

PRACTICE NEWS !!

July - September



Old Hall Surgery

Welcome to our summer newsletter, we hope you are all enjoying the summer weather and find our newsletter both interesting and informative.

Welcome



We would like to welcome Dr Karen Griffiths who has joined us in June as a Partner in the practice.

CHANGES IN THE PRACTICE FROM 1ST JULY

Dr Birch

Dr Birch is reducing his sessions and will no longer be working a Friday he is working Monday, Tuesday and Wednesdays, some of his sessions will be meetings.

Dr Phipps

Dr Phipps is reducing his sessions to two morning sessions per week a Monday and Wednesday seeing patients and he will be continuing his teaching session one afternoon a week, therefore he will no longer be seeing patients of an afternoon there will be no appointments to book in advance with Dr Phipps.

Please do not get cross with reception staff if you cannot get an appointment with Dr Birch or Dr Phipps.

Dr Nadaph and Dr McCarthy are still with us and working closely with the partners.

Goodluck

to Dr Deacon who is sadly leaving us as she has got a partnership in Wallasey, she will finish here at the end of August. We would all like to wish her luck in the future.

Farewell

to Dr Royles who will be going to the Countess of Chester Hospital in August for further training in medicines, and Dr McGavin who leaves us in August, he will be taking a 2 year voluntary post in a rural hospital in Uganda.

REQUEST FOR A REPORT/LETTER/COMPLETION OF FORMS

If you need a letter, report or a form completed, Doctor is happy to do this, but there is a charge for completing this work. We will ask for this payment in advance. The charge is normally £20, but this may vary depending on the request and the amount of Doctors time needed. These reports will take a few days to complete.



Mobile Phones

Please ensure that your mobile phone is switched off or on silent before entering the surgery.

Out of courtesy to the Doctor please do not use your mobile whilst you are in consultation with the Doctor.

Don't forget that if you change you mobile or landline phone number then we need to know, if a Doctor has to cancel a surgery then we need to be able to ring you to let you know.

PRESCRIPTIONS



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.

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.



Smoking – Cheshire Charter for a Smoke Free Environment

The detrimental effects of passive smoking are now well established and in order to protect its employees Western Cheshire Primary Care is adopting the Cheshire Charter.

This means that when someone such as the District Nurse, Midwife, Health Visitor etc, visits someone at home they will expect to be able to work in a smoke free room. The charter states that no one should have smoked in that room for at least ten minutes. It is expected that this will also apply to visiting Doctors in the near future.

Article written by Dr Birch



Changes to Childhood Immunisations

Previously children have been offered the Hib / MenC vaccination at 12 months old and the MMR and PCV vaccination at 13 months.

From July this year children will be offered the three vaccinations Hib/MenC MMR and PCV vaccinations at 54 weeks of age. The new scheduled 54 week appointment will take place between and replace 12 month and 13 month appointment.

This change is being implemented in line with other Primary Care Trusts in Cheshire and Merseyside based on the conclusions of the joint committee on vaccinations and immunisations, the National Expert Body that it is acceptable to give all three immunisations together from the age of 12 months.

This will reduce the burden on parents as they will only have to visit the surgery once, rather than on the two occasions. It is important for your child to have the immunisations in light of the increasing case of measles and mumps in recent years.

Childhood Vaccinations

2 months	DTaP/IPV/Hib Pneumococcal Vaccine
3 months	DTaP/IPV/Hib Men C Vaccine
4 months	DTaP/IPV/Hib Pneumococcal Vaccine Men C Vaccine
54 weeks	MMR Pneumococcal Vaccine Hib/Men C
3 years to 5 years	DTaP/MMR
13 – 18 years	Tetanus, Diphtheria and polio

Drink Awareness



What's the difference between drinking normally and binge drinking?

Two large glasses of wine may not seem like very much. But drinking six units of alcohol in a short space of time – an hour, say – will raise your blood alcohol concentration (BAC) and could make you drunk very quickly. Drinking the same amount over several hours, and accompanied by food for example, will not have the same effect on your BAC.

What are the effects of binge drinking?

Getting very drunk can affect your physical and mental health:

- In extreme cases, you could die. Overdosing on alcohol can stop you breathing or stop your heart, or you could choke on your vomit.
- Nearly a third (29%) of alcohol related deaths are a result of alcohol related accidents. These deaths are more common among 16–34-year-olds.
- Binge drinking can affect your mood and your memory and in the longer term can lead to serious mental health problems.

If you feel you need help contact your GP or call Drinkline, the national alcohol helpline on 0800 917 8282. It's free and confidential or Alcoholics Anonymous is a support group for people who are dependent on alcohol. There are branches all over the country. Call 0845 769 7555.

Going on Holiday Soon !



TRAVEL HEALTH TIPS

- Check what immunisations you may need with our Practise Nurse and give yourself plenty of time to book in for them before leaving for your time abroad.
- Assemble some kind of medical kit prior to departure.
- Ensure that you have adequate travel insurance for your planned activities and that it includes a repatriation (air evacuation) clause
- In developing countries the vast majority of travel health problems are caused by drinking contaminated water, eating contaminated food, insect-borne disease or accidents. Drink bottled or boiled water. Avoid ice in drinks, salads, uncooked food, street food, “chef’s specials” (often yesterday’s leftovers) and seafood (especially if you are a long way from the sea).
- . Use effective anti-insect measures, wear an insect repellent.
- Be aware of dangerous currents. Take care if walking barefoot, of stings, bites.
- Always remember your hat, sunglasses and **Sun Cream** !!!