, swollen glands or an aching body
Sore throat can lead to tonsillitis
- * A rash that feels rough like sandpaper, can lead to scarlet fever.
- * Scabs and sores can lead to impetigo
- * Pain and swelling can lead to cellulitis
- * Severe muscle aches
- * Nausea and vomiting

How is it spread and what to do to avoid it

Strep A infections are spread by close contact with an infected person, passed on by coughs and sneezes. We have all learned from living through the pandemic about how easily infections can be passed from one person to another, and what to do to protect ourselves. The same applies to Strep A.: wash your hands regularly, cover your mouth and nose with a tissue when coughing or sneezing and bin used tissues asap.

Remember, as with a virus, some people are asymptomatic, ie the bacteria can live in their body without causing symptoms and they can innocently pass the bacteria to others.



Strep A and Children



It can be difficult to tell when a child is seriously ill, but the main thing is to trust your instincts and trust your own judgement. You know better than anyone else what your child is usually like, so you will know when something is seriously wrong.

If your child does not seem seriously ill, you can give them children's paracetamol or children's ibuprofen.

However, you must get an urgent GP appointment or call 111 if your child is :

- * unwell and is getting worse
- * feeding or eating much less than normal
- * has fewer wet nappies than usual,
- * peeing less than usual very tired or irritable

If your baby is under 3 months old and has a temperature of 38°C, or your baby is 3 to 6 months old and has a temperature of 39°C or higher, you must get an urgent appointment with a GP.

Please take special notice if :

- * your child has difficulty breathing,
- * your child is making grunting noises trying to breathe
- * there are pauses when breathing,
- * your child's skin, tongue or lips are blue or grey, which is easier to see on palms or soles in black skin
- * your child is floppy or will not wake up or stay awake.

In these situations you must ring **999** or take your child to Accident and Emergency.

There is no evidence that a new strain is circulating. The increase is most likely related to increased social mixing compared to the previous pandemic years as well as increases in other respiratory viruses.

All schools have been asked to follow outbreak management processes and contact their local Health Protection Team and follow laid down instructions if outbreaks occur in the school or nursery.