
Surgery Newsletter



Waterside Medical Centre - Autumn 2009

www.watersidemc.co.uk

Pandemic Flu - Swine Flu Update

The World Health Organisation (WHO) have maintained the pandemic flu alert level at **level 6** which means that a flu pandemic is confirmed and there is sustained transmission.

The NHS has set up two Helplines, one for information about swine flu and one for obtaining antiviral treatment which should be used by any patient concerned they may have symptoms of swine flu.

All guidance continues to advise **AGAINST** patients with flu symptoms attending surgery to prevent spread of the virus.

Anyone experiencing flu like symptoms concerned they may have swine flu must contact the 'Swine Flu Helpline'. This is the **ONLY** way to get antiviral treatment - GP's are **NOT** able to prescribe this medication at the practice.

If your symptoms are confirmed by the swine flu helpline you will be given a **unique reference number** which will allow a 'flu friend' to collect the appropriate antiviral medication from specially designated antiviral collection points.



Pandemic Flu - Swine Flu Vaccination Campaign

In response to the Swine Flu pandemic the Department of Health have decided to offer a specific vaccination to protect against pandemic swine flu for patients deemed clinically 'at risk'.

It is important to note that this is a **new** vaccine and is **not** the same as the seasonal flu jab, therefore if you are eligible for this vaccine you need to have this vaccine **as well as** the seasonal flu jab to ensure you are fully protected.

The Department of Health have identified the 'clinical at risk groups' for swine flu vaccination and, in order of priority, they are:

- a. Individuals aged six months and up to 65 years in the current season flu vaccine clinical at risk groups
- b. Pregnant women
- c. Household contacts of immunocompromised individuals
- d. People aged 65 or over in the current seasonal flu vaccine clinical at risk groups

To further clarify, the current seasonal flu vaccine clinical at risk groups are patients with:

- i. Chronic respiratory disease including asthma
- ii. Chronic renal disease
- iii. Chronic liver disease
- iv. Chronic neurological disease, including stroke and transient ischaemic attack (TIA)
- v. Coronary heart disease
- vi. Diabetes
- vii. People with impaired immunity due to disease or treatment (immunocompromised)
- viii. Multiple Sclerosis and related conditions or those with hereditary and degenerative diseases of the central nervous system

As the vaccine is for an entirely new strain of flu eligible patients will require a **course of two vaccinations three weeks apart**.

The practice has been informed that it will be receiving its first supply of vaccine shortly and that further supplies will be sent on a regular basis thereafter but the practice has not been informed of exact quantities which makes advance planning difficult.

Therefore due to the uncertainty over likely vaccine stocks and due to the coordination necessary to ensure that the vaccine is given three weeks apart **the practice will write out to all eligible patients individually with clinic details as soon as they are available.**



Dr Jane Hughes

Dr Jane Hughes has recently married and is changing her professional name to her married name of Dr Jane **Hargest**.

Dr Hargest, nee Hughes, has worked at the practice for nearly four years now and she has a special interest in women's health and family planning.

The practice is in the process of changing all signage, stationery and system settings to reflect this name change and all changes will be complete by the end of October. All patients previously registered with Dr Hughes will continue to be registered with Dr Hargest.

Physiotherapy

You can now refer yourself directly to physiotherapy WITHOUT SEEING YOUR GP!

If you are having any of the following problems - back or neck pain, recent injuries such as strains and sprains or joint and muscle pain, you can now refer yourself to physiotherapy.

To make the referral you need to collect a referral form from reception, complete it and then send or take it to the clinic of your choice and make an appointment.

Full information regarding this service is provided on an information leaflet included with the referral form which is available from reception.

If you have any further queries please speak to a receptionist who would be happy to help.



...book your next appointment online - visit www.watersidemc.co.uk for more info...

Community Noticeboard

Further to patient feedback the practice has installed a community notice board in the entrance foyer. This noticeboard is available for any patient to display information relating to community events or activities free of charge.

If you would like to display anything on the community notice board please speak to a receptionist for further details.

Annual Medication Reviews

It is important that any patient taking regular medication is reviewed once a year. Medicines are continually evolving and regular checkups are needed to make sure that you are taking the most appropriate and effective medication for your condition. Regular tests are important to ensure that the medication you are taking is having the desired effect and that your condition is under control.

Therefore it is very important that, if you receive a letter in the post or a note on your prescription, that you contact the practice at your earliest convenience and book an appointment for review.

Seasonal Flu Vaccination Information

At the time of going to press Waterside Medical Centre has already run two Saturday seasonal flu vaccination clinics and vaccinated over 900 patients.

The practice is holding two further flu vaccination clinics:

Saturday 24th October 9am - 11am

Saturday 7th November 9am - 11am

These are open vaccination clinics and therefore **no appointment is necessary**.

The practice will be running tea / coffee and cake mornings at each clinic to raise money for Myton Hospice and Macmillan Cancer Support and we have raised nearly £600 so far this year so a big thank you to all patients who have given so generously.

Please note that the seasonal flu vaccination is an annual vaccination that needs to be had every year to protect from seasonal flu and this is a different virus to swine flu and therefore requires a different vaccine.

If you are in the clinical at risk groups detailed overleaf then you will be offered **both** the seasonal flu vaccination **and** the swine flu vaccination this year. It is important you receive both vaccinations to be protected from flu this year.