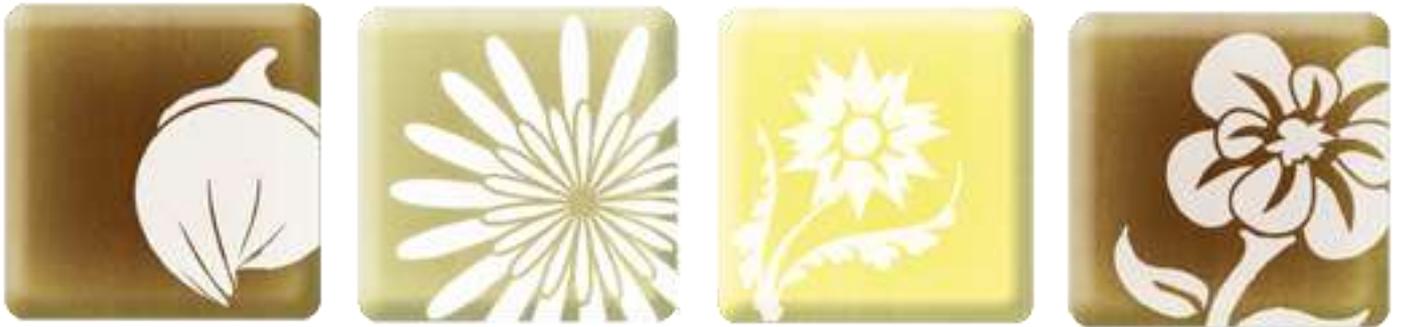




OLD HALL SURGERY



NEWSLETTER



OCT - DEC 2013



CHANGES TO THE APPOINTMENT SYSTEM

The Practice has had to review how the Doctors deal with patients who request an appointment on the day, in the morning. This has been brought about because of the increased demand to General Practice which the Practice can no longer meet.

For the foreseeable future, if you require an appointment on the same day, you will have a telephone assessment with a Doctor who will either deal with your problem over the telephone **OR** give you an appointment to see a Doctor, the same day or we hope to be able to offer appointments within a few days. This will not necessarily be the Doctor you have spoken to earlier on.

You will still be able to book an appointment in advance with the Doctor of your choice, and will still be up to 3 weeks in advance.



HAVE YOU CHANGED YOUR
TELEPHONE NUMBER
PLEASE INFORM US SO WE
CAN UPDATE YOUR
INFORMATION



CONFIDENTIALITY

We have had a number of people phoning in or coming to reception asking for information regarding other patients.

Please note for confidentiality purposes we are only allowed to give the information to that person only (aged 16 years and over).



HAVE YOU GOT A COMPUTER?

ARE YOU ON REPEAT MEDICATION?

Have a look at our website – www.oldhallsurgery.co.uk

On the left hand side of the home page, click on the Prescriptions / Repeats prompt. This will direct you to the online prescription form. Please complete all the fields provided (you may only have 1 item, so only complete that field) then click the submit prompt at the bottom of the page.

The surgery will check and collect all the e-mails on a regular basis throughout the day.

Please be aware that the prescription process is still 48 hours.

FLU CLINIC

Saturday Morning Sessions

After last year's success of running the FLU Clinic on a Saturday morning, the surgery will be holding clinics on a Saturday again this year.

These clinics will run on

Saturday 12th October
and



Saturday 19th 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

**We will still have clinics available throughout the week –
Monday to Friday with the Practice Nurses. Please ask at
reception for an appointment.**



Pregnant women and the flu jab

If you're pregnant, you're advised to have the injectable flu vaccine, regardless of the stage of pregnancy you've reached.

That's because there's strong evidence to suggest that pregnant women have an increased risk of developing complications if they get flu.

If you're pregnant, you will benefit from the flu vaccine because it:

- reduces your chance of getting serious complications of flu, such as pneumonia, particularly in the later stages of pregnancy
- reduces your risk of having a [miscarriage](#) or your baby being born prematurely or with a low birthweight, due to flu
- will help protect your baby because they will continue to have some immunity to flu for the first few months of their life

It's safe to have the flu vaccine at any stage of pregnancy, from conception onwards. The vaccine doesn't carry any risks for you or your baby. Talk to your GP or midwife if you are unsure about the vaccination.

Flu vaccination for babies

An annual [flu vaccine for children](#) is available on the NHS for all two and three year olds.

It's given as a nasal spray and will be offered to all children who were aged two and three on September 1 2013. That is, children with a date of birth on or after September 2 2009 and on or before September 1 2011.

Flu jab for health and social care workers

Outbreaks of flu can occur in health and social care settings, and, because flu is so contagious, staff, patients and residents are all at risk of infection.

If you're a frontline health (NHS) and social care (nursing home) worker, you can protect yourself, your colleagues and other members of the community, by having the flu vaccine, you can also have this vaccination if you CARER for someone who is elderly or disabled.

Please make an appointment at Reception for the Practice Nurse.



Pneumonia vaccination

We will also be offering a Pneumovax vaccination (vaccine against pneumonia) to over 65's if you haven't already had one. Please mention this to the Receptionist when booking your appointment that you would like to have with a flu vaccination.

Shingles vaccination

A vaccine to prevent shingles, a common, painful skin disease is now available on the NHS to people aged 70 and aged 79.

The shingles vaccine is given as a single injection. Unlike the flu jab, you'll only need to have the vaccination once.

The vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter. You can have this vaccination even if you have had shingles in the past.

[Shingles](#) can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over-70s who develop it.

Please make an appointment at Reception for the Practice Nurse.



WORKING TOGETHER TO IMPROVE YOUR HEALTH

A FREE NHS HEALTH CHECK

Everyone is at risk of developing heart disease, stroke, diabetes or kidney disease.

The good news is that these conditions can often be prevented even if you have a history of them in the family.

The checks are part of a new national scheme to help prevent the onset of these problems. All patients aged between 40-74 years old who have not been diagnosed with any of the conditions mentioned will be invited to a health check.

Health checks are done by the Practice Nurse or the Health Care Assistant at the surgery and takes around 30 minutes of your time.

The checks involve a blood pressure reading, a blood test to check your cholesterol level and a range of simple questions about your family history.

After the check is completed you will be taken through your results and what they mean. Each patient will be given personalized advice on how to lower your risk and maintain a healthy lifestyle.

By having the check and following the advice you can improve your chances of living a healthier life, so we ask if you are invited to have this health check.

Please spare the time to attend.

Breast Screening – Old Hall Surgery Patients

If you are a woman aged 50 to 70 you may have already or 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.

HEAD LICE INFORMATION

Head lice are tiny tan to greyish-white, wingless insects which live by sucking blood from the scalp. Their eggs, called nits, are laid glued to the base of the hair and if you look carefully, you can often see them.

Head lice are most common in school children and this is down to the close head to head contact that children often have at school.

Despite popular belief, head lice cannot fly; jump or swim. Another myth about head lice is that they only like clean hair. Head lice have no preference for the cleanliness of the hair they live in. The most common symptoms of head lice is an itchy scalp although itching may not develop immediately after becoming infested and, sometimes you might be able to spot them in your hair. If your child has head lice, your local pharmacy is a good first port of call for advice on how to get rid of them.



There are two main treatment types:

- **INSECTICIDE TREATMENTS** – You can buy various sprays and lotions from your pharmacy. These should only be used as insecticides if you have found a live head louse. Treatment is generally applied twice, leaving seven days between the applications – this kills any new lice that may have hatched. All members of your household that have head lice should be treated at the same time. Some insecticide treatments may not be suitable if you are pregnant, breastfeeding or have asthma or allergies. If the lice appear to be unaffected by the product (some lice may have developed resistance to a particular insecticide) or if the problem persists, ask your pharmacist for more advice.
- **WET COMBING** – This can be a good alternative if insecticides are not suitable for you. Wet combing involves using a plastic fine-toothed comb (you can buy these from most pharmacies) on wet hair to remove the lice. You need to do this every four days for a minimum of two weeks, until you haven't seen any full-grown lice for three consecutive sessions. The process involves: wash the hair using ordinary shampoo, rinse, and apply plenty of conditioner, before using a wide – toothed comb to straighten and untangle the hair. Once the comb moved freely through the hair without dragging, switch to the louse detection comb. Make sure the teeth of the comb slot into the hair at the roots with the bevel-edge of the teeth lightly touching the scalp. Draw the comb down to the ends of the hair with every stroke and check the comb for lice. Remove the lice by wiping or rinsing the comb. Work methodically through the hair, section by section, so that the whole head of the hair is combed through. Rinse out conditioner and repeat the combing procedure in the wet hair. Repeat the procedure on days 5, 9 and 13 so that you clear young lice as they hatch, before they have time to reach maturity.

Whatever treatment you decide to use, you should check to make sure it has worked by combing through your child's hair seven days after you have done the treatment. Don't be alarmed if you find any nits, these might be empty eggs cases.

Unfortunately, it is not possible to prevent head lice from occurring again once you have treated your child's hair. You can however check your family's hair for lice regularly which will help to prevent them from breeding and laying nits. It can be difficult to treat head lice because they can have a high re-infestation rate and they have the ability to develop resistance to some insecticides that are in some medications. It is generally thought head lice will not develop immunity to the newer silicone and oil-based preparations because they have a physical rather than a chemical action on the lice. For more advice about head lice please visit your local pharmacy that operates a NHS scheme to provide combing kits.



HEALTH AND SOCIAL CARE DATA EXTRACTION

The Electronic Health Record is a new system for storing information about your health. Instead of putting your details on paper, they will be stored on a computer. It will allow your family doctor and other NHS staff, to view up to date information about you and your health. NHS Western Cheshire has chosen to adopt this new way of storing health information.

Using the Electronic Health Record will help the NHS to modernise and improve patient care. It will give those NHS staff who are allowed to see your records access to a full range of up to date information about you and your health and it will enable them to access the information whether you make a routine surgery visit or need out of hours care or advice. This can be done without being able to identify any individual person. Having information about trends will help the NHS to plan and develop new services.

Nothing will change. The NHS staff that has access to your records now, will be the NHS staff that will have access to your Electronic Health Record. The only change will be that it will be quicker and easier for them to get information.

Strict controls ensure that your information is kept secure. The number of people who can look at your record is limited to those directly involved in your care. All of the staff works to a '**code of conduct for handling personal identifiable information**'. They are also bound by a common law of duty of confidence to ensure that your information is not disclosed inappropriately.

The Data Protection Act 1998 allows you to find out what information about you is contained in your medical record, subject to certain conditions. If you wish to do so, you need to make a written request to your family doctor or to a NHS organisation responsible for your care. There may be a small charge for printed copies.

If you are happy for your information to be shared you do not need to do anything. There is no form to fill in and nothing to sign and you can change your mind at any time.

If, for any reason, you do not want your information to be shared and contained in the Electronic Health Record, you can ask to opt out. To opt out you must first discuss this with your family doctor. Arrangements will then be made for access to your records to be restricted.

If you require more information, including a list of frequently asked questions (FAQs), please visit the websites www.wcheshirepct.nhs.uk, www.hscic.gov.uk and www.nhs.uk/caredata where you can get leaflets in other languages and formats or you can speak to the staff at your GP Practice.



USEFUL NUMBERS TO KEEP



Dressing Clinic

Stanney Lane Clinic 0151 350 3316
Please make sure you have your NHS number available



X-Ray

Ellesmere Port Hospital 01244 363043
Please wait 24 hours for your referral to go through before making your appointment



Antenatal

Stanney Lane Clinic	0151 350 3300
Stanlaw Abbey	0151 356 0626
Great Sutton Clinic	0151 339 2208
Westminster Children's Centre	0151 356 8989



Health Visitor

Stanney Lane Clinic 0151 350 3325/3326



District Nurse

Stanney Lane Clinic 0151 355 9833



Social Services

0151 357 4500
