

## Special Influenza Issue

### OUR 2018 FLU CLINICS

This year the NHS will be offering you or your family members different types of flu vaccines. The one you are given will depend on your age and whether or not you or your family member are in a high risk group. These groups are in the box on the right.

The vaccines will be delivered to us in batches at different times over the next eight weeks. We will write to eligible registered patients in early September inviting them to have a vaccine. If you have **not** received a letter by September 21 and think you may be eligible for a flu vaccination, please ring our office on 01494 478640.

Our clinic dates are below.

#### ADULTS 18 AND OVER: NO APPOINTMENT NEEDED

October 6	Saturday	8am - 1pm
November 3	Saturday	8am - 2pm

#### CHILDREN AND ADULTS: NO APPOINTMENT NEEDED

November 10	Saturday	8am - 1pm
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#### CHILDREN UNDER 18: PLEASE BOOK AN APPOINTMENT

October 16	Tuesday	4.30pm - 6.30pm
October 18	Thursday	2.40pm - 6.30pm
October 20	Saturday	9.00am - 11.00am
October 23	Tuesday	11.00am - 12.30pm
November 1	Thursday	2.40pm - 6.30pm

**PLEASE MAKE SURE THAT YOU ONLY ATTEND A CLINIC IF YOU HAVE RECEIVED AN INVITATION FROM US.**

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#### WE HAVE FLU JABS AVAILABLE FOR:

**Pregnant women**

**Those aged 65 and over**

**People in long stay residential homes**

**Carers**

**Children: over the age of 6 months with a long-term health condition**

**Children : aged 2 and 3 on August 31 2018 – that is, born between September 1, 2014 and August 31, 2016**

**Chronic respiratory conditions such as asthma, COPD, emphysema**

**Chronic kidney, heart or liver disease**

**Chronic neurological conditions such as multiple sclerosis, Parkinson's disease, motor neurone disease**

**People with diabetes mellitus**

**People with spleen problems or no spleen**

**People with a weakened immune system eg with HIV, AIDS, having chemotherapy or on steroids**

**People who are seriously over weight, Body Mass Index 40 or above**

# About Influenza

**What is influenza?** - Influenza is caused by a virus. There are three types of virus, known as A, B and C which cause illness in humans.

**Why is a vaccine necessary?** - The virus genes change frequently. So it is more able to survive our immune systems. The changes are monitored by the World Health Organisation which advises countries on which strains are most likely to happen in the year ahead. Those strains are then included in the flu vaccine developed that year. If you are in a group for whom vaccination is recommended, it is important to have the vaccine every year. Occasionally there is a mismatch between the circulating virus types and what is in the vaccine. Then effectiveness can be less. However, it still offers some protection to people who are immunised. That also protects to those around them to whom the viruses may have otherwise spread.

**How is the influenza virus spread?** - It spreads in droplets of mucus and sputum and the aerosols caused by sneezing. People with mild or no symptoms can spread influenza. People who live and eat healthily may have severe influenza.

**What are the symptoms of influenza?** - Symptoms begin 1-5 days after exposure to the virus. It can be spread by people with mild or no symptoms. You may get fever, chills, headache, muscle and joint pains, extreme fatigue, a dry cough, sore throat and /or stuffy nose. Young children may get diarrhoea and vomiting.

**What are the complications of influenza?** - The more common ones are bronchitis, middle ear infections in children, sinusitis and bacterial pneumonia. Less commonly people may have meningitis, encephalitis, both or influenza pneumonia. Pregnant women are also at increased risk of having premature babies, low birth weight or smaller babies and seriously ill babies.

**When is influenza most likely to happen?** - Between September and March.

**Who is most likely to be affected?** Last year the highest impact was in older adults, with more deaths in people in care homes and over 65. Those at most risk of more serious conditions are pregnant women and babies under six months, as well as people with certain underlying health conditions.

**How can we prevent the influenza virus from spreading?** First, cover your mouth and nose if you sneeze or cough. Try to cough into a tissue or handkerchief. Bin the tissue right away, wash the handkerchief as soon as possible. Wash your hands afterwards. These steps will help to reduce the chance of you spreading the virus.

Having an influenza vaccination is the most effective action you can take. It will improve your own immunity. It will also prevent the virus from spreading to other people. The flu vaccine is the best protection you can have against a virus that can change from year to year and cause severe illness and death among at risk groups.

## Children's vaccines

Children at risk under 2 years old have a vaccine injection. Children over 2 years old have a nasal spray vaccine.

## HOW WE MAKE SURE YOU RECEIVE THE RIGHT CARE

When you contact us our receptionist will ask you questions about your condition. This is to make sure you see the right person at the right time for that condition.

The receptionist works to instructions from the Partners. They use these to suggest the best member of our team for you to see. That person may be a doctor, physician associate, clinical pharmacist, nurse or healthcare assistant at Cherrymead. Sometimes you may be advised to see your community pharmacist, optician, dentist or other member of the community team. You do not have to tell the receptionist about your condition. However that may cause a delay in your receiving care.

**The Receptionists are trying to help you, not obstruct you.**

**Please be courteous to them at all times.**

## WELL PERSON HEALTH CHECKS

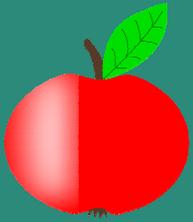
We do not offer routine Well Person Health Checks. This is not a service which has been commissioned from us.

**However:**

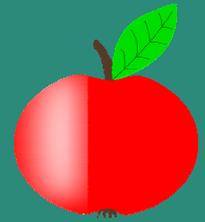
**if you are aged 40-74 and are eligible :** we will book you in for an NHS Health Check to assess your risk of cardiovascular disease.

**if you are over 75 and have not seen a GP for 12 months:** we will see you for a check up if you request one.

**if you are under 75 and not eligible for an NHS Health Check and haven't been seen in the last three years:** we will assess your situation individually.



# Let's Talk Health



## Health Information Meetings

The Cherrymead Surgery Patient Reference Group (PRG) organizes a number of Health Information Meetings for patients every year. Many health topics could be covered. Hence, we decided to conduct a small survey. It asked patients for the subjects they would like to be covered at the meetings.

103 patients were interviewed in the Waiting Rooms of the Surgery. Those interviews resulted in a list of 89 different suggestions. Each patient could suggest more than one topic. Twenty-two were suggested by several patients. We are pleased to say that we have held meetings on seven of the ten most requested.

The results give us many options to consider. Not least is how best to strike a balance between repeating meetings on some subjects and having meetings on new topics.

Then there are practicalities. They include identification of organisations to contact and the availability of possible speakers. Some speakers may want payment.

When we have a plan for next year, we will provide an outline in a future edition of this Newsletter.

For more information on how you can get involved with the Patient Reference Group, come and meet us at one of our regular Meet The PRG sessions or email us .

[prgcherrymead@gmail.com](mailto:prgcherrymead@gmail.com)

## Prostate Cancer Meetings

The PRG invited patients to a Health Information Meeting on Prostate Cancer on 27 June. We were overwhelmed by the response. More than 140 said they would attend. The capacity of the Waiting Room at the Surgery is about 50.

The PRG booked places for the first 50 responses. We put the others "on hold" whilst we tried to arrange additional meetings. Our speakers were very helpful and agreed to two more meetings on 18<sup>th</sup> and 25<sup>th</sup> July.

The "on hold" group were then asked if they wished to attend one of those meetings, and which they could attend. 70+ responded. They were divided into two groups of similar size. Thus, about 120 patients attended a meeting.

Each meeting differed a little in format. However, the aim was for Chris Ransted, who organised our speakers, to welcome the audience on behalf of the PRG. He then introduced Joe Kearney, our main speaker. Joe is a Uro-Oncology Nurse specialist, and our "expert". His presentation covered:

- General information , signs and symptoms
- Diagnosis, and Stages
- Treatment for localised and advanced Prostate Cancer
- Side effects

Joe took questions throughout his presentation but finished by answering more questions.

Colin McArthur, the final speaker detailed his history as a patient.

The major purpose of the meeting was to provide information. Then, if you had any concerns, you could book to see your Doctor who can arrange for checks and tests including a blood test for Prostate Specific Antigen.

# ENJOY YOUR FIREWORKS THIS SEASON

## BE EXTRA SAFE



For more information on how you can get involved with the Patient Reference Group please email us directly at : [prgcherrymead@gmail.com](mailto:prgcherrymead@gmail.com)

Cherrymead Surgery Patient Reference Group