

# EMSWORTH SURGERY QUACK AUTUMN 2017



## New Staff

We are delighted to announce that Dr Alexandra Marriott, who was with us for 18 months as a GP Registrar, is staying on with us in a permanent position. Dr Marriott will be taking on Dr Herbert's patients from the 1<sup>st</sup> October 2017.

We also welcome Donna White, our new Healthcare Assistant, who is working full time.

## Flu Clinics

This year we have a quadrivalent flu vaccine rather than the trivalent vaccine which we have had in previous years. This means the vaccine this year protects you against 4 strains of the virus rather than 3 and this vaccine is not available everywhere.

We order in thousands of flu vaccines each year on your behalf and so we would prefer you to be vaccinated in the surgery. By getting vaccinated at the surgery it helps us to keep your records up to date and saves us sending invitations to patients unnecessarily. Please don't feel you are doing us a favour or saving us time by getting your flu jab done elsewhere.

It takes 2 weeks to develop a full antibody response to the flu vaccine and it protects you for 6 months so the best time to get vaccinated is in October and it should cover you ALL winter. In the run up to Christmas we all spend a lot of time with friends family and in crowded areas, ie. shopping, parties, family events etc. so make sure you are protected against flu.

Flu clinics will be held on the following Saturdays, 23<sup>rd</sup> September, 30<sup>th</sup> September and 7<sup>th</sup> October from 8am – 12.30pm. You can book in for the clinics at the front desk or online by visiting our website if you have a password (obtainable at reception). You are welcome to walk in to these clinics without a pre-booked appointment if you are eligible for a flu injection though it does help us if you do book in advance. For those patients who can only get to the Westbourne Surgery there will be clinics held on the afternoons of Fridays 29<sup>th</sup> September, 6<sup>th</sup> and 13<sup>th</sup> October 1.40pm – 3.30pm. These clinics are for adults only, aged 16 and above.

### You are eligible to receive a free flu jab if you:

- are 65 years of age or over
- are pregnant
- are very overweight
- have certain medical conditions: Any chronic long-term diseases (eg heart, lung, neurological, cancer) or anything that impairs your immunity (eg. medication such as steroids, chemotherapy)
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- are a healthcare worker with direct patient contact, or a social care worker

### Children eligible for vaccination in accordance with national recommendations for 2017/18:

- Those aged two and three years old on 31 August 2017 (but not four years) are eligible for vaccination in General Practice
- Children in reception class and school years 1, 2, 3 and 4 (those aged 4-8 on 31 August 2017) are eligible for flu vaccination in school.
- **At-risk children** include those who have a long-term health conditions such as asthma and other respiratory diseases, liver, kidney and neurological conditions including learning disabilities, even if well managed.
- **The nasal spray vaccine** is a 'live' vaccine but the viruses in it have been weakened so they cannot cause flu. It is not suitable for all children, including those who are severely asthmatic or immunocompromised, or are on salicylate therapy. Children with egg allergy can have the nasal vaccine. However, parents whose children have a history of severe egg allergy with anaphylaxis should seek advice.

We will be holding separate clinics for children during the week.

### **Urgent on the Day Appointments**

As many of you will know, the duty doctor will phone patients back who request an urgent same day appointment and will give you a time to come in to see a clinician if necessary. Unfortunately, we are unable to see any patients who just turn up to the surgery wanting to be seen on the same day. Should you come to the surgery the doctor will request that you go home and wait for a telephone call. We have to work the system this way because on the day demand is so great.

### **Email Addresses**

If you would be happy for the Surgery to contact you by email please could you complete a form at the front desk in order that we can add this to your contact details. If you have already supplied us with your email address please could you remember to let us know if there are any changes to that address in order that your details can be updated.

Likewise if you have any changes to a landline, mobile telephone number or address please let us know. Thank you.

### **Proposed New Surgery**

You may well be aware that the surgery has been considering its options to locate to a different site for many years now and more recently to an alternative site at Redlands Grange in Emsworth. This would offer the potential for us to develop a surgery, services and new facilities which can better meet the demands and expectations that our patients rightfully demand and expect. We hope that you had the opportunity to complete our survey regarding the proposed new build. The survey has now closed and a report will be produced shortly. We will keep you informed of any progress.

### **News from the Patient Participation Group**

Having witnessed the years of frustration by the doctors and staff of Emsworth Surgery with the health authorities in their attempts to provide a new Surgery at the EVCH site, the Patient Participation Group are fully supportive of their plan to move to a new building at the Redlands Grange development where there is designated land available for the building and car parking. There is also a bus stop nearby. The majority of our patients do, in fact, live North of the railway line.

Our next health education talk will be on Wednesday 27th September at St James Church, 7pm to 9 pm. This will be by Nick Brunt, a senior paramedic trainer and the subject is First Aid, simple to serious. Do you know how to deal with stings, nettle, wasp, bee hornet and horsefly? How do you treat scalds and burns, cuts and abrasions? How do you deal with haemorrhage, fractures, or choking? How would you recognise a stroke, sepsis and meningitis? Do come along to this talk on matters that everyone should know and feel free to ask questions.

Jim Strudwick, Chair, Emsworth PPG.

### **Abdominal Aortic Aneurysm Screening**

The NHS invites all men for Abdominal Aortic Aneurysm (AAA) screening in their 65<sup>th</sup> year and our patients are now being invited. Symptoms will not usually be noticed with small aneurysms. Screening is offered so that aneurysms can be detected early and monitored or treated which greatly reduces the chances of the aneurysm causing serious problems. Men are six times more likely to have an abdominal aortic aneurysm than women. The chance of having an aneurysm increases with age and patients are at higher risk if they are or have been a smoker, have high blood pressure or if any of their relatives has or have had an abdominal aortic aneurysm.

Around 1 in 25 men in England aged between 65 and 74 have an abdominal aortic aneurysm. There are around 6,000 deaths each year in England and Wales from ruptured abdominal aortic aneurysms. The programme targets men aged 65 and over because 95% of ruptured AAA's occur in this group.

If you are male and aged over 65 you can self-refer to the AAA Screening Programme by phoning **02381 206279**.