

SPECIAL POINTS OF INTEREST:

- **Dr Macrorie** has joined the practice as a full time GP
- We have a new part-time HCA her name is Bev
- Our new FY2 trainee GP is Dr Zahra
- National shortage of Hepatitis A & B vaccinations

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Seasonal Flu Vaccinations

We are expecting the seasonal flu vaccinations to arrive during September. The children's nasal flu vaccination will be arriving in October.

Who is at risk?

Flu can affect anyone but if you have a long-term health condition the effects of flu can make it worse even if the condition is well managed and you normally feel well. You should have the free flu vaccine if you are **pregnant** or have one of the following long-term conditions:

- ◆ A heart problem
- ◆ A chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
- ◆ A kidney disease
- ◆ Lower immunity due to disease or treatment (such as steroid medication or cancer treatment)
- ◆ Liver disease
- ◆ Had a stroke or a transient ischaemic attack (TIA)
- ◆ Diabetes

- ◆ A neurological condition, eg multiple sclerosis (MS), cerebral palsy or learning disability
- ◆ A problem with your spleen, eg sickle cell disease, or you have had your spleen removed

As well as patients with the above conditions, the following patient should also consider having a flu vaccination.

- ◆ Aged **65 years or over** (at 31/3/18)
- ◆ Living in a residential or nursing home
- ◆ The main carer of an older or disabled person
- ◆ A household contact of an immunocompromised person
- ◆ A frontline health or social care worker
- ◆ Child aged **2 - 3 years** of age (born between 1/9/13 & 31/8/15)

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Saturday Flu Drop in Clinics

This years Saturday drop in clinics will be on
7th October and 21st October 2017
from 8.30am - 1.00pm.



*If you wish to decline
the flu vaccination
then please e-mail us
at nel.b81031@nhs.net.*

*Remember to include
your name & date of
birth on your e-mail.*

Children Nasal Flu Vaccinations

All two and three year olds (born between 1/9/2013 & 31/8/2015) will be offered a nasal vaccination against flu this year at the GP Practice. Those children born between 1/9/2008 and 31/8/2013 will be offered the vaccination at school.

A drop in for the children's nasal flu vaccinations will be from 11.30am - 1.00pm on 21st October 2017 only.

Pregnant ladies

Pregnant ladies are welcome at either of the two Saturday drop in clinics, but if you would like your whooping cough vaccination as well then please make an appointment during normal practice working hours.

Pneumococcal Vaccinations

Pneumococcal vaccinations will be available at the Saturday drop in clinics if you are at risk or over the age of 65 please ask the nurse about yours.

Contact Information

If you change your contact information **REMEMBER** to keep us informed

- Telephone
- Mobile
- e-mail
- Home address

It's important we keep this information up to date in case we need to contact you about referrals, test results or GP follow up.

You can update us by phone, at reception, on-line or by e-mail.



If your mobile is not up to date you will not receive your appointment text reminders.

Ordering Repeat Medications



Below are tips on ordering your medication to save you time and problems.

When you order your repeat medication using the repeat slip please mark clearly which items you require. This will ensure there is no delay in your medication if items are not issued as needed.

Be aware of when your medication review is due and book your appointment in advance. You will find your due date on the repeat slip.

If you no longer take any of the medications on your repeat list, please let us know so we can remove these and inform your GP.

If you require any medication that isn't on repeat, please write the name of the drug clearly and if possible when it was last prescribed and by who. These requests will need to be passed to a GP or the surgery pharmacist for completion, and therefore may take longer than the standard 48 hours. To save disappointment please phone the surgery about these items before you collect the prescription to ensure the prescription is ready.

If you order your medication on-line late Friday evening or over a weekend remember we will not see the request until Monday morning at which point the 48hr notification for ordering will begin.

Be aware of how much medication you have in stock especially over bank holidays, or if you are going away on holiday and order your medication accordingly.

On-line services - you can sign up for on-line ordering of prescriptions at reception. Saving you the trouble of phoning the surgery to order your prescription or sending it to the practice.



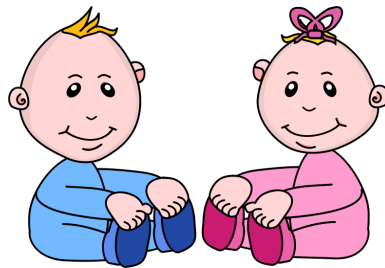
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Samples

If your nurse or GP has requested a urine or stool sample for testing please collect the correct sample bottle from reception. Samples received in jam jars or other home containers may not be accepted due to contamination of the sample.

If you suffer with urine infections or a disease that requires regular urine monitoring keep a spare urine sample bottle in your medical cabinet at home.

Samples can be dropped off at reception but you need to make sure they are marked with your name, date of birth, date and time of the sample. Also attach a note to let us know who has requested the sample.

Most samples are processed in the early afternoon, so unless you have been instructed otherwise please ensure your sample gets to us before 12 noon.

Results for samples tested in the surgery will be available later the same day. If your sample is to be tested at the hospital this will be 3-4 working days depending on the type of test.

Child Vaccination Change

All babies born from the 1st August 2017 in the UK will receive the Hepatitis B vaccine as part of the NHS routine vaccination schedule.

The hepatitis B vaccine will be added to the 5-in-1 jab that is already given to babies across the UK to protect them from diphtheria, tetanus, whooping cough, polio and bacterial infections known as Hib, or haemophilus influenza type b.

Hepatitis B is a liver infection caused by a virus that is spread through blood and bodily fluids. The virus can linger for years in children and cause cirrhosis and liver cancer.

All babies born in the UK will be given three doses of hepatitis B containing vaccine at 8, 12 and 16 weeks of age. Babies at high risk of developing hepatitis B infection from infected mothers will be given additional doses of hepatitis B vaccine.

