



Deborah McKenna RGN RSCN Special Needs School Nursing Service Pendle Team

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**Britain's tooth decay epidemic saw around 170 youngsters have teeth extracted in hospital every day last year, with sugar blamed for creating an "oral health crisis"**

**"This concerning trend shows there is an urgent need to introduce measures to curb our sugar addiction which is causing children's teeth to rot."**

**Half the sugar children are having comes from snacks and sugary drinks.**

**Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay.**

**Fruit and vegetables are always the best choice, but if you're shopping for packaged snacks for your children, use this helpful tip: look for 100 calorie snacks, two a day max!**

**IDEAS FOR 100 CALORIE SNACKS OR LESS** Malt loaf slice, fresh or tinned fruit salad, one crumpet, one scotch pancake, sugar free jelly, plain rice cake or crackers with lower fat cheese, chopped vegetables and lower fat hummus

**An 11 year old should have no more than 30g sugar a day. (7 cubes)**

Read more at <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids>

Or [Google "Change for Life Food Scanner app"](#)



Some children are coming into school without having brushed their teeth. It is important to brush your teeth for 2 minutes twice a day every day to keep bad bacteria away.

If you would like school staff to support your child with toothbrushing please can you provide a toothbrush and toothpaste and discuss the problems you are having with form staff.



## March 2018 NURSES NEWSLETTER

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**There have been tragic local cases recently linked to Sepsis.**

**[For more information check out Sepsis on NHS Choices.](#)**

### **Early symptoms of sepsis may include:**

- a high temperature (fever) or low body temperature
- chills and shivering
- a fast heartbeat
- fast breathing

In some cases, symptoms of more severe sepsis or **septic shock** ( when your blood pressure drops to a dangerously low level ) develop soon after.

### **These can include:**

- feeling dizzy or faint
- a change in mental state – such as confusion or disorientation
- diarrhoea
- nausea and vomiting
- slurred speech
- severe muscle pain
- severe breathlessness
- less urine production than normal – for example, not urinating for a day
- cold, clammy and pale or mottled skin
- loss of consciousness

### **When to get medical help**

**Seek medical advice urgently from NHS 111 if you've recently had an infection or injury and you have possible early signs of sepsis.**

**If sepsis is suspected, you'll usually be referred to hospital for further diagnosis and treatment.**

**Severe sepsis and septic shock are medical emergencies.**

**If you think you or someone in your care has one of these conditions, go straight to A&E or call 999.**