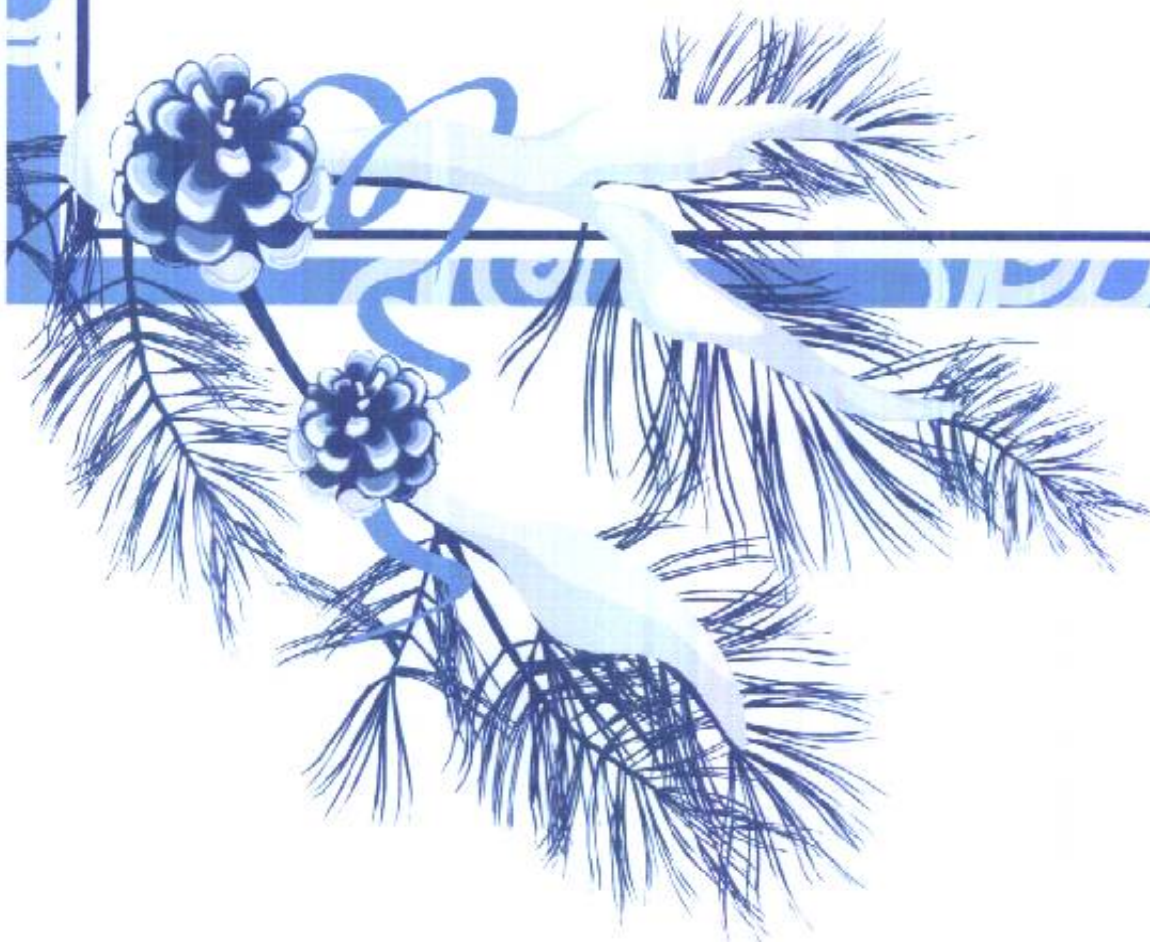


OLD HALL SURGERY

NEWSLETTER

JANUARY - MARCH 2009





The Dr's and staff would like to thanks everybody who kindly and generously gave gifts, chocolate and biscuits over the Christmas period. We hope you had a good Christmas and wish you all the best for a healthy and happy New Year.



CONGRATULATIONS

Congratulations to Samantha Merryweather – Admin Assistant & Receptionist on the birth of her daughter - Gracie, who was born in November.

The Doctors and staff wish them both well and will keep you informed of their progress.



To Dr Helen Bate – our Foundation 2 Doctor who left us in December 2008. She is working in the A&E Department at the Countess of Chester Hospital to finish her studies.

WELCOME

Dr Nick Smith – Foundation 2 Doctor who joined us in December 2008. He will be with us for the next 4 months.

SURGERY OPENING TIMES

In line with Patient Satisfaction Survey opinions Old Hall Surgery has been opening the surgery doors from 8am to 6.30pm daily Monday to Friday to enable patient's access to appointments and to collect prescriptions.

This service has been in operation since 1st July 2008.

There have been some changes to the surgery times and you will be offered what appointments are available when you speak to the staff. The Practice Doctors are always reviewing surgery times and we will advise you as and when any changes are made.

Health and Hygiene

We are committed as a practice to maintaining a high standard of hygiene and we will continue to have a cleaning service between 12.30pm-1.30pm, we ask that you be patient with us during these times.



CHANGING PHONE NUMBERS

Phone numbers – Don't forget to keep us informed if you change your mobile phone number or your house phone number just in case we need to get hold of you urgently.

ANONYMOUS CALL BARRING

IMPORTANT

Do you have call barring at home?

The Practice is unable to contact you if you do.

You may wish to think about adding the Surgery number to your preferred list as if you have a test we may need to contact you urgently.

HPV VACCINATION

This is a vaccination for girls aged between 17 and 18 years olds who were born between **1st September 1990 and 31st August 1991**, to help protect against cervical cancer.

The vaccine that is being offered protects against two types of the virus – types 16 and 18 (out of over 100 types of papillomavirus) – that cause most cases (over 70%) of cervical cancer. It does not protect you against all cervical cancers, so it is essential that you have cervical screening tests when you are 25 and over.

You will need three injections over about six months to get the best protection. It is important that you have all three doses.

Please can we ask you to arrange an appointment with the Practice Nurse for this vaccine – stating it is for HPV?

If you require more information about this matter, please ask at reception for a leaflet or make an appointment with the Practice Nurse or Doctor who will discuss the HPV vaccine with you and be able to answer any further questions you may have on this matter, or if you have internet access please type in www.nhs.uk/hpv where the information is readily available.

MEASLES CAMPAIGN

Over the last decade, the number of children catching measles is rising; in particular this is a significant rise in Western Cheshire.

Measles can be serious, causing high fever and a rash, which can put a child in bed for about five days and may be off school for on average 10 days. More serious complications can include diarrhoea, chest infection, fits, encephalitis (infection of the brain) and brain damage.

A cough or sneeze can spread the virus over a wide area and is very infectious. Some children cannot have the MMR due to conditions such as leukaemia. They can only be protected if enough healthy children are vaccinated, so measles can be eliminated. The risk is greatest in children who have not received the MMR vaccine.

Your child should receive the MMR vaccine at 13 months and again at 3 years and 4 months or soon before starting school.

We are running this campaign to all children and young people under 18 years of age. We ask as parents to please check your child's personal health record to make sure your child has been vaccinated. If not please contact the surgery to arrange an appointment with the Practice Nurse.

HIB VACCINATION CATCH UP PROGRAMME

What is the HIB?

Hib is an infection caused by Haemophilus influenzae type b bacteria. It can lead to a number of major illnesses such as blood poisoning (septicaemia), pneumonia and meningitis.

The hib vaccine only protects your child against the type of meningitis caused by the haemophilus influenzae type b bacteria, it does not protect against any other type of meningitis.

The hib booster vaccination is now offered as part of the preschool booster.

There are a number of children born between 13th March 2003 and the 3rd September 2005, who have already received the preschool booster but not the hib booster.

This is a one off injection and the Doctors are now calling these children back in to offer them this booster.

If you would like further information regarding this vaccine please contact the surgery and either ask for an appointment or telephone consultation with the Doctor or Practice Nurse or visit the website www.immunisation.nhs.uk for this information.

FLU VACCINATIONS

If you have any of the following medical conditions then it is important that you have a flu vaccination to protect you against the flu.

Diabetes

Asthma

Heart Disease

Chronic Liver Disease

It is also recommended if you are over 65 years of age and if you are a Carer for the Elderly.

We are now coming to the end of our flu vaccines at the surgery and if you still require this vaccine, please contact the surgery to arrange an appointment.

EXTENDED HOURS

Ellesmere Port Neston and Chester

Started Friday 1st August 2008

Western Cheshire Primary Care Trust has developed a primary care book ahead service for all patients locally.

This will be an opportunity to book a routine appointment with a GP or Practice Nurse outside of usual GP practice opening hours.

This will not necessarily be your practice GP but Doctors and Nurses working in the Out of Hours service.

Appointments will be bookable up to two weeks in advance and at least 48 hours in advance.

Clinics will be available at

Ellesmere Port Hospital

St Martins Clinic - Chester,

The above clinics will be open

Monday- Tuesday- Wednesday- Thursday - Friday 6.30pm to 8pm

Saturday 10am to 12noon

Helsby Health Centre (Mon-Tue only 6.30pm to 8pm)

The Rookery – Tattenhall (Wed 6.30pm to 8pm & Sat 10am-12noon)

Doctors and Practice Nurses will have limited access to patient clinical notes and **WILL NOT** provide chronic disease management, childhood vaccinations and IUCD (coil) fitting.

Patients requiring an appointment can ring between

8am and 6pm on 01244 364700

This is a new service and will not replace existing services for our patients who need to see a GP on the day or in advance or need a GP when the surgery is closed.

NOROVIRUS

(Winter Vomiting Disease)

This virus is present in our area

Where possible, people with Norovirus like symptoms (abdominal cramps, nausea, vomiting, often projectile in nature and diarrhoea), should be discouraged from visiting their GP Surgery or A&E Department.

People with the infection should be advised not to visit friends or relatives in hospitals or residential care homes.

Self Treatment:

Copious clear fluids, (even if vomiting).

Rest

Paracetamol if feverish