

# **THE BLACKHEATH STANDARD SURGERY NEWSLETTER**

*AUTUMN EDITION 2015*

Welcome to the autumn edition of our Patient Newsletter. If you have any comments or suggestions please do not hesitate to let us know.

*OUR NEWSLETTER IS ALSO AVAILABLE TO VIEW ON THE PRACTICE WEBSITE:*

[www.blackheathstandardsurgery.com](http://www.blackheathstandardsurgery.com)

## **SEASONAL FLU VACCINATIONS**



The flu season is now upon us and is one of the biggest causes of short term illness. It affects 15-20% of the population and is highly contagious

We offer 'at risk' groups the flu vaccine at a certain time each year to protect you against the flu virus.

You may have been invited for a flu jab if you are:

Over 65 years of age

Pregnant

Or have:

A serious heart or chest complaint, including asthma

Serious kidney disease

Diabetes

Lowered immunity due to disease or treatment such as steroid medication or cancer treatment

If you have ever had a stroke

ALL healthy children who are aged 2, 3 and 4 years old are invited to receive a new flu vaccine this year. This is in the form of a nasal spray.

The Flu vaccination is available at the surgery now. Please make an appointment to see one of the Practice Nurses.

You may also be offered a vaccination against pneumococcal disease which can cause severe pneumonia or a new zoster vaccine to reduce the chance of getting shingles and neuralgia.

Carers are eligible for the free flu vaccination (as the welfare of the person they care for may be at risk if the carer falls ill). If there is someone you rely upon to care for you, we suggest they contact their own GP Practice

### **PERTUSSIS VACCINATION**

The Pertussis vaccination is available to all pregnant ladies once they reach their 28th week of pregnancy. This vaccine will provide protection for your new born child against whooping cough. It is safe to have the whooping cough vaccine with your flu vaccine and receiving either vaccine should not be delayed. Even if you were vaccinated as a child you should still have the vaccine to boost your immune response and antibody production against whooping cough.



If you have not yet had your Pertussis vaccination please make an appointment with the Practice Nurse.

### **FGM**

FGM is illegal in the UK. It is also an offence for UK nationals or permanent UK residents to carry out FGM abroad or to assist the carrying out of FGM abroad. The maximum penalty for an offence is 14 years' imprisonment. No religious doctrine supports FGM. FGM has serious long-term health consequences for the girls and woman affected. Be informed, be aware and be ready to flag a concern. Don't let it damage another generation. For more information visit [www.fco.gov.uk/fgm](http://www.fco.gov.uk/fgm)



### **CARE.DATA**

#### **IMPORTANT INFORMATION FOR PATIENTS RE INFORMATION SHARING**

NHS England intend to share some of the information held by your GP Practice with other NHS services to help plan and improve services.

The Practice has NO choice but to allow the HSCIC to extract this information.

**IF YOU DO NOT WANT YOUR INFORMATION TO BE SHARED PLEASE CONTACT THE SURGERY AND LET US KNOW.**

We will add a code to your records which will stop any of your information being downloaded to HSCIC (Health and Social Care Information Centre)

If you have no objections to your information being shared with HSCIC but do not want this information to be shared by them with other services we can add a code to your records to prevent this from happening.

NHS England have produced a leaflet explaining what information they will be collecting and how it will be used. For more information about the data extract and how to opt out of sending your confidential information Please ask one of the receptionists for a leaflet.

**ONLINE APPOINTMENTS**

You are now able to book a doctors appointment online using our online booking service. It is called “myvisiononline” which is a booking service where you can book an appointment to see the doctor yourself. You can also request a repeat prescription. You must be over 16 years of age and you will need to register for this service. You will also need you own personal email address; we cannot accept shared or work email addresses.

Speak to a member of the reception team for more information or visit our

Website: [www.blackheathstandardsurgery.com](http://www.blackheathstandardsurgery.com)

**SURGERY HOURS AND APPOINTMENTS**

The surgery is open Monday to Friday from 8.00am – 6.30pm.

Appointments can be made up to 2 weeks in advance for a doctor or 6 weeks in advance to see the Nurse or Health Care Assistant. If your problem is urgent then you can make an appointment to be seen on the day by the duty doctor. If you require one of these appointments please contact the Surgery as early as possible in the morning.

Requests for home visits should be made before 10.30am if possible

Dr N Patel holds a Commuter Surgery for patients that work on Mon – Thurs 07.00-08.00. These appointments can be booked up to two weeks in advance.

**REPEAT PRESCRIPTIONS 48 HOUR SYSTEM**

Just a reminder that we require 48 hours notice for repeat prescriptions.

The 48 Hour Repeat Prescription System is in place so that the Practice can continue to prescribe appropriately and safely.

If you are on repeat medication and you reach your maximum number of issues, you must make an appointment to see the doctor or nurse for a medication review before a further prescription can be issued. If you do not need to be seen please allow 48 hours, i.e. 2 working days, for your prescription to be ready.

Repeat prescriptions can also be ordered via our website

**BLOOD AND URINE TESTS AND RESULTS**

Blood and urine tests are at the request of the Doctor or Nurse only. If you have had a blood or urine test please telephone the surgery between 12 noon and 3.00pm as this gives the doctor's time to view the result and action as necessary