



PATIENT NEWSLETTER

AUTUMN / WINTER 2013

SPECIAL POINTS OF INTEREST:

- **New computer system Emis Web**
- **New Singles vaccine**
- **New nasal flu vaccine for 2 & 3 year olds**



STAFF

TRAINING

Please note the staff will be having training on the following days:

20th November

21st November

The Practice will close late morning to facilitate the training requirement and re-open ready for afternoon surgery.

New Computer System -

On 26th November 2013, we 'go live' with our new computer system called Emis Web. It is an exciting time with the new computer system allowing us far greater functionality and a superior way of managing workflow.

Once familiar with the system we will be offering on-line appointment bookings and sms text reminders. We hope there will be as little disruption to the patient service as possible during the transfer, but ask you to bear with the receptionists and clinicians, whilst they are finding their way around the new system.



Medication requirements / dispensary limitations

With the move to a new clinical system at the branch sites Waltham and Harlaxton there is a necessity to re-scan all drug medication into the new computer system which is a time consuming process. Unfortunately this cannot be done before we 'go live' with the new system, therefore the practice dispensary will be **closed on 26th and 27th November** and we apologise for any inconvenience caused during this transition. .

NEW SHINGLES VACCINATION

A new vaccine to prevent shingles, a common, painful skin disease, will be routinely offered to older people from 1st September 2013. The shingles vaccine will be given as a single injection for anyone aged 70 (born between 02.09.1942 to 01.09.1943) or 79 (born between 02.09.1933 - 01.09.1934). Unlike the flu jab, you'll only need to have the vaccination once. The vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter. Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over-70s who develop it. Anyone aged 80 and over will not be able to have the shingles vaccination on the NHS because it seems to be less effective as you get older.

You should not have the shingles vaccine if you:

- have a weakened immune system (for example, because of cancer treatment, if you take steroid tablets, if you've had your spleen removed, or if you've had an organ transplant –your doctor will advise whether this applies to you)
- you've had a serious allergic reaction (including an anaphylactic reaction) to a previous dose of any of the substances in the vaccine, such as neomycin and gelatin– again, your GP can advise you if this applies to you
- you've had a serious allergic reaction (including an anaphylactic reaction) to a previous dose of the chickenpox vaccine
- have an untreated TB infection

Chlamydia Screening

All sexually active young people across the county are being encouraged to be tested for Chlamydia as part of a National Chlamydia Screening Programme, the Department of Health's commitment to improving sexual health.

Chlamydia is the most common sexually transmitted infection and most people who have it don't know they've got it. Untreated Chlamydia can lead to long term problems such as infertility.

The test and treatment is free, confidential and painless. Test kits can be collected from the surgery and the test can be completed at home. Anyone taking a test can choose how they receive their results, either by text, phone, letter and email,

Treatment is quick and easy and is usually a simple course of four tablets.

If you wish to have further advice on this please make an appointment with one of our Practice Nurses.

THE 111 SERVICE

111 is now fully functional in Lincolnshire, Leicestershire and Nottinghamshire. The new telephone number has been introduced to make it easier to access local health services.

You should use the NHS 111 service if:

- You need medical help quickly but it's not a 999 emergency.
- You think you may need to go to A&E or another NHS urgent care service
- You need to call for medical help but The Welby Practice is closed
- You require health information or reassurance.

For less urgent health care needs you should still contact The Welby Practice in the usual way. For immediate, life threatening emergencies, continue to call 999.

111 will get you through to a team of highly trained advisers who are supported by experienced nurses. They will ask you questions to assess your symptoms and give you the health care advice you need or direct you to the right local service.

You can ring 111 24 hours a day, 365 days a year and calls from landlines and mobiles are free.





HPV Vaccinations available NOW!

Is your date of birth between 01/09/90 - 31/08/98?

If so, book your appointment with the Practice Nurse to have your
HPV course.

HPV stands for Human Papilloma Virus and this infection can cause abnormal tissue cells as well as other cell changes that can lead to cervical cancer. The HPV vaccination course consists of three injections given over a twelve month period.

What if I haven't had all three injections?

You are not fully protected against the human papilloma virus please book an appointment with the

NEW FLU VACCINE FOR 2 & 3 YEAR OLDS

This year a **new nasal spray flu vaccine** will be offered to ALL children aged two and three years (born between 02.09.2009 & 01.09.2011 as part of the NHS childhood vaccination programme. Over the next few years this flu programme will be rolled out to include all children aged between two and 16.

Why are children being offered a flu vaccine?

Flu can be very unpleasant for children. They have the same symptoms as adults - including fever, chills, aching muscles, headache, stuffy nose, dry cough and sore throat lasting up to a week.

Some children develop a very high fever or complications of flu such as bronchitis, pneumonia and painful middle ear infection. They may need hospital treatment, and very occasionally a child may die from flu. For children with long-term health conditions such as diabetes, asthma, heart disease or lung disease, getting flu can be very serious as they are more at risk of developing serious complications.

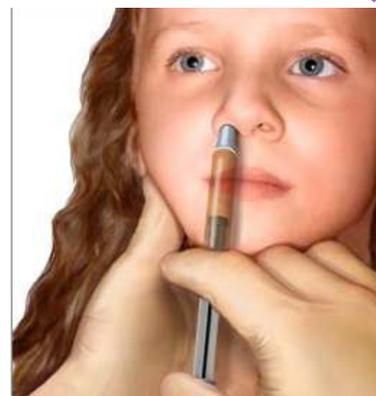
Are there children who shouldn't have this flu vaccine?

There are a few children who should avoid the nasal spray flu vaccine. It's not suitable for children who have:

- a weakened immune system
- egg allergy
- severe asthma
- active wheezing at the time of vaccination

Children unable to have the nasal spray vaccine may be able to have the flu injection instead.

Please discuss with a Practice Nurse if you have any questions / queries



BOOK YOUR FLU VACCINE NOW!

If you fall into one of the eligible groups and have not received a flu invitation, please contact the surgery to book an appointment.

Eligible Groups

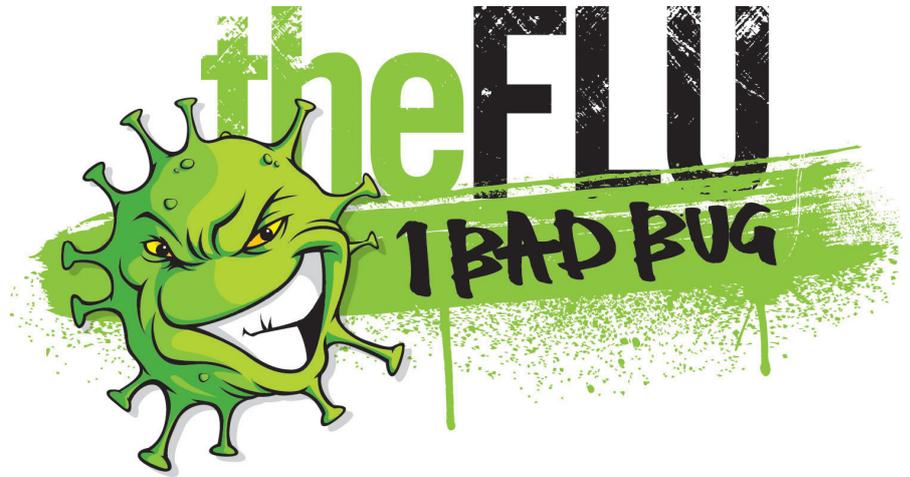
- Diabetes
- Heart Disease
- Chronic Respiratory Disease
- Chronic Kidney Disease
- Chronic Liver Disease
- Chronic Neurological Disease
- Immunosuppression

OR

- Aged 65 or over
- Pregnant women
- Registered Carer

PNEUMOVAX (Pneumonia) VACCINATIONS:

It is recommended to everyone over the age of 65 to have a pneumovax vaccination. If you have not received one then please make an appointment with one of our practice nurses.



PATIENT SURVEY



The practice will be issuing patient surveys in the New Year. Your feedback from these surveys is taken seriously and we use this information for clinical assessments, management and improvement upon the services provided.

We are always keen to hear from you on the services provided and any suggestions you may have. You can either write to the Practice Manager at Bottesford or drop off a suggestion in the suggestion box located at each surgery within the porch area.

Practice Team Update

Dr Jerry Thompson and Dr Naveen Mohan have now been in partnership for nearly a year at the practice and during this time have appointed Dr Tania Petrenko as a salaried GP. Tania has interests in all areas of medicine and a particular specialism in sexual health and family planning.

The Practice is pleased to welcome back our Lead Practice Nurse, Rachel Brown who has been on maternity leave. Kate Ludlam is currently on maternity leave and we will be welcoming her back to the team around April/May 2014.

CHRISTMAS AND NEW YEAR OPENING

Tuesday 24th December 2013 OPEN

Wednesday 25th December 2013 CLOSED

Thursday 26th December 2013 CLOSED

Friday 27th December 2013 OPEN

Monday 30th December 2013 OPEN

Tuesday 31st December 2013 OPEN

Wednesday 1st January 2014 CLOSED

Thursday 2nd January 2014 OPEN

Please make sure you order your medication in advance to cover this period.



**HAPPY CHRISTMAS FROM EVERYONE AT
THE WELBY PRACTICE!**

