

NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY

Teenage and Young Adult Health

Nitrous Oxide –Laughing Gas

The common name for Nitrous Oxide (also known as NOS) is Laughing Gas - but its recreational use is not a laughing matter.

Nitrous oxide is a colourless gas that is inhaled and is commonly used as a painkiller in medicine and dentistry.



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You may have seen empty small metal cannisters of it discarded in streets and parks. They are used to release the gas into a balloon for inhalation. Its use soared during the pandemic, becoming one of the most-abused substances, especially by 16 to 24-year olds.

What does nitrous oxide do to the body?

The gas makes people feel relaxed, light-headed or dizzy. However, it can also cause headaches, anxiety and fainting.

Heavy use can lead to a vitamin B12 deficiency which can damage nerves in the spinal cord. The most common early symptoms of nerve damage is tingling and numbness in the hands or feet.

Other effects can include stiff muscles, weak limbs, bladder or bowel complaints and sexual dysfunction.

From 8th November 2023 possession of nitrous oxide, or laughing gas is a criminal offence in England and Wales if it is, or is likely to be, wrongfully inhaled, (to get high)

Those caught with nitrous oxide for unlawful use face a caution, community service or an unlimited fine.

Repeat offenders could serve up to two years in prison and the maximum sentence for production or supply of the drug for unlawful purposes is 14 years.

Should I go to A&E??

	Choking. Chest pain. Bleeding out. Blood loss.	A&E or 999 Emergencies only
	Unwell? Unsure? Confused? Need help?	Call 111 out of hours
	Vomiting. Ear pain. Stomach ache. Back ache.	GP Surgery
	Diarrhoea. Runny nose. Painful cough. Headache.	Pharmacy

When is an Accident an Emergency?

Most 'walk-in' patients at James Cook Hospital's A&E department are seeking help for less serious problems that could be dealt with at the Minor Injuries Unit at Redcar Hospital. Many more need only the attention of our own Nurse Practitioners and Nurses, or a Pharmacist

Before going to A&E, ask yourself two questions

- Is it a serious accident?
- Is it a life-threatening emergency?

If it's not, then don't go!



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**Saltscar
Surgery
wishes you a
Happy
and
Healthy New
Year**

For appointments and repeat prescriptions, visit: www.saltscarsurgery.nhs.uk

Missed Appointments

Please



If you book an out-of-hours appointment, please don't miss it. Each week Saltscar Surgery is allocated 20 out-of-hours appointments. Each month around a dozen patients fail to turn up, wasting a huge amount of staff time and denying other patients the use of those appointments

If you can't remember the date and time of your next appointment ...???????

If you forget the date and time of your next appointment, our new phone system now allows you check, change or cancel your next appointment. **Choose Option-1** when your call is answered. *NOTE:* as a security measure, this works only when you call from the phone that is registered to you in our records.

Are You a Carer?



Do you provide unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help as they grow older.

It doesn't matter how old you are – you may be looking after a parent, a grandparent, a brother or sister, a child, uncle auntie or cousin – or someone not related to you.

So, if you care for someone in your family or a friend, please contact us so that we can make sure you get the best and most appropriate support.

Repeat Prescriptions

Make sure you allow up to 72 hours for repeat prescriptions to be prepared. We will always process them as quickly as possible but some days our prescription clerks may handle over 800 prescriptions.



Image macrovector on freepik.com

You can still hand in repeat prescription requests at the surgery – but why not order online and then collect the items at your local pharmacy.

If you haven't got a log on to order online, and would like one – speak to one of our receptionists and they will create a secure log on for you.

Social Prescribing

We now offer all patients advice from a Social Prescribing Support Practitioner who will help you to explore extra services that may improve your health and sense of well-being, as an alternative to medication.



The Social Prescribing Practitioner will contact you by telephone to discuss what is worrying you. They may invite you to come to the surgery or arrange to meet you elsewhere to discuss

- Social Isolation and Loneliness
- Emotional Well-being
- Accessing local groups & activities
- Long term health conditions
- Loss of confidence/purpose
- Poor health linked to housing or housing conditions
- Financial issues
- Substance/alcohol misuse
- Domestic abuse
- Accessing work, training and volunteering

Finally - let's welcome

Katie Kilvington, our New Nurse Practitioner who joined the practice in November

For appointments and repeat prescriptions, visit: www.saltscarsurgery.nhs.uk