

# Mowbray Messenger

Issue 17 2012

## Introducing Dr Thomas Overton our new salaried GP.

Hi, my name is Tom Overton. I am looking forward to starting work as a GP at Mowbray House Surgery in August. I grew up in North Staffordshire and trained in Dundee and the West Midlands. I have just completed a years Rural Fellowship on the west coast of Scotland which was great fun, if a little breezy at times. I enjoy mountain biking, walking, travelling and classic cars.



**Website** [www.mowbrayhousesurgery.co.uk](http://www.mowbrayhousesurgery.co.uk)  
**Surgery tel. 0844 4996978**



**District Nurses 01609 781120**  
**Falls Team 01609 781124**  
**Friarage Hospital 01609 779911**

If you require urgent medical attention when the surgery is closed please ring the surgery number and you will be transferred to the out of hours Doctor.

## Chickenpox

**Chickenpox is a mild and common childhood illness that most children catch at some point.**

It causes a rash of red, itchy spots that turn into fluid-filled blisters. They then crust over to form scabs, which eventually drop off. Some children have only a few spots, but in others they can cover the entire body. The spots are most likely to appear on the face, ears and scalp, under the arms, on the chest and belly and on the arms and legs. To prevent spreading the infection, keep children off nursery or school until all the spots have crusted over.

Chickenpox is most infectious from one to two days before the rash starts, until all the blisters have crusted over (usually five to six days after the start of the rash). If your child has chickenpox, try to keep them away from public areas to avoid contact with people who have not had it, especially people who are at risk of serious problems, such as newborn babies, pregnant women and anyone with a weakened immune system (for example, people having cancer treatment or taking steroid tablets).

Chickenpox in children is considered a mild illness, but expect your child to feel pretty miserable and irritable while they have it. Your child is likely to have a fever at least for the first few days of the illness. The spots can be incredibly itchy. There is no specific treatment for chickenpox, but there are pharmacy remedies which can alleviate symptoms, such as paracetamol to relieve fever and calamine lotion and cooling gels to ease itching. For most children, chickenpox is a mild illness that gets better on its own.

**Contact your GP straight away if your child develops any abnormal symptoms, for example:**

- if the blisters on their skin become infected or if your child has a pain in their chest or has difficulty breathing.

NHS Choices

## FY2 Dr Iain Grieve



Hi I'm Iain, a foundation year two doctor on placement at Mowbray house for the next four months. I graduated from Newcastle University in 2010 and I have worked at both James Cook and the Friarage. I am due to start core medical training in August, but hope to pursue a career in general practice after this. I look forward to meeting you over the coming months.

### Urine Samples Explained

Most patients have had a urine sample taken for testing at some point in their lives. For some patients with chronic conditions it is a regular request.

Urine is a liquid produced by our kidneys to take out waste materials, minerals, fluids and other substances from the blood. It contains hundreds of different body wastes, what you eat, drink, how much you exercise, and how well your kidneys are functioning can affect what is in your urine.

When we ask you for a sample for testing it may be to check for a particular disease, for example diabetes, or it might be to monitor the progress or effects of an existing condition you might have. These samples are usually collected in a white topped bottle.

We sometimes test a sample of urine in the surgery to check for signs of infection. A sample may be sent to the laboratory to identify the infection and this ensures the correct medication is prescribed. These samples are always collected in red topped bottles.

In early morning samples, pregnancy hormones can be detected, these samples are submitted in white topped bottles and **MUST** have the appropriate form attached.

As you can see the reason for requesting samples is varied.

You can help us by ensuring your sample is in the correct container and labelled clearly with your **Name and Date of Birth.**

*Thank you*

### The vomiting bug

Norovirus, better known as the winter vomiting bug, is the most common stomach bug in the UK, it affects people of all ages. The virus, which is highly contagious, causes vomiting and diarrhoea, there is no specific cure, so you have to let it run its course, but it should not last more than a couple of days. If you get the symptoms, make sure you drink plenty of fluids to avoid dehydration and practise good hygiene to help prevent it from spreading.

Most people make a full recovery within a couple of days, without having to see a doctor. These viruses are the most common cause of stomach bugs (gastroenteritis) in the UK. Between 600,000 and one million people in the UK catch the "winter vomiting bug" so the illness is more common in winter, though it can be active at any time of the year.

**The following steps should help ease your symptoms:**

Drink plenty of water to avoid dehydration, and take paracetamol for any fever or aches and pains.

If you feel like eating, eat foods that are easy to digest.

Stay at home and **don't go to the doctor**, because it is contagious and there is nothing the doctor can do while you have it.

However you can telephone your GP to seek advice if your symptoms last longer than a few days or if you already have a serious illness.

Extra care should be taken to prevent babies and small children who are vomiting or have diarrhoea, from dehydrating, by giving them plenty of fluids. Babies and young children can still drink milk.