



Harbury Surgery Newsletter

Autumn 2013



Carers News

Guideposts Carers Support is holding events over the coming months that Carers in the Practice area might be interested in. Please contact Guideposts for more information on any of them on Tel: 0845 600 9980 or email: carerssupport@guidepoststrust.org.uk.

- Fibromyalgia Awareness Week - 8th-15th September 2013
- World Lymphoma Day - 15th September 2013
- Lupus Awareness Month - October 2013.
- World Mental Health Day - 10th October 2103
- Back Care Awareness Week - 7th-11th October 2013
- Psoriasis Awareness Week - 1st-7th November 2013
- Alcohol Awareness Week - 18th-24th November 2013
- Carers Rights Day - 29th November 2013
- International Day of Persons with disabilities - 3rd December 2013

These events are specifically for **Carers** of people with the above conditions. The website for Guideposts is <http://www.guidepoststrust.org.uk/warwickshire/carers-services/> which offers a wealth of information.

Seasonal Flu Clinics

You are eligible for a vaccination against flu if you fall into the following groups:

- over 65 years old
- asthmatic or have a chronic respiratory disease
- chronic renal disease
- chronic liver disease
- chronic heart disease
- chronic cardiovascular disease, including stroke and transient ischaemic attack (TIA)
- diabetes
- impaired immunity due to disease or treatment (immunocompromised)
- multiple sclerosis and related conditions or those with hereditary and degenerative diseases of the central nervous system
- carer

2013 Flu clinics will be held at Harbury Surgery and at Bishops Itchington Surgery at the following times:

Harbury Surgery

Saturday 5th October from 9am – 11am
Wednesday 16th October from 4pm – 6.00pm

Bishops Itchington Surgery

Wednesday 9th October from 4pm – 6pm
Saturday 19th October from 9am – 11am

There is no need to book an appointment, just come along. The earlier clinics tend to be busier, but as we have plenty of flu vaccines, you can safely attend one of the later and quieter clinics. A flu vaccination is required every year to ensure you are fully protected. In addition to the flu jab, we also offer a vaccination against pneumonia. This is generally only required once in a lifetime, (in exceptional circumstances a booster may be required), so if you have not had one before, please ask for it when you have your flu jab, or you can arrange an appointment to have this at any time of the year.

If you are housebound, you should telephone the Surgery to be added to a list for home visit flu jabs. This will be carried out by the District Nurses if they already come to see you, or by the Surgery Nurses.

Shingles Vaccine

Along with the flu jab, if you are aged 70 on 1 September 2013 (those born between 2 September 1942 and 1 September 1943) you will be invited to have the new shingles vaccine.

Most of us had chickenpox when we were young and some will not be aware that we've had it. If we did have it, then the virus that caused it can stay in our bodies for the rest of our lives without our knowing it is there. Sometimes, however, the virus reactivates when we're older and causes a disease called shingles. So shingles isn't like other infectious disease because you don't catch it from someone else.

Shingles can be very painful and tends to affect people more commonly as they get older. The older you are the worse it can be. For some the pain can last for many years. The new vaccine can reduce your risk of getting shingles or reduce the severity of its symptoms should you develop the disease. You only need to have the vaccine once.

If you are not yet 70 you will be invited for the vaccine in the year after your 70th birthday and there will also be a catch up programme where you will be invited in the year following your 79th birthday if you missed the invite at 70. If you are over 79 you will not be offered the vaccine as it has been shown to be less effective for those in their 80's.

New Rotavirus Baby Vaccine

From 1 July 2013 a new vaccine against rotavirus infection, a common cause of diarrhoea and sickness, is being offered to all babies as part of the NHS childhood vaccination programme. The rotavirus vaccine will be given to babies at 2 months of age and again at 3 months alongside their other routine childhood vaccinations. The vaccine, called Rotarix, is given as a liquid from a dropper straight into the baby's mouth for them to swallow.

Rotavirus is a highly infectious stomach bug that typically strikes babies and young children, causing an unpleasant bout of diarrhoea, sometimes with vomiting and fever. Most children recover at home within a few days, but nearly one in five will need to see their doctor, and one in 10 of these end up in hospital as a result of complications such as extreme dehydration.

Appointments

We would like to clarify the appointment system that we have in place at the moment.

Our appointments telephone line is open from 8.00am Monday to Friday. If you are booking a routine appointment we aim to offer an appointment 48 hours from the time of the call. You can book up to 6 weeks in advance. However, if you feel you need an emergency appointment you will first be offered an appointment with our Nurse Practitioner, who can prescribe. If you feel that your problem can only be dealt with by a doctor you will be added to the Nurse's triage list and she will call you back the same day for assessment. If she then agrees that you need to see a doctor she will make the appointment. Our receptionists cannot book you an emergency appointment with the doctor (only when the triage nurse is away). We have found this the most effective way to utilise the doctor's time and saving you a wasted journey to the surgery.

From October this year we plan to implement a system where you can book your own online routine appointment with the doctor and order any repeat medications. You can apply to the surgery for a username and password and use this to access our computer system. We think this will be easier for some patients and free up some of our receptionist's time. We will further advertise this closer to the date of implementation.

**If you would like our quarterly newsletter emailed to you,
please request this by emailing Mandy.brain@harburysurgery.nhs.uk**