



JANUARY—
MARCH
2012

NEWSLETTER

OLD HALL SURGERY

WWW.
OLDHALLSURGERY
.CO.UK

WELCOME TO OUR NEWSLETTER

We hope you all had a wonderful Christmas and New Year.

This newsletter is our way of keeping our patient's informed of any changes we have to the practice and services we offer to you-the patient as well as any other useful information that we can provide.

We would like to thank all our patients for the lovely gifts, cards and donations we have received from you all over the Christmas period.

WELCOME

Dr Anjum, who joined us in December 2011. Please may we ask that you make her feel welcome and to be patient while she is training with us. Thank you.

GOODBYE

Dr Chelsea Kilpatrick, who has been with us for the last 4 months. She has now returned to the A&E Department at the Countess of Chester Hospital to finish her training. We wish her well for the future.

Old Hall Surgery

Our opening times 8am to 18.30hrs (8am to 6.30pm)

Evening and Saturday morning appointments

GP Extended Hours Service - 01244 385422

If you require an appointment early evening or Saturday morning you can book an appointment at one of the other General Practice Extended Hour's bases.

This can be made up to two weeks in advance, in the evenings and on Saturday mornings. Appointments are available between 6:30pm-8pm Monday to Friday and 10am-12noon on Saturday mornings.

Ellesmere Port Hospital - Monday to Friday and on Saturday mornings

Also

St Martin's Clinic Chester - Monday to Friday and on Saturday mornings

Helsby - Monday and Tuesday

Tattenhall - Wednesday Thursday Friday and on Saturday morning

The Extended Hours service number is 01244 385422

FEEES AND CHARGES FROM 1ST JANUARY 2012

There are a number of services that are not part of our NHS contract. We therefore make a charge for these in line with BMA guidelines.

The fee is to reflect the Doctors time and professional opinion. The fee may include the cost of nursing or secretarial support, stationary and consumables.

A list of all the fees the practice charges is on the notice board in the waiting room for information. Any charges will be advised to you on request.

Medical examinations for Taxi/PSV/HGV have increased. In line with other practices locally we will now be charging if you require a private prescription.



E-mail

wc-pct.ppgohs@nhs.net

Patient Participation Group

Old Hall Surgery launched the group in June 2011. The aim of the Patient Participation Group (PPG) are as follows:

- To encourage a positive relationship between the patients and the surgery staff, both medical and administrative
- To have a voice for the patient in the practice
- To organise information sessions on medical and related topic of interest to patients
- To help with the organisation of self help groups for patients
- To help raise funds for the purchase of extra equipment requested by the professional medical team
- To be realistic about what you can achieve and to look for small changes that can make a real difference
- To work constructively and positively to help identify solutions and to work in partnership with the practice and other local organisations
- Carrying out research to find out what matters to patients and discussing the findings with the practice
- To encourage patients to engage in their own healthcare

Would you like to be part of this group? Pick an application form up from the Group notice board in the waiting room and hand to reception when completed .

If you have internet access you can download an application form from the "Old Hall Surgery" website www.oldhallsurgery.co.uk

PRESCRIPTION REQUESTS

Please note: we do not take requests over the telephone.

You can order your medication via e-mail, in-house or send in your request with a stamped addressed envelope. Please make sure all items required are ticked when ordering.

Please ensure that whichever way you choose to order your prescription, you give us 48 hours notice to process your request, this includes requests from the hospital or other services.

For quick and easy ordering why not try out our Website - www.oldhallsurgery.co.uk
or Email - wcpct.repeatprescriptionsohs@nhs.net

Please also be aware that the Chemist's also use this guideline, so that when you are ordering prescriptions through them this process can take up to 4 days to get your requests back, so please ensure you have enough medication to last about 1 week.



NOROVIRUS (Winter Vomiting Disease)



This virus is present in our area

It is the most common form of gastrointestinal illness in the UK. It can spread rapidly. It is highly infectious but short lived illness from which most people will normally recover in anything from 12 to 60 hours.

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.

There is no specific treatment for norovirus infection and you are strongly advised to stay at home, rest and take plenty of drinks to replace lost fluids.

You should begin to feel better within two-to three-days. If the symptoms persist or appear to be getting worse ask for a telephone consultation with the Doctor but don't visit the surgery as you are likely to pass on infections to others who may be more vulnerable than you.

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

Wash hands thoroughly and regularly at all times but particularly after visiting the lavatory and before eating.

Do not handle or prepare food for other people until you have been free of the symptoms for at least 48 hours.

Update to Dr Phipps' working hours

As some of our patients are aware Dr Phipps reduced his hours back in April 2008 and started working 2 days a week.

Please be aware that this has reduced the amount of appointments that Dr Phipps has available as he now only works 2 sessions to see patients and 1 session teaching our junior doctors in the practice and we unfortunately (under his instruction) are no longer able to pre-book any appointments with him.

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 up to 25 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.

HOLIDAY VACCINATIONS

Changes from 1st January 2012

We have reviewed our policy on providing holiday vaccines free and in line with other practices locally from 1st November we will be charging for vaccines for overseas travel and for Private prescriptions. See below for further information

Vaccinations for the following conditions are usually available **free** on the NHS:

- cholera
- diphtheria, polio and tetanus booster
- hepatitis A
- meningitis C
- typhoid

You will usually have to **pay** for the following vaccinations for overseas travel:

- hepatitis B
- Japanese encephalitis
- other meningitis vaccines
- rabies
- tick-borne encephalitis
- tuberculosis
- yellow fever

Hepatitis B vaccine

The hepatitis B vaccine is usually given free of charge to people in high-risk groups for hepatitis B. However, your GP is not obliged to give the hepatitis B jab free if:

- they think you're not at risk
- you need the jab because of your job

Some employers may have arrangements with a GP or other healthcare service to provide the vaccine free for their employees. This should be checked with employers before booking an appointment

If you need the hepatitis B jab because you're travelling abroad, you will have to pay for it.

If you require a prescription for Malaria medication there will be a charge for the Prescription.

A Schedule of fees follows. **Private Prescription £15.00**

Hepatitis B course of 3 - £111.00

Japanese encephalitis £81.50 to £98.95

Other meningitis vaccines £48.95 - £83.95

Rabies £56.00 per dose

Tick-borne encephalitis per dose Adult/junior £66.50

Tuberculosis

Yellow fever We are unable to provide Yellow fever There is a centre at Great Sutton.