

SPECIAL POINTS OF INTEREST:

- Dr Macrorie is leaving the practice on Friday 13th September
- We have a new GP - Dr Esume now has appointments available for booking
- Our new FY2 trainee GP is Dr Russel and our new GP Registrar is Dr Karmani
- We have two new nurses - Trudi and Ellie

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Seasonal Flu Vaccinations

We have received our seasonal flu vaccinations for patients aged 65 as of 31st March 2020.

Unfortunately we are not receiving the stock for those at risk under 65 until October. We are still waiting for the confirmed date for receiving nasal flu vaccines for those aged up to 17 years, but we are expecting this to be mid-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 31/3/20)
- ◆ 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**
- ◆ **Obesity** - BMI of 40 or greater
- ◆ **Child aged 2 - 3 years** of age (born between 1/9/15 - 31/8/17)

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Saturday Flu Clinics

Due to the complex delivery dates for the flu vaccinations this year the Saturday Clinics will be by appointment - these can be booked on-line or at reception.



Saturday 14th September 2019 - 08:30 to 12:00

(for patients aged 65 or over as of 31st March 2020)

Saturday 12th October 2019 - 08:30 to 12:00

(for patients aged 18 years or over)

*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 1/9/2015 & 31/8/2017) will be offered a nasal vaccination against flu this year at the GP Practice. Those children born between 1/9/2008 and 31/8/2015 will be offered the vaccination at school.

Further information will be provided about clinics once we have been notified about the delivery of these vaccines.

Pregnant ladies

Pregnant ladies are welcome at the October Saturday 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 appointment 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 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.

If you do not wish to sign up for on-line but do have access to e-mail we now have a prescription request e-mail address nel.b81031-prescriptions@nhs.net. If you use this new system remember to include your name, date of birth and clearly name the medications you require.



MMR

Measles is on the increase. It's never too late to have your MMR vaccine. Protect yourself and those around you from measles, mumps and rubella.

Call us now to book your appointment with the nurse

Field House Medical Group

Freshney Green Primary Care Centre
Sorrel Road
Grimsby
DN34 4GB

Phone: 01472 254600

Fax: 01472 254610

E-mail: nel.b81031@nhs.net



Pill Checks & Nursing Clinics

We have seen a large change in the nursing team over the last six months and with Nurse Sally also changing roles to join the Freshney Pelham Long Term Condition team in the community, this has resulted in the practice experiencing a short fall in appointments available for specialist chronic disease management and nursing clinics.

We have employed two new nurses in the practice (Trudi & Ellie) with plans for a third nurse to join us in October. These nurses have had experience in a hospital setting but

not in the role of practice nurse, so we have been putting lots of time, training and resources into place for them to provide the care a practice nurse needs to offer.

To help ease the pressure on the nursing appointments we are changing the way we book family planning appointments.

The Family Planning & Sexual Health Nurses will still provide appointments for advice and changes in contraception or advice about sexual health, anyone under the age of 20 years will also be required to book with the nurse.

For everyone else we are simplifying the process for ordering your annual repeat pill:

If you are due your annual contraceptive pill review, we will ask you to:

- Complete the contraceptive pill checklist (copies are available at reception or you can print direct from our practice website)
- Have your BP (blood pressure) measured by the machine in our waiting room or book an appointment with a Health Care Assistant.
- Return both the completed checklist and the BP reading to reception so they can be scanned into your notes and actioned.
- Your request will be added to the repeat prescription requests and will be assessed and acted upon by the doctors working that day. If no concerns are identified, a medication review will be recorded, the review date put forward for 12 months and a prescription issued for 6 months (this prescription can be sent to a nominated pharmacy or collected 48 hours after your BP check). If the GP has concerns with your BP reading or the answers on the questionnaire then we will contact you by phone.