



# MARDEN

## Monthly Newsletter

**Marden  
Medical Practice**

Issue 72  
JANUARY 2013

### Patient Survey Questionnaire

We are asking for patients to complete our annual Patient Survey Questionnaire. It is a chance for patients to let the surgery know how satisfied they are, and also voice any concerns.

There are copies of the questionnaire in the reception area. Also if you would like to receive a copy of the questionnaire by email, please could you inform one of the receptionists.

We appreciate your support.

### Surgery Closure

On Tuesday 5th February 2013 Marden Surgery will be closing at 12 midday for staff training, and will not re-open that day.

Marden Surgery will re-open as normal on Wednesday 6th February at 8am.

For any emergencies that arise after 12 mid-day please telephone

**Shropdoc Out of Hours on:**

**08444 06 8888**

We apologise for any inconvenience.

### New members of the team

There are new members of staff that have joined Marden:

Carol Walker has recently joined the surgery as a Secretary and is in surgery on a Monday, Tuesday and Wednesday.

Also we have a new Registrar Doctor—Dr Lui. Dr Lui is a qualified Doctor and is here completing further training. Dr Lui is available to see patients on a daily basis.

#### Useful Numbers

Health Visitors  
452300

District Nurses  
264090

RSH  
261000

PCT  
277500

Family Planning  
283382

#### Pharmacies

Rowland's On Site  
369446

Asda  
276810

Sainsbury's  
244744

Taylor (Radbrook)  
249931

Williams Co-op  
344277

Conway  
352352

Lunt's (Hereford Rd)  
351918

Boots (Pride Hill)  
351311

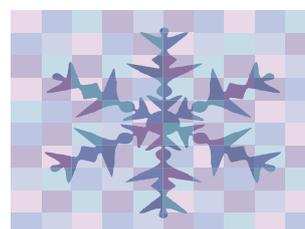
Rhodes  
343998

Boots (Cophthorne)  
350747

Boots (Coleham)  
362496

Lloyds (Riverside)  
344523

Tesco  
845449



# Novovirus

Almost 900,000 people in England alone have been infected with novovirus this winter, official figures suggest. This number is almost twice as many as were infected by mid-December last year and is the worst start to the novovirus season on record.

Novoviruses are a group of viruses that can cause gastroenteritis.

Gastroenteritis is an infection of the gut which usually causes vomiting and diarrhoea.

## How is it spread?

A novovirus present in the gut of an infected person can pass out in their diarrhoea. It is easily spread from an infected person to another by close contact. This is usually because of the virus being present on the infected person's hands after they have been to the toilet.

Surfaces or objects touched by the infected person can also allow transmission of the virus. The virus can be passed on if the infected person prepares food or if water is contaminated with novovirus.

## What are the symptoms?

Nausea (feeling sick) is usually the first symptom. This is followed by diarrhoea which tends to be watery. You may start being sick around the same time. Sometimes there are other symptoms such as fever, a headache or aching muscles in your arms and legs. The Symptoms tend to be relatively mild and short-lived, often only one or two days. However, in a few people symptoms can last longer.

If symptoms are severe, dehydration can occur. Dehydration is when there is a lack of fluid in the body. You should consult a doctor quickly if you suspect you or your child are becoming dehydrated. Mild dehydration is common and is usually reversed by drinking lots of fluids. Severe dehydration can be fatal unless quickly treated because the organs of your body need a certain amount of fluid to function.

## What is the treatment for novovirus?

The aim is to prevent dehydration - the fluid lost in vomit and/or diarrhoea needs to be replaced. A child should continue with their normal diet and usual drinks. In addition, they should also be encouraged to drink extra fluids. However, avoid fruit juices or fizzy drinks. A rough guide for most adults is to aim to drink at least 200mls after each bout of diarrhoea. This fluid is in addition to what you would normally drink in a day. If you vomit, wait 5-10 mins and then sip every 2-3 mins. For most adults, fluids drunk to keep hydrated should mainly be water but ideally some soup.

THIS INFORMATION HAS BEEN TAKEN FROM FROM PATIENT.CO.UK.  
For more information go to [www.patient.co.uk](http://www.patient.co.uk)

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To contact the Surgery...

Telephone: 01743  
241313

Fax: 01743 360725

Email:  
[marden.marden@nhs.net](mailto:marden.marden@nhs.net)

Web Site:  
[www.mardenpractice.gp](http://www.mardenpractice.gp)  
[surgery.net](http://surgery.net)

Shropdoc: Out of Hours  
08444 44 6666

## The Darwin Suite

**Over the next few months there will be building work being carried out in the Darwin Suite. Some Clinicians will be unable to use their normal rooms and will be seeing patients in one of the other rooms. We apologise for any disruption caused.**