

STAKEHOLDER NEWSLETTER



May 2017

Blackburn with Darwen CCG News

NHS chiefs encourage local residents to support March for Men

The beginning of June marks the start of March for Men (June 2–16), a campaign to raise awareness of prostate cancer, the most common form of cancer in men in the UK.

With over 46,000 men in the UK being diagnosed with prostate cancer each year, local NHS chiefs are backing the campaign by helping to raise awareness of the condition and are encouraging local residents to support the March for Men campaign.

Prostate cancer happens when cells in the prostate grow at an uncontrollable rate, once it begins to spread outside of the prostate that's when the patient needs treatment.

The symptoms of prostate cancer only start to show during the latter stages of the cancer, when the tumour is big enough to put pressure on the urethra.

Key symptoms include:

- Urinating more frequently (especially during the night)
- Taking a long time while urinating
- Needing to rush to the toilet

A number of men who suffer from prostate cancer will not need any treatment; sufferers choose to delay treatment, because it can cause urinary incontinence and erectile dysfunction. Instead, they will just need to monitor the condition. Treatment is only required, if there is a risk that the cancer will spread to other areas of the body.

If the cancer spreads and continues to get worse patients will be given a cancer care team, which will consist of several specialists, including a radiologist, a pathologist and a specialised nurse. The type of prostate cancer will determine what treatment is necessary.

Dr Neil Smith GP lead for cancer commissioning for Blackburn with Darwen and East Lancashire Clinical Commissioning Groups (CCGs) said: "It is a good idea for men to familiarise themselves with the symptoms of prostate cancer, so that they can go to their GP as soon as they think there might be an issue.

"Particularly if caught early, prostate cancer is very manageable and new treatments for prostate cancer are constantly being developed."

For more information about prostate cancer, visit the [NHS Choices website](#).

If you have any concerns about prostate cancer you can talk to a specialist nurse on 0800 074 8383 or to view a number of services which can support you with prostate cancer, visit the [Prostate Cancer UK website](#).

Mental health: online health services just as effective as face-to-face therapy

The state of someone's mental health can have a huge impact on their lives. In severe cases, depression can lead to suicide so it is important to know exactly what help is available, including face-to-face talking therapies and online health services.

Major depression is the second leading cause of disability worldwide, which is why the NHS are constantly thinking of new ways to support people with mental health issues. Talking therapies, such as cognitive behavioural therapy (CBT), can be as effective as medication but you may be put on a waiting list.

Because of this, there are now a number of online services available, called Computerised Cognitive Behavioural Therapy (CCBT). They are designed to treat depression, panic disorders and anxiety disorders.

They are available 24/7 and can be accessed via a computer, tablet or smartphone. Online health services are discreet and confidential, they don't require patients to travel to a specific location and there are shorter waiting times for NHS referrals.

Online mental health services include:

- Big White Wall – available on the NHS in some areas, or you can join by paying a subscription of £25 per month
- Fear Fighter – available on the NHS in some areas with a referral from your GP
- Leso Digital Health – available on the NHS in some areas
- Silver Cloud & Living Life– two computerised CBT packages available in Pennine via NHS hospitals/trusts/clinics but not available to private clients

Dr Rakesh Sharma, clinical lead at Blackburn with Darwen and East Lancashire Clinical Commissioning Groups (CCGs), said: “The world is changing and people rely on technology and the internet far more than they used to. Instead of actually going out to the shops to get the things they need, many prefer to buy them online. This is the same with treatments for mental health issues, which is why we have a number of online services available that are just as useful as face-to-face therapy. A lot of the online services can be accessed through the NHS so you won’t need to worry about paying. All of the services are really helpful and can be accessed at any time, day or night.”

Contact your GP practice to find out more about CCBT services and whether they are available for free on the NHS in your area. For more information about online mental health services and face-to-face therapy, visit the [NHS Choices website](#) and www.eastlancshealthyminds.co.uk

Ramadan and your health

Ramadan is an Islamic holy month where Muslims all over the world take part in fasting. This year Ramadan will be starting around 27 May, which means a longer period from dawn until dusk.

People are encouraged to stay safe and well during this period. As the fast lasts from dawn to dusk, at this time of the year that means nearly 19 hours of no food or drink passing the lips.

Dr Pervez Muzzafar, a local GP and clinical lead at Blackburn with Darwen and East Lancashire Clinical Commissioning Groups (CCGs), said: “During this period of spiritual reflection, anyone suffering from chronic diseases like diabetes, high blood pressure, heart failure, lung diseases, arthritis etc. or those taking medications, require more planning and discipline to observe the fast.

“Seeking advice about your disease and medications is extremely important so that your doses can be assessed. This is because, medication can accumulate in your body making it dangerous if your doses are not spaced out properly e.g. tramadol MR for arthritis or MR or SR tablets for blood pressure.

“Make sure you have two meals a day, at seher and iftar, and also avoid deep fried food and high sugar desserts. You can replace these foods with plenty of fruit, fibre and fluid to keep well hydrated and energetic.”

Some people also find that Ramadan is a good time to consider stopping smoking for good or making permanent changes to their diet long-term to help with healthy eating and weight loss. The key to maintaining health during Ramadan, especially if it takes place during warm weather, is to stay hydrated by drinking plenty of water when not fasting. Excessive caffeine should be avoided.

Signs of dehydration to look out for include producing little or no urine, feeling faint, disorientated or confused and having a persistent and severe headache.

if you feel ill during your fast, make sure you seek medical help as soon as possible and do not leave it for too late, especially if you are diabetic or suffer from kidney diseases. If you are in any doubt, please consult your pharmacist or GP to avoid any complications.

Have a very happy and healthy Ramadan from both Blackburn with Darwen and East Lancashire CCGs.

Public participation invited to improve audiology services

Blackburn with Darwen and East Lancashire CCGs are currently reviewing the audiology service and want to understand from patients with hearing aids and carers of people with hearing aids what does and what doesn't work well, as well as listening to suggestions about how the service could be improved for the benefit of patients in Lancashire.

If you have any family or friends who have a hearing aid, and who may be interested in sharing their knowledge, experience, best practice and ideas to help inform improvements to the Lancashire Audiology Service, please invite them to come along to one of our two focus groups we are running:

- 23 June, 1pm to 3pm, Blackburn Library, Town Hall Street, Blackburn, BB2 1AG
- 26 June, 1pm to 3pm, Walshaw House, Regent Street, Nelson, BB9 8AS
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For anyone wishing to attend please contact Lucie Higham on 01254 282000 or via the email address communications@blackburnwithdarwenccg.nhs.uk

Places will be limited and we would therefore be grateful for your response by 16th June 2017.

Local and National Health News

Help and support after terror attacks

Many people are likely to be shocked and saddened by the terror attacks which took place recently in Manchester and London. Feelings of anger, distress, fear, guilt and anxiety are common, and in particular children and young people may have questions that are difficult to answer.

For advice and guidance on managing your mental wellbeing and that of others, visit [NHS Choices website](#).

Diabetes Week 11 – 16 June

Diabetes Week kicks off on 11 June, and this year the theme is: **Know Diabetes. Fight Diabetes.**

While a lot of people have a good understanding of diabetes and how to manage it, many others aren't getting the right help and support to look after their diabetes.

Today, 65 people will die early from the condition and hundreds more will face life-changing complications that could have been avoided or delayed if they'd had the right knowledge and support to manage their diabetes. Some of you have that, and are already doing everything you can to manage your diabetes well. But this isn't true for everyone and it's our job to change that. Our vision is a world where diabetes can do no harm. Together, we can make that a reality.

More information about diabetes and Diabetes Week, can be found on [Diabetes UK website](#).

Know Your Health Talk

If you have diabetes or you are just interested in finding out more, India League, Blackburn and the Older Peoples Forum would like to invite you to this talk by local diabetes specialist Dr Thakur on 8th June 2017 at 1pm.

India League, Blackburn

And

Older Peoples Forum

Would like to invite you to

KNOW YOUR HEALTH TALK

On 8th June 2017 at 1 PM

Everything you have always wanted to know about

DIABETES

by Dr Rahul Thakur

So come and find out

At Boulevard Centre, Blackburn, BB1 1EZ

(Parking available at Morrison's or VUE Cinema)

Diabetes is the fast growing health threat facing the nation.

It affects all systems of the body and can lead to devastating disabilities. Come and find out about Prevention, and management

Please confirm attendance with

Dr S. Waghray swaghray15@gmail.com

Or

Misbakh Ahmed misbakh@olderpeoplesforum.org.uk

Tel: 01254 50304

Emergency First Aid Advice

If you find yourself in an emergency situation, try and stay calm and do what you can until emergency help arrives.



EMERGENCY FIRST AID ADVICE

If you find yourself in an emergency situation, try to stay calm and do what you can until emergency help arrives.

Assess the situation

- > Is it safe to approach the casualty?
- > Don't put yourself in danger

Stay calm

- > Try to think clearly
- > Comfort and reassure the casualty

Give emergency help

- > Prioritise the most life threatening conditions
- > Try to treat any casualties where you find them
- > Ask bystanders to help you if they can
- > Call 999/112 for emergency help

The Primary Survey

- > Use **DR ABC** to identify life threatening conditions
- > Remember the unresponsive casualties are at greatest risk.

Remember

- D**anger
- R**esponse
- A**irway
- B**reathing
- C**irculation

WHAT TO DO IF SOMEONE IS UNRESPONSIVE

1. Open their airway
2. Tilt head



3. Check for normal breathing for up to 10 seconds



4. If they're breathing normally:

- > Put them in the recovery position
- > Then call 999/112 for emergency help

If they're not breathing

- > Call 999/112 for emergency help
- > Start CPR.



WHAT TO DO IF SOMEONE IS UNRESPONSIVE AND NOT BREATHING NORMALLY

1. Call for help

- > Tell them to call 999/112 and find an AED



2. Pump

- > Give 30 Chest compressions at a rate of 100-120 per minute



3. Breathe

- > Give two rescue breaths. If unwilling or unable, do chest pumps only



Continue to pump and give rescue breaths until help arrives.

WHAT TO DO IF SOMEONE IS BLEEDING

1. Press it



2. Call 999/112 for emergency help



3. Secure dressing with a bandage to maintain pressure

4. Treat for shock.



WHAT TO DO IF SOMEONE IS IN SHOCK

1. Lie them down

- > Their legs should be raised and supported



2. Call 999/112 for emergency help



3. Loosen any tight clothing

4. Keep them comfortable and warm

5. Monitor their level of response

- > If they become unresponsive prepare to give CPR.

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Learn first aid.

Help save lives.

Be the difference.

sja.org.uk