



Lancashire &
South Cumbria
PRIMARY CARE TRAINING HUB

Health and Wellbeing Champions Virtual Event

12:30- 15:00
6th November 2023



Today's Agenda

- Welcome from Wayne Kirkham, Senior Primary Care Manager
- Hand reflexology for stress and anxiety with Nicola Albanese
- Circles of Control with Jo Tomlinson
- Mouth Health and Claire Morley
- Well-being Quiz with Jayne Swarbrick
- Trauma-informed session with Nicola Bullen
- Gut Health with Reeta Karamchandani
- 10 top tips for wellbeing with Sara Baldwin
- Mindful Breathing with Reeta Karamchandani
- Closing remarks



Welcome from Wayne Kirkham

Senior Primary Care Manager



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THANK YOU
NHS Staff

A rustic, handcrafted 'Thank you!' tag made of brown cardboard. The tag is tied with a black string through a hole on the left side. It is placed on a weathered wooden surface. Three white daisies with yellow centers are scattered around the tag: one is in sharp focus to the right of the tag, while two others are blurred in the background. The overall aesthetic is warm and natural.

Thank
you!

Hand Reflexology for Stress and Anxiety

Nicola Albanese



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Adrenal Reflex to reduce stress

On the webbing, between the thumb and first finger, press on the V where the joints meet. Squeeze front and back, 1 times



Nervous System- walk the spine

Slightly rotate the hand, to ensure you have a free view of the side of the thumb

Walk from the tip of the thumb to the wrist x3



Diaphragm sweep to relax the breathing Place your thumb on the solar plexus in the centre of the palm and glide out to edge of the palm. 3 sweep out to one side and then 3 sweeps out to the other side.

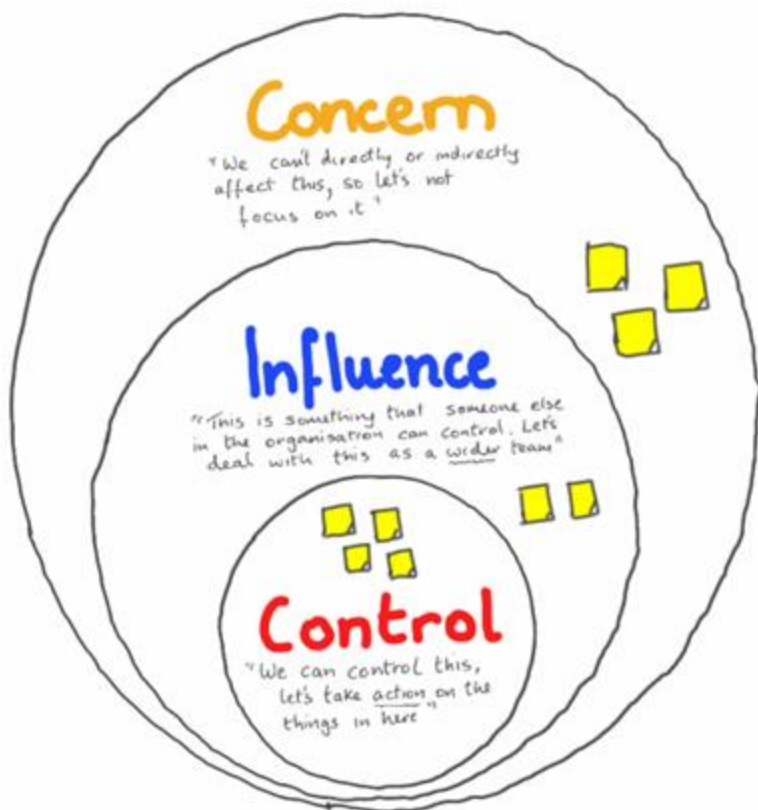
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Nicola Albanese, Primary Care Training Hub



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Circle of Control

Jo Tomlinson



BY THE END OF THIS SESSION YOU WILL BE ABLE TO:

List all the things that might be weighing you down

Divide these up into:

What you can fully control

What you can only influence

What is out of your control & remains a concern



list all the
things that are
currently on
your mind –
worries,
concerns,
niggles - home
and at work



Eat the ugly frog first



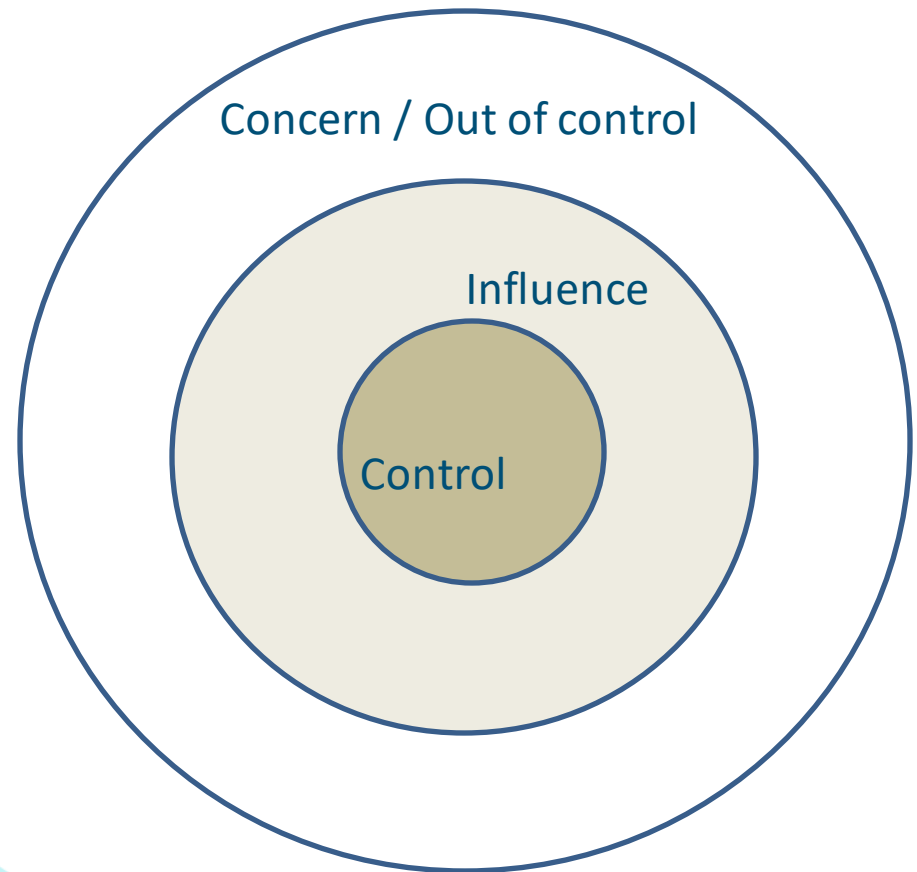
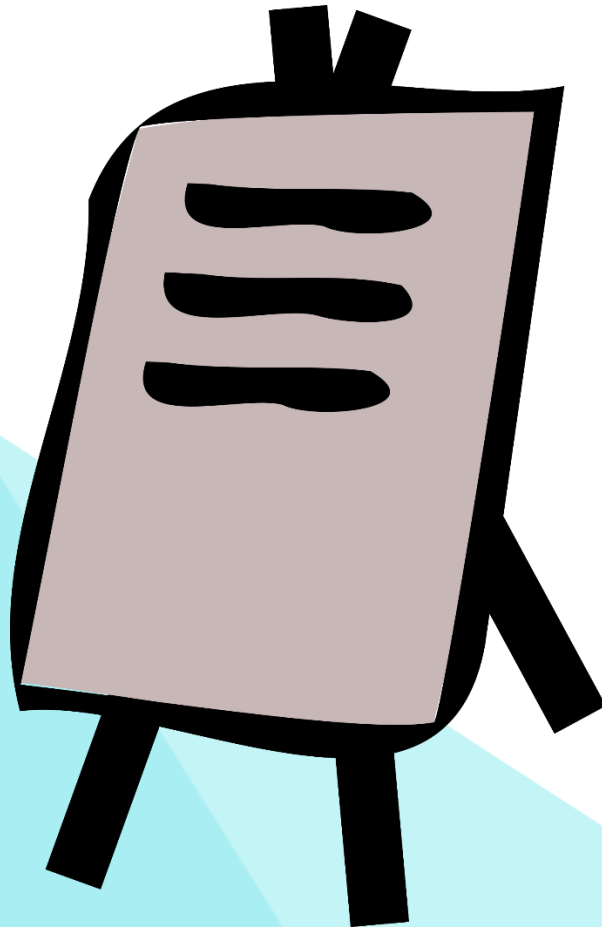
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Jo Tomlinson



Circle of control



FEEDBACK



What sits fully within your control

What things can't you control but you could try to influence?

What have you come to realise that you have no control over & need to put down?

What is the impact of being able to let things go that we can't control?



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Any
Questions



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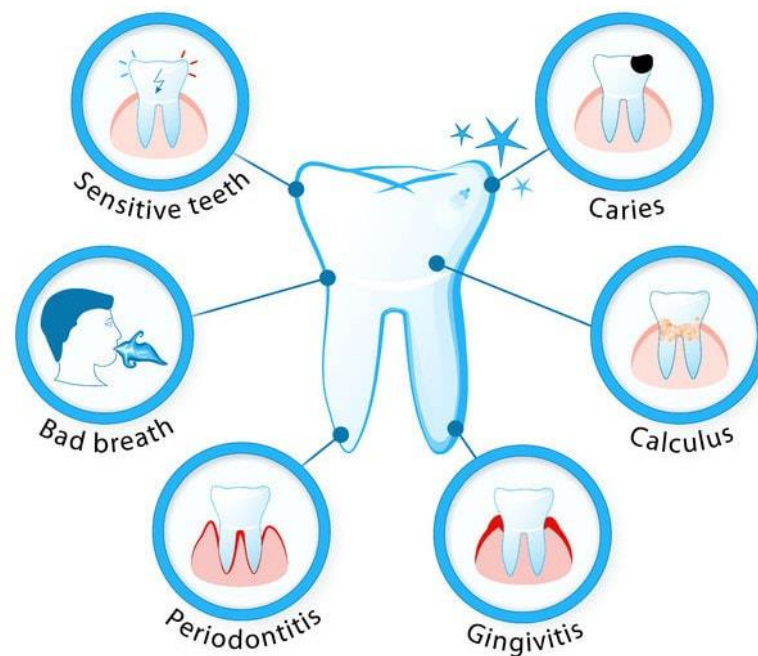
Oral Health & Wellbeing

Claire Morley



Good oral health has many benefits, not only for your mouth but your overall wellbeing too. Taking good care of your oral health goes far beyond keeping your teeth and gums healthy. It also improves your quality of life. In recent years, poor oral health, specifically gum disease, has been linked with several general health conditions.

ORAL HEALTH Good for Life





Problems which may be caused or made worse by poor oral health include:

- Heart disease.
 - Strokes.
 - Diabetes.
- Giving birth to a premature or low-birth-weight baby.
 - Respiratory disease.



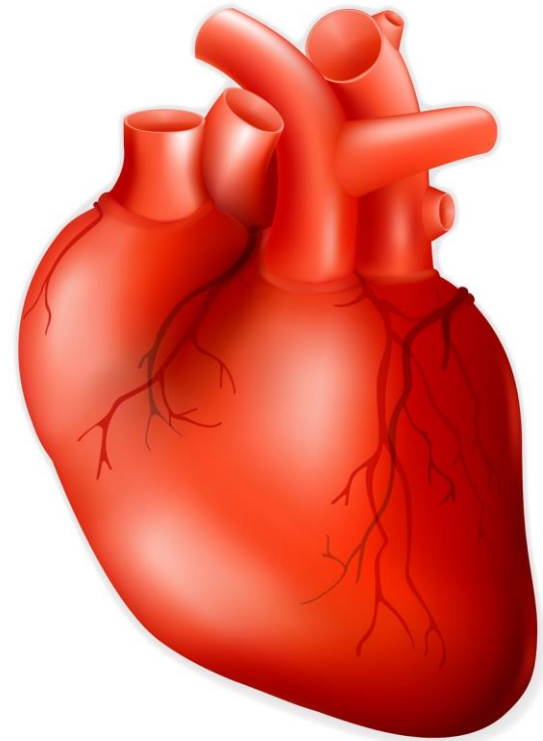
Heart Disease

If you have gum disease, you are twice as likely to have coronary artery disease than people without gum disease.

When people have gum disease, the bacteria from the mouth can get into their bloodstream. These bacteria produce proteins causing platelets to stick together in the blood vessels of the heart.

This can make clots more likely to form. Blood clots reduce normal blood flow, meaning the heart does not get all the nutrients and oxygen it needs.

If the blood flow is badly affected this could lead to a heart attack.



Stroke



Poor oral hygiene is one of the main risk factors associated with higher risks of strokes.

In addition, studies have shown those who have had a stroke are more likely to have gum disease



Diabetes

People with diabetes are more likely to have gum disease than people without it. This is because diabetics are more likely to get infections in general. People who do not know they have diabetes, or whose diabetes is not under control, are especially at risk.

Gum disease can increase blood sugars, this can increase the risk of diabetic complications. New research has also shown that you are more likely to develop diabetes if you have gum disease.

If you have diabetes, you have an increased risk of losing teeth.



Pregnancy

Pregnant women who have gum disease are three times more likely to have a baby that is premature and so has a low birth weight. There is a one-in-four chance that a pregnant woman with gum disease will give birth before 35 weeks.

It is thought that gum disease may raise the levels of the chemicals that bring on labour. Research also suggests that women whose gum disease gets worse during pregnancy have an even higher risk of having a premature baby.

Having gum disease treated properly during pregnancy can reduce the risk of a premature birth.





Respiratory Disease



Bacterial chest infections can be caused by breathing in fine droplets from the throat and mouth into the lungs. This can cause infections, such as pneumonia, or could make an existing condition worse.

People with gum disease have more bacteria in their mouths and may therefore be more likely to get chest infections.

This particularly affects frail, elderly people who may die from pneumonia caused by breathing in bacteria from their mouth. Good oral hygiene for this group of people is therefore particularly important.



Quality of Life

- Self esteem
- Relationships
- Employment
- Financial Health





Oral Hygiene

Look out for:

- Inflammation of the gums, causing them to be red, swollen and to bleed easily, especially when brushing.
- An unpleasant taste in your mouth.
 - Bad breath.
 - Loose teeth.
- Regular mouth infections.

Oral Health:

- Brush twice daily: always last thing at night and another time in the day.
- Minimum 1450ppm NaFl Toothpaste
 - Spit don't rinse
 - Daily interdental cleaning
 - Visit your dentist regularly
 - Reduce sugar frequency



Well-being Quiz

Jayne Swarbrick



A snap – shot of your own mental well-being



Improve and maintain your mental health

- If you're struggling with your mental health and wellbeing, this simple mental health quiz can help. It generates a personalised plan based on the information you provide.
- If you want help to deal with anxiety or low mood, tips to reduce stress or advice on how to fall asleep faster and sleep better, start the quiz above.





Get your free Mind Plan

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>



Thank you

Jayne Swarbrick

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A 'trauma informed' approach

Nicola Bullen



What is Trauma Informed?

Trauma informed approach and practice means recognising:

- how common traumatic stress
- potential impacts of trauma
- When to act to avoid people becoming 'retraumatised' or unnecessarily stressed by interacting with you, colleagues or your service.

How can we help?

- To begin to explore how Trauma affects our body, brain and behaviour
- To be able to recognise how trauma may present in people we work alongside
- To consider how a Trauma Informed Approach impact on individuals and communities
- Begin to think about changes we can make to our working practices, services and organisations



Why does the impact of trauma/Adverse Childhood Experiences matter?

Without the right support, trauma/ACEs can have negative, lasting effects on physical health, mental health, and social outcomes.

Studies have shown a lack of supportive relationships links to an increased risk of:

- disrupted nervous, hormonal and immune development
- emotional and learning problems
- engaging in health harming behaviour
- being involved in violence
- experiencing illness like diabetes, cancer or heart disease



Why does it matter?

- Studies carried out in England, Wales, and the USA consistently demonstrate that around 50% of the population has experienced at least one traumatic or stressful event in childhood.
- Given trauma is common, many people struggle to trust professionals. To ensure people can access support there must be safety, trust, choice, collaboration and empowerment.



How can we support children, families and communities?

Support from a trusted adult is key. Building resilience through protective factors like:

- developing problem-solving skills
- learning to manage emotions
- creating a stable environment
- developing hobbies and interests

are all some ways to guard against the impact of trauma.



Being 'trauma-informed' means using knowledge and understanding of trauma and its potential effects to be kind, empathetic and compassionate.

Being kind is at the heart of everything we do as a professional or as part of a service.

Trauma, is a 'common human experience'. It happens to YOU and to ME and to individuals in the COMMUNITIES we live and work within.

If we can understand its affects and consequences we will be better placed both personally and service wide to deal with the experience of Trauma and to help those in need.

BE THE DIFFERENCE!



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HEALTH & WELLBEING

Dr Reeta Karamchandani

(Health & Wellbeing General Practitioner)

MBBS, MD(Respiratory Medicine)DFFP, MRCP

Dip iBLM (Diplomate of International Board of Lifestyle Medicine)

General Practitioner (NHS)

Wellbeing Advocate (LSCTH)

Regional Lead (Cumbria) – BSLM(British Society of Lifestyle Medicine)

Culinary Coach (Harvard University)

CHIP-Facilitator

Founder – Your Inner Chef



WHO defines health (Arogya)

“Health is a state of complete physical, social and mental well-being and not merely the absence of disease or infirmity. The enjoyment of the highest attainable standard of health is one of the fundamental right of every human being, without distinction of race, religion, political beliefs or economic and social conditions.”

(Source: World Health Organisation 1948)



What affects our wellbeing

Genetics-Epigenetics

Environment –external

Environment – internal

Lifestyle



Microbiome

Why did we choose this topic

What do they do-Homeostasis-physiology , patho-physiology

What has it got to do with staff wellbeing

Hold the thought till the end



Gut microbiome -New organ discovered!!

Comprises of :10 million genes (~ 150-fold larger than the human genome

Lactobacillus, Bifidobacterium, Candida E coli

Symptoms :

**Constipation/diarrhoea , bloating, Flatulence/ wind, acid/ reflux,
Burping/belching, irritability, low mood, fatigue**



Gut Microbiome-Physiology

Physical Barrier –Mucus

Immunomodulation

Endocrinal-Menopause

Neural -Gut brain connection-Vagus nerve

Metabolic function- SCFA, Vitamins

Pain regulation



Gut Microbiome-Patho-physiology

Dysbiosis
Inflammation
Leaky gut
Biofilm



Gut Microbiome-Disease

Obesity

Alzheimer's/Dementia /Parkinson's/MS

CVD-raised cholesterol

GI tract-IBD,UC ,cancer

Skin –acne, eczema ,allergies, autoimmune, MH

Menopausal symptoms

Dental issues



Bigger poo-Smaller hospitals

Beetroot test



Opioid medications
Antibiotics
PPI
Ph of water
Intermittent fasting
Low fibre FODMAP diet



Gut Microbiome-Actions to mitigate

At Birth –Vaginal birth v/s caesarean

Breast feeding

Environment –Petting, gardening, toxins-mold, pesticides

Individual- Hand washing/showering/bath bubbles , cleaning products, food habits



Gut microbiome and Physical activity

Affects quantity and quality of microbiota –independent of diet

Aerobic/endurance-HIIT

Yoga

Gardening



Gut microbiome and Sleep

A two way relationship

Insomnia

Circadian misalignment



Gut microbiome and Substance use

Alcohol or Gut Microbiota: Who Is the Guilty?

Smoking-Vaping



Gut microbiome and Social connections

Family friends

Here's a fun fact...It may help you sniff out a compatible mate!!

Petting animals



Gut microbiome and Stress

Gut brain connection

Pathophysiology

Mitigation



Gut microbiome – food habits

Water-The forgotten nutrient

Fibre

FODMAP

UPF

Transfats



Gut microbiome and food habits

Prebiotics

probiotics

postbiotics

symbiotics

fermented foods



Supplements

Probiotics -Local honey

Fermented foods



Future

Prevent /slow the progression of long-term conditions
Faecal microbiota transplantation
Faecal microbiome analysis



Reverse dysbiosis



The 6 Pillars of Lifestyle medicine



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10 Top Tips for Wellbeing

Sara Baldwin



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Tip no.4

Eat well



**Try to eat 5
portions of fruit and veg daily.**

**Make sure your drinking plenty
throughout the day**

**Give yourself permission to take a
proper lunch break step away from your desk**

Try to keep snacks healthy

Keep all the sweets and pastries as treats





Mindfulness Breathing

Reeta Karamchandani



Closing remarks from Wayne Kirkham



Thank you for listening

MEET OUR HEALTH AND WELLBEING LOCALITY CHAMPION LEADS



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