

Field House Medical Group

Autumn News

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Meningitis Vaccination Changes

Protecting your baby from Meningitis B & septicaemia

There's now a vaccine to help protect against meningococcal group B (MenB) disease. The vaccine will be offered in the routine immunisation programme at 2, 4 and 12 months of age from the 1st September 2015.

What is MenB disease?

MenB disease is a serious illness caused by group B strains of meningococcal bacteria. These bacteria are a major cause of meningitis (inflammation of the lining of the brain and spinal cord) and septicaemia (blood poisoning) in young children and teenagers.

We fear these diseases because they:

- Can come on suddenly
- Can progress very quickly
- Can kill in hours
- Can leave survivors with life-long disabilities

How common is MenB disease?

Meningococcal disease occurs in cycles, with between 500 and 1,700 children and adults in England developing MenB disease every year. Around half of these cases occur in children under 5 years of age, with infants at highest risk.

Why is my baby being offered a MenB vaccine?

This vaccine is being offered in addition to the MenC vaccine, which has been very successful at protecting children against MenC disease but does not protect against other strains of

meningococcal bacteria. The number of MenB cases peaks at five months of age. Vaccinating babies on time helps protect them before they are at highest risk of developing MenB disease.

Is the vaccine safe?

The MenB vaccine has been thoroughly tested and meets strict safety criteria

Does the MenB vaccine have any side effects?

Some babies may:

- Have a temperature (fever)
- Have redness, swelling or tenderness where they had the injection, or be a bit irritable and lose their appetite.

These normally clear up within 1-2 days if vaccination.

Paracetamol - Why do I need to give my baby paracetamol following the 2 and 4 months vaccinations?

Fever can be expected after any vaccination, but is very common when the MenB vaccine is given with the other routine vaccines at 2 and 4 months. The fever shows the baby's body is responding to the vaccine, although the level of fever depends on the individual



child and does not indicate how well the vaccine has worked.

Giving paracetamol will reduce the risk of fever, irritability and general discomfort (including pain at the site of the injection) after vaccination. You will need to give your baby a total of 3 doses of paracetamol (2.5ml of infant paracetamol 120mg/5ml suspension) to prevent and treat any potential fever after both the 2 and 4 month vaccination visits.

You should give the first dose of paracetamol as soon as possible after the vaccination. You should then give the second dose 4-6 hours later and the third dose 4-6 hours after that.

Special points of interest:

- Saturday Flu Drop In Clinics

3rd & 17th October
8.30am - 1.30pm

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If you do not have any paracetamol liquid for infants at home you should get some in time for your first vaccination visit. It is widely available from pharmacies and supermarkets.



Meningitis Vaccine for 1st Year University Students & All 18 Year Olds

Meningococcal disease is a rare but life-threatening disease caused by meningococcal bacteria which are divided into several groups. The most common are A,B,C,W and Y. Infants, young children, teenagers and young adults have the highest risk of meningococcal disease.

Since 2009 there has been a year on year increase in the number of cases of meningococcal W (MenW) disease and there is no sign of the numbers declining. Older teenagers and young adults are more at risk of getting meningitis and septicaemia from MenW. A catch-up programme offering a MenACWY vaccination to all 13-19 year olds and new university entrants (up to the age of 25) is starting from August onwards.

Children will be offered the vaccination at school but the practice is offering vaccinations to the new entry university students and those patients born between 1st September 1996 and 31st August 1997.

Why do I need to get the vaccine?

As a young adult, you are at risk of getting MenW meningococcal disease, so you need to get vaccinated to protect yourself. Vaccination also reduces the risk of you carrying the bacteria and so protects other people around you. This should, in turn, prevent the numbers increasing to serious levels. You may have had a MenC vaccination previously but this will not protect you against other meningococcal groups. The MenACWY vaccine will increase your protection against MenC and help to protect you against three other meningococcal groups (A,W and Y).

When will I get the vaccination?

It's recommended that all first time university entrants ('freshers') have the MenACWY vaccine before or soon after they start university as new



university students are at particularly high risk in the first weeks of term when they will come into contact with many new people of a similar age. You should get vaccinated as soon as possible.

Due to the high demand for this new vaccination we are unable to order enough stock for all patients eligible at the moment. Therefore we are prioritizing those patients starting university in September. A recall for all other patients eligible will take place once we have enough vaccine in stock.

Is the vaccine safe?

The vaccine has been used for many years across the world and has an excellent safety record. Serious side effects from the vaccine are rare.

There is more information about the new Meningitis Vaccinations on the NHS Choices website at

www.nhs.uk/

Flu is highly infectious & can Kill!

Flu is caused by a virus and can attack anybody, mainly during the winter months. Flu is highly infectious and spread through droplets in the air from the coughs and sneezes of infected people which you may breathe in.

Because of the changing nature of the flu viruses each year, it is important that you are vaccinated annually to ensure you are protected, as flu can make you feel too unwell to work or carry out your usual activities.

The vaccine aims to protect those who are at most risk of serious illness or death should they develop flu, and helps to prevent it being passed to family and work colleagues.

The symptoms of flu come on quickly and include tiredness, fever, aching muscles, shivering and extreme lethargy.

It usually peaks after a few days and although most people recover after about a week it can be much more



serious and cause major complications especially if you are vulnerable because of age, certain medical condition or pregnancy.

Who's at risk?

People aged 65 and over - Flu can be serious for older people.

Asthma - Asthma that requires continuous or repeated use of inhaled or systemic steroids and those who have been previously admitted to hospital only, are at higher risk from flu and require a vaccination.

Chronic Respiratory Disease - People suffering from COPD, chronic bronchitis, emphysema, bronchiectasis, cystic fibrosis, interstitial lung fibrosis, pneumoconiosis and bronchopulmonary dysplasia (BPD)

Chronic Heart Disease - People suffering from congenital heart disease, chronic heart failure and individuals requiring regular

medication and/or follow up from ischaemic heart disease.

Chronic Kidney Disease - includes anyone with CKD at stage 3, 4 or 5. Chronic kidney failure, nephrotic syndrome and kidney transplantation.

Chronic Liver Disease - people who have cirrhosis, biliary atresia, chronic hepatitis.

Chronic Neurological Disease - this includes people who have suffered from a stroke or TIA. Individuals may also be offered a vaccination if they suffer from cerebral palsy, MS, hereditary and degenerative disease of the nervous system.

Diabetes - Type 1 and Type 2 diabetics.



Low Immunity - People with asplenia or dysfunction of the spleen, patients undergoing chemotherapy leading to immunosuppression, HIV, people taking high dose steroids.

Pregnant women - preferably after 12 weeks of pregnancy.

Carers - If you receive a carer's allowance or are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill.

Children aged 2, 3 or 4 years (born between 1/9/2010 and 31/8/2013) most of these children will receive the nasal vaccine unless there is a medical reason for needing the injection.

This list is not exhaustive and your GP or Nurse will make a recommendation based on clinical judgment.

Appointments

Appointments are still in short supply following the retirement of Dr Plotnek and Dr Salawu leaving.

Before booking your next appointment with a GP why not check out the Self Care Forum

<http://www.selfcareforum.org/resources/patient-portal/>

This site can give you self care advice for many common conditions including:

Low back pain

Acne

Eczema

Cough (adults)

Heartburn/indigestion

Sore throat

Children's fever

Constipation

Headache/migraine

Sprains & Strains

The site also gives advice for those suffering from long-term conditions.

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Apologies - following the problems with our web page earlier in August we are happy to say the site is now back up and running

www.fieldhousemedicalcentre.nhs.uk

Online services can be access through the following link if we have any problems with the web site in future.

<https://patient.emisaccess.co.uk>

Shingles & Pneumococcal Vaccination



If you are aged 65 and over but haven't had your vaccination against pneumonia then ask at reception about booking an appointment or when you attend for your flu vaccination.

The shingles vaccine campaign continues for a new cohort of patients from the 1st September 2015 to 31st August 2016.

If you were born between 2nd September 1935 and 1st September 1937 or 2nd September 1944 and 1st September 1945 then you are eligible this year.

Ask reception about booking an appointment or ask for details when you have your flu vaccination.