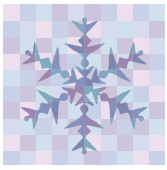


CHURCH VIEW SURGERY NEWS

January 2011

Drs Lightfoot, Drayson, Crabbe and Toogood www.collinghamurgery.co.uk



Welcome to our winter newsletter which we hope will keep you informed of developments and changes in the practice, and NHS services in our locality.



Influenza and vaccination.



I am sure everyone is aware that there has been a lot of viruses and flu around over the Christmas period. Now there is a real shortage of the seasonal flu vaccination, which is usually given in October and

December to "at risk" people, such as the over 65s, and people with chronic diseases. In autumn 2010 we had less people than usual accepting their invitation, for vaccination as it seems people had become complacent about the risks of flu, perhaps because the swine flu epidemic of last year never became the severe outbreak that was predicted. This year the H1N1 virus that causes swine flu was incorporated in the seasonal flu vaccination, which also covers other prevalent flu strains. Now that the media have splashed around the story of the high levels of flu, lots of people are coming forward for vaccination, late in the season, but there is now a severe shortage of vaccine. We can still only give it to the "at risk" groups, which now include pregnant women. I understand that the DOH are about to release some pure swine flu vaccine from last year that we will be able to use for "at risk" groups. If you are in an "at risk" group and haven't been vaccinated this

winter season against flu and wish to be considered, please inform reception and you will be put on the waiting list and contacted when, and if vaccine becomes available.

Viral infections

Just a word about the management of viral infections. Remember that anti-biotics are not effective against viruses and are very rarely needed for secondary bacterial infection unless you suffer from chronic lung disease. The upper respiratory infection that has been around this winter causes a sore throat developing into a painful but usually quite dry cough, which feels raw and painful and is often associated with hoarseness. You can feel quite unwell with fever, and aches and pains, especially in the first 5-7 days, and then the cough can persist for 3-4 weeks and may produce some yellow or green phlegm after the first few days. The only



treatment is to ease the symptoms, so take paracetamol regularly for pains and fever, and have warm drinks and use steam inhalation to ease cough and tickly throat. Stay at home in the first few days

when you are feverish and infectious to prevent spread to work colleagues. Use tissues once and then bin them, and pay attention to hand hygiene. Try not to come to the surgery or ask for visits unless you are in an "at risk" group or have very severe symptoms. Things to worry about are persisting high fever, shortness of breath, chest pains, severe vomiting/diarrhoea which is causing dehydration, confusion or delirium. If you are not sure, request a telephone appointment to discuss your situation.

Dis-

pensary and pre-
scriptions



We need 48 hours

(2 working days), to turnaround prescription requests. The dispensary gets ever busier due to increasing amounts of medications being prescribed and due to increasing life expectancy. To reduce stress amongst the staff and to make prescribing and dispensing safer for everyone, please be understanding about why we need longer. Please try and request your medications in good time. Remember weekend and bank holidays do not count, and please try not to bother the Out of Hours doctors with requests for routine medications, just because you have forgotten to order in good time. Keep an eye on your medication review date and make an appointment with Doctor or Nurse (as appropriate) in good time for your review.

NHS numbers

The NHS are now using NHS numbers to confirm a patient's ID. If you would like to know your NHS number, please ask at reception and they will be happy to supply you with it.



Dr Jane Graham and Dr Kirsty Baldwin.

Dr Graham will be returning from her maternity leave in April. She will be working 2 days a week, Mondays and Wednesdays. I am pleased to say that Dr Kirsty Baldwin, who has been doing part of her locum work will be staying on permanently in the practice working Fridays.

Cold weather

It has been a harsh winter so



far, and there could still be plenty more to come.

Think ahead and order medication in plenty of time, as it might be difficult to get out to the surgery or the chemist. If you are elderly and have trouble getting out when it is snowy and icy, ask friends or neighbours to help you out with shopping and getting prescriptions. Keep warm by wearing plenty of layers. Make sure you have sensible, warm foot wear with good grips. If you can't get to the surgery and you need advice, take advantage of the telephone appointments. We are happy to call you rather than see you, if it is difficult for you to get here. We can discuss your symptoms with you and decide if you need to be seen, either with a house call, or ask you to make the effort to get to the surgery for an examination.



Website

Check out our surgery website! [www.-collinghamssurgery.co.uk](http://www.collinghamssurgery.co.uk).

It has practice information, and you can also email repeat prescription requests.

Suggestions are always welcome. Let us know what you think about the practice, the newsletter or anything else. There is suggestion box in the lobby or you can email you comments via the website.