



October 2017 NURSES NEWSLETTER

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MONTHLY HEALTH MESSAGE
GET READY FOR WINTER BUGS!





10 winter illnesses

Find out how to protect yourself against the season's biggest ailments, including norovirus, sore throat and cold sores.

<https://www.nhs.uk/staywell/>

Choose the right care



	Self care	Grazed knee Hangover Sore throat Cough
	NHS 111	Unwell? Unsure? Need help? GP surgery closed?
	Pharmacy	Diarrhoea Hayfever Painful cough Runny nose
	Your GP	Ear pain Fever Persistent vomiting Unexplained pains
	Urgent care centre or minor injury unit	Broken bones Severe sunburn Sprains Strains
	Emergency Department or 999	Chest pains Heavy bleeding Severe burns Stroke



Choose well.

Remember - The Emergency Department or 999 is for emergencies only



Do you need the flu jab?

Asthma? Heart disease? Diabetes? Weakened immune system?

Liver disease? Lung disease? Kidney disease?

FLU FACT
You need a flu jab every year

If you have any of these conditions, you are also more likely to develop serious complications from flu, such as pneumonia. Contact your GP today to book your flu jab. It's quick, safe and free.

www.nhs.uk/flu

Public Health England

Taking ANTIBIOTICS when you don't need them puts you and your family at risk

Taking antibiotics encourages harmful bacteria that live inside you to become resistant. That means that antibiotics may not work when you really need them. This puts you and your family at risk of a more severe or longer illness.

Take your doctor or nurse's advice when it comes to antibiotics.

Know Antibiotics Working

No one likes being sick and it's especially worrying when your child is ill.

REMEMBER IF YOU'RE FEELING UNWELL ANTIBIOTICS AREN'T ALWAYS NEEDED

How to look after yourself and your family.

If you or your child are feeling unwell, there are a number of things you can do to help them feel better.

- Get plenty of rest.
- Drink lots of fluids to keep hydrated (water being best).
- Use a pain relief if you have a high temperature and your child is uncomfortable.
- If you are unsure, ask your doctor or pharmacist for advice.

Remember to wear your mask to help prevent the spread of germs.

How long should you wait? Consider the guidelines on whether you should have another dose.

Antibiotic	Duration
Amoxicillin	7-10 days
Penicillin V	10-14 days
Clarithromycin	7-14 days
Trimethoprim	7-14 days
Vancomycin	14-28 days
Fluoroquinolones	7-14 days

These antibiotics are possible signs of serious illness and should be reviewed urgently.

- If you develop a swollen throat or an ear.
- If you develop a rash or a fever during or after taking an antibiotic.
- If you develop a severe allergic reaction (e.g. difficulty breathing, swelling of the face, lips, tongue or throat).
- If you develop a severe diarrhoea.
- If you develop a severe headache.
- If you develop a severe dizziness or fainting.
- If you develop a severe stomach pain.
- If you develop a severe skin reaction (e.g. redness, itching, blisters).
- If you develop a severe sore throat.
- If you develop a severe cough.
- If you develop a severe chest pain.
- If you develop a severe back pain.
- If you develop a severe joint pain.
- If you develop a severe muscle pain.
- If you develop a severe weakness.
- If you develop a severe fatigue.
- If you develop a severe loss of appetite.
- If you develop a severe weight loss.
- If you develop a severe increase in thirst.
- If you develop a severe increase in urination.
- If you develop a severe decrease in urination.
- If you develop a severe increase in sweating.
- If you develop a severe decrease in sweating.
- If you develop a severe increase in heart rate.
- If you develop a severe decrease in heart rate.
- If you develop a severe increase in blood pressure.
- If you develop a severe decrease in blood pressure.
- If you develop a severe increase in temperature.
- If you develop a severe decrease in temperature.
- If you develop a severe increase in respiratory rate.
- If you develop a severe decrease in respiratory rate.
- If you develop a severe increase in oxygen saturation.
- If you develop a severe decrease in oxygen saturation.
- If you develop a severe increase in pulse rate.
- If you develop a severe decrease in pulse rate.
- If you develop a severe increase in blood sugar.
- If you develop a severe decrease in blood sugar.
- If you develop a severe increase in cholesterol.
- If you develop a severe decrease in cholesterol.
- If you develop a severe increase in triglycerides.
- If you develop a severe decrease in triglycerides.
- If you develop a severe increase in creatinine.
- If you develop a severe decrease in creatinine.
- If you develop a severe increase in urea.
- If you develop a severe decrease in urea.
- If you develop a severe increase in haemoglobin.
- If you develop a severe decrease in haemoglobin.
- If you develop a severe increase in haematocrit.
- If you develop a severe decrease in haematocrit.
- If you develop a severe increase in white blood cells.
- If you develop a severe decrease in white blood cells.
- If you develop a severe increase in platelets.
- If you develop a severe decrease in platelets.
- If you develop a severe increase in red blood cells.
- If you develop a severe decrease in red blood cells.
- If you develop a severe increase in haemoglobin A1c.
- If you develop a severe decrease in haemoglobin A1c.
- If you develop a severe increase in fasting glucose.
- If you develop a severe decrease in fasting glucose.
- If you develop a severe increase in HbA1c.
- If you develop a severe decrease in HbA1c.
- If you develop a severe increase in insulin resistance.
- If you develop a severe decrease in insulin resistance.
- If you develop a severe increase in blood glucose.
- If you develop a severe decrease in blood glucose.
- If you develop a severe increase in blood pressure.
- If you develop a severe decrease in blood pressure.
- If you develop a severe increase in heart rate.
- If you develop a severe decrease in heart rate.
- If you develop a severe increase in respiratory rate.
- If you develop a severe decrease in respiratory rate.
- If you develop a severe increase in oxygen saturation.
- If you develop a severe decrease in oxygen saturation.
- If you develop a severe increase in pulse rate.
- If you develop a severe decrease in pulse rate.
- If you develop a severe increase in blood sugar.
- If you develop a severe decrease in blood sugar.
- If you develop a severe increase in cholesterol.
- If you develop a severe decrease in cholesterol.
- If you develop a severe increase in triglycerides.
- If you develop a severe decrease in triglycerides.
- If you develop a severe increase in creatinine.
- If you develop a severe decrease in creatinine.
- If you develop a severe increase in urea.
- If you develop a severe decrease in urea.
- If you develop a severe increase in haemoglobin.
- If you develop a severe decrease in haemoglobin.
- If you develop a severe increase in haematocrit.
- If you develop a severe decrease in haematocrit.
- If you develop a severe increase in white blood cells.
- If you develop a severe decrease in white blood cells.
- If you develop a severe increase in platelets.
- If you develop a severe decrease in platelets.
- If you develop a severe increase in red blood cells.
- If you develop a severe decrease in red blood cells.
- If you develop a severe increase in haemoglobin A1c.
- If you develop a severe decrease in haemoglobin A1c.
- If you develop a severe increase in fasting glucose.
- If you develop a severe decrease in fasting glucose.
- If you develop a severe increase in HbA1c.
- If you develop a severe decrease in HbA1c.
- If you develop a severe increase in insulin resistance.
- If you develop a severe decrease in insulin resistance.
- If you develop a severe increase in blood glucose.
- If you develop a severe decrease in blood glucose.

See a doctor in an emergency (call 111 or 999).

WHEN ANTIBIOTICS ARE NEEDED

Antibiotics are needed for serious bacterial infections including:

- Sepsis
- Pneumonia
- Urinary tract infections
- Sexually transmitted infections like gonorrhoea
- Meningococcal meningitis

If you're worried, speak to a doctor who will be able to advise you on the best treatment for your symptoms.

For more information on antibiotics visit nhs.uk/keepantibioticsworking

Become an Antibiotic Guardian and protect yourself, your family and friends against the spread of antibiotic resistance. Join us at antibioticguardian.com

ChatHealth
Text the young people's health service

ChatHealth is a confidential texting service for young people aged 11-19 giving advice and support with physical & emotional health.

- Bullying
- Self-harm
- Sex & relationships
- Contraception
- Smoking
- Drugs & Alcohol
- Healthy Eating
- & more

Got a question? Just text...

07507 330 509 (BwD)
07507 330 510 (LCC)

Parents as well as young people can use this service.
The LCC number is the one to use for our area.



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FANTASTIC NEWS!!!!

The National Deaf Children's Society (NDCS) Roadshow bus
is coming to

Pendle Community High School 8th and 9th November 2017.

Parents are welcome to visit the bus to look at the latest technology for children and young people with Hearing impairment Vibrating alarm clocks, flashing doorbells, bluetooth neck loops and much more AND find out lots of information about childhood deafness, technology and education.

Please give me a call on 01282 682269 to find out more.

Just turn up on the 8th or 9th November 1.30pm-2.15pm and meet the professionals from the NDCS.