



### The Wrythe Green Surgery

Wrythe Lane, Carshalton, SM5 2RE,  
Carshalton. Tel. 020 8669 3232

August 2018

## PATIENTS PARTICIPATION GROUP NEWS

At the Patients' Participation Group meeting in July Dr. Heather Hawksley, Lead Nurse for Pain at Epsom & St. Helier University Hospitals NHS Trust spoke to us about chronic pain starting with a definition for pain -



“Pain is ‘an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage.’ Chronic and acute pain are different and should be managed in different ways.

**ACUTE PAIN:** Comes on suddenly; Usually clear cause - damage or injury. Gets better with treatment and then goes away; will almost always respond to analgesia and will last less than 3 months.

**CHRONIC PAIN:** Lasts more than 3-6 months; Its Pain that persists beyond the time of healing; May or may not be opioid responsive and other analgesic regimes may also be ineffective; Often there may be no clearly identifiable cause.

The most important function of the brain is to protect us and it is the brain that produces pain when it thinks we are being threatened. It is a normal response and the brain decides how much importance to give to threatening messages. The amount of pain experienced doesn't necessarily relate to the amount of tissue damage...**but** it will relate to the amount of threat the brain thinks the body is facing. There are several mechanisms that influence the amount of pain we feel. These include: Beliefs - Context/Memory - Body chemicals - Pain gates - Brain plasticity. **Continued on Page 2**

***Chronic Pain - A talk by Dr. Heather Hawksley to the PPG meeting held on 11 July - continued from page 1.***

**Pain Gates:** These are opened by: Pain, fear, mood (e.g. depression; anxiety, not sleeping and tiredness. Pain gates can be closed by: Distraction, (cuddles), relaxation, positioning, rubbing the area, humour and TENS machines - a drug free alternative for pain relief, blocking signals to the brain and thereby relieving it. The nervous system becomes more sensitive the longer it is subjected to pain. It is a natural process that 'turns up the volume' so that the brain doesn't miss the problem.

**Chronic Pain Management:** This is possible by learning skills that lessen impact on an individual. These might include: Education, exercise, greater confidence and acceptance, pacing oneself, stress management and relaxation techniques, sleep hygiene, communication, optimising medication and injection approaches.

**Dementia News**

Five dementia pop-up hubs are opening in Sutton. Anyone affected by dementia or caring for someone with it are warmly invited to attend any of the hubs between 11am and 2pm. Two are already open and three more are opening in September. Tea & Coffee available.

**For more information please go to:  
<http://www.healthwatchesutton.org.uk/dementiahubs>  
 or ask at Reception at the Surgery**

**Improvements to St. Helier Hospital**

The sale of Sutton Hospital land to Sutton Council netted £28 million for improvements to St. Helier Hospital. Primarily, the funds will be spent on the following:

**Expansion of the A&E department; a new Cardiology Investigations units; a new intensive care unit; replacement of 133 windows; finishing repairs to B and C Blocks; a new surgical ward; a new dialysis unit and a new nursery.**

**Community Health Champions**

**Could you become a Community Health Champion? Some surgeries for example, are offering walks to encourage fitness. These are being led by Community Health Champions who might be other patients. If you can help run similar events at our Wrythe Green Surgery please contact the Practice Manager.**

## Practice News



- A new automatic opening front door has been installed and 6 of the Surgery's rooms will receive new flooring.
- Some items that have previously been provided on prescription are now only available to patients if they buy them at pharmacies (e.g. paracetamol, which is cheaper to buy without a prescription.) This is a National Scheme, but has not yet been widely advertised.
- Phlebotomy (blood tests) appointments are now available from 8 to 10 am at the surgery on 4 days each week.
- NHS Health Checks are now available at the Out of Hours Service.

**The next meeting of the PPG will be held on:**

**Tuesday 11 September 2018  
6 – 8 pm at the  
Wrythe Green Surgery**

**All Wrythe Green Surgery patients  
are welcome to attend.  
Refreshments will be available.**

**If you would like to receive PPG and surgery updates by email and text,  
please complete this slip and hand it in at Reception.**

Name: \_\_\_\_\_

Email \_\_\_\_\_

Mobile Phone No. \_\_\_\_\_