



# OLD HALL SURGERY



# NEWSLETTER



JULY - SEPT 2013



# GOODBYE

Dr Louise Nuttall – who is returning to the Gynaecology Department at the Countess of Chester Hospital.

Dr Craig Unwin - who will become a fully qualified GP having passed all his GP exams.

We wish Dr Unwin and Dr Nuttall good luck for the future



# WELCOME



Dr Josephine Hutchinson and Dr Nicholas Smith who are both Registrars and will be with us for the next year. Please make them feel welcome.

Sue Carruthers a new receptionist. Please be patient with her whilst she is learning the job

**Our opening times are Monday to Friday 8am – 6.30pm**

## Computer system change - APRIL 2013

We would like to say a big **THANK YOU** for your patience when we changed the computer systems in April.

We are still learning on the new system and still having training sessions from the supplier, to help us learn more about the system.

We are sure that this learning will go on for a considerable amount of time, and we ask that you still be patient with us.

**THANK-YOU.**

**Family Planning Clinic,  
Stanney Lane, Ellesmere Port  
0151 350 3304**

## MOBILES PHONES WHILE IN CONSULTATION

**PLEASE SWITCH YOUR MOBILE OFF OR PUT IT ON SILENT WHILST ON SURGERY PREMISES**

**The Doctors and Practice Nurses has asked that mobile phones be switched off or put on silent whilst you are consulting them.**

Patients taking personal calls or texting whilst in with Doctor or Nurse puts back the running of surgery times and this impacts on other patients waiting to be seen.



We ask that if you need to use your phone whilst on surgery premises that you go outside. This will ensure that you do not distract both staff and patients waiting to be seen as you talking on your phone can be overheard. If you miss your appointment whilst doing this you will need to re-book the appointment.

# CHILD IMMUNISATIONS UPDATE

## Rotavirus Vaccine

Rotavirus is a highly infectious stomach bug that typically strikes babies and young children, causing an unpleasant bout of diarrhoea, sometimes with vomiting, tummy ache and fever.

Most children recover at home within a few days, but nearly one in five will need to see a Doctor and one in 10 of these end up in hospital as a result of complications such as extreme dehydration. A very small number of children die from Rotavirus infection each year.

From July 2013 a new vaccine against Rotavirus infection will be offered to all babies as part of the NHS childhood vaccination programme. It will be given when babies are two months and three months old.



Some of the virus is in the vaccine and this helps your baby build up immunity so that the next time they come into contact with Rotavirus they will not get the disease. The virus in the vaccine is weakened, so your baby won't get Rotavirus disease just from having the vaccination.

It has been shown to protect against 90% of the rotavirus strains that are in circulation in the UK.

When to Immunise	Diseases protected against
Two months old	Diphtheria, tetanus, pertussis, polio and Haemophilus influenzae type b (HIB)
	Pneumococcal disease
	Rotavirus (from July 2013)
Three months old	Diphtheria, tetanus, pertussis, polio, and hib
	Meningococcal group C disease (MenC)
	Rotavirus (from July 2013)
Four months old	Diphtheria, tetanus, pertussis, polio and hib
	Pneumococcal disease
Between 12 and 13 months old – within a month of the first birthday	Hib, MenC
	Pneumococcal disease
	Measles, mumps and rubella (german measles)
Three years four months old or soon after	Diphtheria, tetanus, pertussis and polio
	Measles, mumps and rubella
Girls aged 12 to 13 years old	Cervical cancer caused by human papillomavirus types 16 and 18 (and genital warts caused by types 6 and 11)
Around 14 years old	Tetanus, diphtheria and polio
	MenC

# IMMUNISATION UPDATE

## Shingles Vaccination

The UK-wide vaccination programme begins in September 2013. Initially, people aged 70 and 79 will be offered the Shingles vaccine. This is a single injection and can be given at the same time as the seasonal flu vaccine.

The vaccine has been tested for safety in clinical trials involving more than 32,000 adults. In rare cases there may be an allergic reaction to the vaccine and one of its components, neomycin.

Elderly people are at particular risk of shingles.

The varicella-zoster virus is responsible for causing Chickenpox and Shingles. Both (herpes zoster) are marked by an outbreak of rash or blisters on the skin. People who have had Chickenpox in the past are at risk of developing Shingles because the virus remains inactive in certain nerve cells of the body and can become active later in life.

There is evidence to suggest that a weakened immune system may cause the virus to break out of its dormant state, multiply, and move along nerve fibres to the skin.

You may be at risk of shingles if you:

Have a weakened immune system (such as people with Cancer or HIV)

Are Over 50

Have been ill

Are experiencing trauma

Are under significant stress

Symptoms of Shingles include:

Pain that is itching, stabbing or shooting

Tingling feeling in or under the skin, which is red in the affected area

High temperature, chills and headache

After a few days, a rash appears as a band of raised dots, usually on the one side of the body. The rash can appear around the waistline or on one side of the face or torso. The rash eventually develops into red, fluid-filled, round, painful blisters. These blisters usually begin to dry out within a few days or weeks.



**Have you arranged a  
Telephone Consultation  
with the Practice Nurse  
regarding Travel  
Vaccinations**



# FLU CLINIC

## Saturday Morning Sessions

After last year's success of running the FLU Clinic on a Saturday morning, the surgery has decided to do this again this year.

These clinics will run on



**Saturday 5<sup>th</sup> October**  
**and**  
**Saturday 12<sup>th</sup> October.**

Please ring the surgery in September to book an appointment or ask at reception.

**DO NOT WAIT FOR OUR CALL WE ARE BUSY WITH  
LOTS OF OTHER CHANGES**



**PLEASE RING US**

Or you may miss your vaccination

At this time we will also be offering a Pneumovax vaccination (vaccine against pneumonia) if you haven't already had one



**AND**

A new vaccine to protect against shingles for patients who are aged 70 and 79. You can have this at the same time as the flu vaccination

# HOSPITAL APPOINTMENTS

If you are referred to a hospital by one of the Doctors for further tests or investigations and the appointment you have is not convenient then please ensure that you contact the hospital to CANCEL or CHANGE it.

If you have a follow up or further appointment arranged by the hospital that is not convenient then please contact the hospital to cancel or change it.

If you fail to attend your hospital appointment and try to arrange another, you may find that the hospital have discharged you from the clinic and will not give you another appointment. You will then be advised that you need a new referral to the clinic and to contact your GP to arrange this.

A missed appointment is a waste of valuable NHS time and lengthens the time for other patients waiting for an appointment.

If you have a mobile number please ensure that the practice are aware of it and tell the hospital as they can send you text reminders about appointments



## PRESCRIPTIONS

### 48 HOURS NOTICE FROM ORDERING TO COLLECTION

We have been receiving numerous phone calls recently asking if prescriptions are ready or to order over the phone, **PLEASE NOTE:** we are very busy trying to deal with more in depth enquiries and feel this is a waste of a phone call.



Prescriptions ordered will be ready as follows:-



**Do you require  
Stop Smoking  
Support  
Telephone  
0800 043 5134**

<u>Day ordered</u>	<u>Ready</u>
• Monday AM	Ready Wednesday PM
• Monday PM	Ready Thursday AM
• Tuesday AM	Ready Thursday PM
• Tuesday PM	Ready Friday AM
• Wednesday AM	Ready Friday PM
• Wednesday PM	Ready Monday AM
• Thursday AM	Ready Monday PM
• Thursday PM	Ready Tuesday AM
• Friday AM	Ready Tuesday PM
• Friday PM	Ready Wednesday AM

You can request your prescriptions via our website –

[www.oldhallsurgery.co.uk](http://www.oldhallsurgery.co.uk)

# BE CLEAR ON BOWEL CANCER

Bowel cancer screening aims to detect bowel cancer at an early stage in people with no symptoms. In England the bowel cancer screening programme is offered to men and women between the ages of 60 -69 every two years (anyone over 70 can request a screening kit by ringing the free phone helpline).

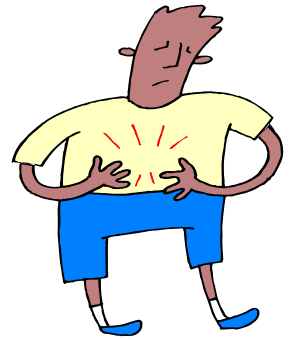
You don't need to wait until you are part of the bowel cancer screening programme if you are worried about any symptoms that you think might be caused by bowel cancer. Make an appointment with your Doctor or call the Bowel Cancer UK information and Support Service on 0800 840 3540 or email:

[support@bowelcanceruk.org.uk](mailto:support@bowelcanceruk.org.uk).

The Support Service does provide special kits for the blind/ partially blind, please mention this to the Receptionist when you contact them.

The symptoms of bowel (colorectal) cancer can be:

Bleeding from your bottom and/or blood in your poo  
A change in bowel habit lasting for 3 weeks or more especially to looser or runny poo  
Unexplained weight loss  
Extreme tiredness for no obvious reason  
A pain or lump in your tummy



You might experience one, some, all of the above or no symptoms at all. Remember most symptoms will not be bowel cancer.

Just remember you'll not be wasting anyone's time by getting checked out. If it isn't serious, you'll put your mind at rest. If it's bowel cancer, early detection can make all the difference. Over 90% of people who are diagnosed at the earliest stage are successfully treated. So a trip to your Doctor could save your life.

When you receive you kit do not put to one side and forget to complete it.

If you have not received a kit please call the free phone number on 0800 707 6060 (Mon – Fri 9am-5pm).

If you are attending surgery and require a Kit please ask a receptionist to ring whilst you are in the building as the Screening Service will ask to speak to you. We do not supply the Kit's.

**Vasectomy Service  
Self Referral  
01244 362474 to arrange  
counselling appointment**

# BREAST SCREENING



## Old Hall Surgery Patients

If you are a woman aged 50 to 70 you will shortly be receiving an appointment to attend for breast screening. This is done 3 yearly and patients at Old Hall are due to be sent for in July/August/September 2013

The breast screening Unit is based at the Countess of Chester Hospital and offer appointments as follows

**Monday 8.40am to 12noon**

**Tuesday/Wednesday/Thursday 1.30pm to 4.30pm**

**Friday 8.40am to 3pm**

If you have difficulties in attending during these times the staff at the unit will be happy to help with an alternative time if possible.

If you would like help with transport to the Breast screening Unit at the Countess of Chester Hospital, contact the unit who will advise of available options

Contact Breast Screening Unit Tel: 01244 365136 e-mail -bscreening@nhs.net

**All the Doctors at Old Hall Surgery would encourage you to attend for this screening. If you have any concerns about being screened they would be happy to discuss this with you by telephone or in a consultation**

What is breast screening?

Breast screening is a method of detecting breast cancer at a very early stage. The first step involves an x-ray of each breast - a mammogram - which is taken while carefully compressing the breast. Most women find it a bit uncomfortable and a few find it painful. The mammogram can detect small changes in breast tissue which may indicate cancers which are too small to be felt either by the woman herself or by a doctor.

What does the NHS Breast Screening Programme do?



The NHS Breast Screening Programme provides free breast screening every three years for all women aged 50 and over. Because the programme is a rolling one which invites women from GP practices in turn, not every woman receives an invitation as soon as she is 50. But she will receive her first invitation before her 53rd birthday. Once women reach the upper age limit for routine invitations for breast screening, they are encouraged to make their own appointment.

The programme is now phasing in an [extension of the age range](#) of women eligible for breast screening to those aged 47 to 73. This started in 2010 and is expected to be complete by 2016.

**In September 2000, research was published which demonstrated that the NHS Breast Screening Programme had lowered mortality rates from breast cancer in the 55-69 age group.**