



## NEWS FROM THE SURGERY

Congratulations to Dr Boyd on the safe, but early arrival of Thomas Jack Proudfoot who arrived at 27 weeks weighing in at 2lbs 6oz. We are delighted to report that Mum and Thomas are now back at home and he is thriving.



## STAFF CHANGES

We are delighted that Dr MacConachie will be joining us permanently as a member of the Team from 1st April 2016 working 3 days per week—Tuesday, Thursday and alternative Wednesday / Friday.

From 31st March 2016 Dr Kitson is returning to work as a GP with the Army based at Catterick, and Dr Smith is joining Butterknowle Surgery. We wish them both the very best in their new endeavours.

Dr Adisa, will be shortly commencing her maternity leave and will not be returning to the surgery after the birth of her child.

## COMMUNITY DEFIBRILLATOR

### Stephen Mitchell Memorial Fund

#### What is a Community Access Defibrillator?

These are defibrillators that available for members of the public to use in an emergency situation, and can be used by anyone to try and save a life of someone suffering a Cardiac Arrest.

They can be found a various location throughout the Dale, the ones that we have provided or helped with are located in the following places:-

Langdon Beck Hotel Newbiggin-in-Teesdale, Village Hall, Market Place Middleton-in-Teesdale, Fire Station Gas Lane Middleton-in-Teesdale, Strathmore Arms Holwick, Carlbeck Centre Lunedale

There are others available in other parts of the Dale.

#### How can I access a defibrillator if needed?

If someone is taken ill, then you will ring 999 for an Ambulance, the Ambulance call -taker will ask you a series of question to try and assess what is wrong with the patient. If the call taker thinks that the patient might need a defibrillator and sees that there is one in the vicinity then they would ask you to go and get it, they would give you the code for the defib cabinet and tell you the location. Once you arrive at the defib cabinet, key in the code, open the door and take defib to the patient.

#### How do I use the defib?

If the patients condition deteriorates and they go into Cardiac Arrest then you switch on the defib and follow all the step by step verbal commands, the defib will not deliver any shock to the patient unless they are in a shockable state. ( Cardiac Arrest)

Once the Ambulance Crew has arrived and taken over, the defib should then be taken back and locked in the cabinet. The Ambulance Service will then notify a named contact to go and check that the defib is all ready for the next patient