



PATIENT NEWSLETTER

AUTUMN / WINTER 2014

SPECIAL POINTS OF INTEREST:

- Diabetic screening
- New Singles vaccine
- New nasal flu vaccine
- Friends and family test
- Ebola
- Stoptober – quit smoking now!
- Practice team update

DIABETIC RETINOPATHY SCREENING

Diabetic retinopathy is a common complication of diabetes. It occurs when high blood sugar levels damage the cells at the back of the eye, known as the retina. If it is not treated, it can lead to blindness. Therefore it is important for people with diabetes to keep their blood sugar levels under control. Everyone with diabetes who is 12 years old or over should have their eyes examined once a year for signs of damage.

United Lincolnshire Hospital Trust (ULHT) will be inviting diabetic patients for screening at the **BOTTESFORD** surgery between 7th - 18th November and they will be writing to patients to invite them to attend.

If you have not received an invite from ULHT for screening, and you are diabetic please contact one of the Practice Nurses

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

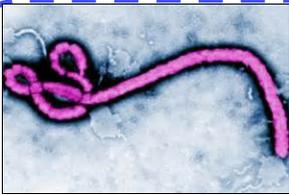
All sexually active young people across the county are being encouraged to be tested for Chlamydia as part of a National Chlamydia Screening Programme, the Department of Health's commitment to improving sexual health.

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.

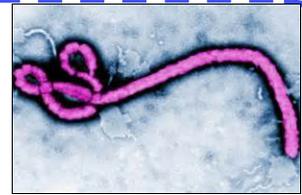
The test and treatment is free, confidential and painless. Test kits can be collected from the surgery and the test can be completed at home. Anyone taking a test can choose how they receive their results, either by text, phone, letter and email,

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.



EBOLA VIRUS



There is an on-going outbreak of Ebola virus affecting countries in West Africa. This is the largest ever known outbreak of this disease prompting the World Health Organisation to declare a Public Health Emergency of international concern in August 2014. The countries currently affected by the disease are Guinea, Liberia, Sierra Leone and Nigeria.

The practice has been informed by the NHS that Ebola can be transmitted from one person to another through direct contact with blood or bodily fluids of an infected person.

If you have recently visited one of the countries (as outlined above) within the previous 21 days or been in contact with someone who has and have the following symptoms:

- Fever (over 38°C) OR have a history of fever in the past 24 hours

OR

- Fever (over 38°C) OR have a history of fever in the past 24 hours AND have cared for / come into contact with body fluids from an individual

Please telephone the surgery for an assessment **DO NOT ATTEND the surgery**. This is to avoid the infection spreading. The doctor will do an assessment over the phone and he/she will liaise with microbiology, virologist or infectious disease physician to make sure you are referred appropriately for treatment and observation.



NEED HELP TO QUIT SMOKING?

There are more ways than ever to help you quit smoking for good. Our specially trained advisors work as part of the Phoenix Smoking Cessation service. Anyone who wants to stop smoking can book an appointment with Amanda Potts at Bottesford and patients from Harlaxton and Waltham are welcome to attend this surgery. The practice will be offering appointments at Harlaxton and Waltham in due course with Sharon Watts and Marie Gibson.

The practice advisors are trained in providing personalised support and motivational counselling. They can offer people information and advice on a number of nicotine replacement therapies including mouth sprays, patches, mints, nasal sprays, micro tabs, chewing gum, inhalators and medicines such as Champix.

Don't hold back, book an appointment now!

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. The nasal flu programme will also include children up to the age of 17 if they are on a disease register.

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

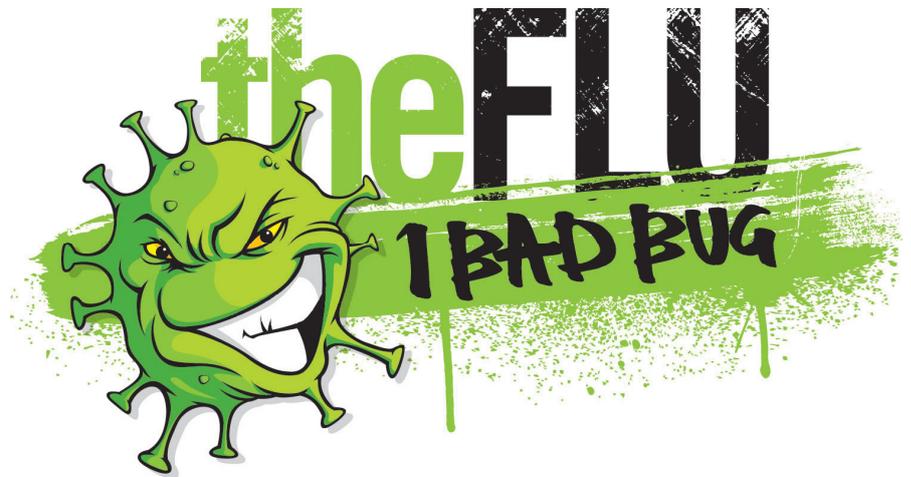
- Diabetes
- Heart Disease
- Chronic Respiratory Disease
- Chronic Kidney Disease
- Chronic Liver Disease
- Chronic Neurological Disease
- Immunosuppression

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.



NHS REQUIREMENT—THE FRIENDS AND FAMILY TEST



The Practice under the NHS contract are required to give patients the opportunity to provide anonymous feedback, called the 'friends and family question' from **1st December 2014** as follows:

How likely are you recommend our GP practice to friends and family if they needed similar care or treatment?

Extremely likely, Likely, Neither likely nor unlikely, Unlikely, Extremely unlikely, Don't know

Why?

The feedback obtained will be used to highlight good experiences as well as opportunities for improvement. The results will be published in-house monthly at the corresponding site with any action the practice is taking. Please be reassured you will not have to complete this on every visit to the practice but opportunistically when you feel you wish to.

Practice Team Update

The practice partners Dr Jerry Thompson and Dr Naveen Mohan have recently taken on another partner called Dr Adrian Field-Lucas who joined the team on 1st July 2014. He qualified in 1977 from the University of Newcastle upon Tyne and his medical interests include endocrinology, haematology and minor injuries.

The partners have also decided to take on a salaried GP called Dr Priya Lakshmanan with a view to her becoming a partner in the foreseeable future. Dr Priya Lakshmanan will be starting on 10th November 2014 having relocated from Sheffield and her clinical interests include general medicine, women's health and teaching.

Unfortunately Dr Naveen Mohan will be leaving the Practice on 17th October 2014 as his family are relocating to Boston.

Lisa Wild the Practice Manager is pregnant, due 15th January 2015, and will therefore have a period away on maternity leave. If you wish to talk to a senior member of staff during her absence please contact Rachel Brown the Lead Practice Nurse.

CHRISTMAS AND NEW YEAR OPENING

Monday 22nd December 2014 OPEN

Tuesday 23rd December 2014 OPEN

Wednesday 24th December OPEN

Thursday 25th December 2014 CLOSED

Friday 26th December 2014 CLOSED

Monday 29th December 2014 OPEN

Tuesday 30th December 2014 OPEN

Wednesday 31st December 2014 OPEN

Thursday 1st January 2015 CLOSED

Friday 2nd January 2015 OPEN



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

