

Welcome and Introduction

Dr Andrew Tresidder
Clinical Lead for Medicines Management, NHS Somerset ICS

22.11.22



Keeping Healthy this winter

- The obvious medical bits: Flu vaccination, COVID vaccination
- Take medication as prescribed (remembering sick day advice)
- Access Medicines Management Formulary
- <https://nhssomerset.nhs.uk/prescribing-and-medicines-management/self-care/>
- And self-care..... Homely Remedies and Common Sense

- The not so obvious – Self Care – **HOMELY REMEDIES FOR CHRISTMAS CHEER – NOT FOR PRESCRIPTION!**
- Keep your immune system really tip top – how?
- Sleep, the most marvellous medicine – restores health, supports multiple health functions
- <https://anaesthetists.org/Home/Wellbeing-support/Fatigue/Useful-tips-to-aid-sleep1>
- Avoid Blue light for 2 hours prior to bed (NO devices in bedroom) – because blue light makes pineal gland think it's midday
- Melatonin production – optimal before midnight in darkness (sorry owls...)

Immune support 2

- Vitamin D – DoH advice between Sept and end March – no natural body production – we should ALL supplement - minimum advised in 10MicroG (400iu)
<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>
- Nature Nov 2022 – association between supplementation and lower mortality from COVID 19
<https://www.nature.com/articles/s41598-022-24053-4> 33% reduction....

Immune Support 3

- Ascorbic Acid (vitamin C)
- Important co-factor in multiple body processes
- ALL mammals make their own EXCEPT primates, guinea pigs and bats – we lack the last enzyme due to a deletion..
- Other mammals ramp up production under stress
- Self care to help fight colds etc – 1g daily is safe (60mg prevent scurvy but isn't enough to combat infection)
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3783921/>

Immune Support 3 Echinacea

- Colds and viruses – echinacea taken for a few days can boost the immune response to colds and viruses and shorten the illness
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4528044/>

Homely Remedies

- **Tea Tree Oil** as an antiseptic (thought to have helped wound infections rates to be lower in Australians in WW1)
<https://pubmed.ncbi.nlm.nih.gov/22998411/>
- **Lavender Oil** for oven burns – of course, put cold water on first, but after that, lavender oil neat can speed the healing dramatically, as long as the skin is not broken
<https://pubmed.ncbi.nlm.nih.gov/32589447/> shows how it can help wound healing
- **Olbas Oil** for steam inhalations of upper respiratory congestion (avoid scalding)
- Bruises – **Arnica Cream** or other preparations can help resolve bruises more quickly <https://pubmed.ncbi.nlm.nih.gov/34677487/>

- Which ones will you keep in the house?
- And which ones might you or your family take...
- Moving on to Proper Medicines Management..
- Please Remember Evaluation Form, complete and email back to shelley.hodder@nhs.net