

PRESS RELEASE

Over 70 people from all over Berkshire and further afield met on Wednesday evening at Wokingham Town Hall to hear London GP homeopath Dr Jayne Donegan present on the subject of 'Nursing your child supportively through acute illness'. The event was organised by Thames Valley Homeopaths who work together to promote homeopathy throughout the Thames Valley.

Drawing on 30 years of experience as a GP, 20 years of experience in homeopathy and her own experience as a mother, Dr Donegan was able to offer constructive advice on how to deal with childhood illnesses, fevers and infections. This was particularly timely as the guidelines on paracetamol doses have recently changed and the World Health Organization has warned against the overuse of antibiotics with campaign advertising that 'Balanced Use is the Best Medicine' This very much fits with the approach that homeopaths take in working alongside conventional medicine.

Dr Donegan pointed out that the NHS National Institute for Health and Clinical Excellence (NICE) advise against using medicines such as paracetamol and ibuprofen for fever in children under 5 as these do not prevent febrile convulsions and therefore should not be used routinely for this purpose. She explained what parents can do when children have fevers in order to help their children feel comfortable and to aid their recovery, including the use of fresh air, rest, avoiding dehydration. The audience were also introduced to some traditional homeopathic treatments that could be considered.

Attendees reported that they found the talk 'inspiring', 'reassuring' and 'very relevant to parents'.

Margaret Kincade, chair of TVHoms said "The talk by Dr Donegan was very well received and we plan to run similar events in other towns on a variety of natural health care subjects in the future".

Thames Valley Homeopaths can be contacted through their website www.tvhoms.org.uk

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Notes to editors

NICE Guidelines: Feverish illness in children- Assessment and initial management in children younger than 5 years Issue date: May 2007 p14
<http://www.nice.org.uk/nicemedia/live/11010/30524/30524.pdf>

World Health Day 2011 – Antibiotic resistance: No action today, no cure tomorrow

<http://www.euro.who.int/en/who-we-are/whd/past-themes-of-world-health-day/world-health-day-2011-antibiotic-resistance-no-action-today,-no-cure-tomorrow>

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