**Nurse Update**

**Flu Vaccinations**

**Newsletter Oct 2021**

**Get the vaccination — not the flu!** It is very important to protect yourself against flu by simply having the free vaccination here at the surgery if you are eligible. You are eligible for a free flu vaccination at the practice if you:

•Have diabetes

•Are pregnant

•Are aged 50 and over

•Have a BMI of 40 or above

 •Care for a friend, relative or neighbour

•Are 2 or 3 years old

•Have a long-term condition which places you at higher risk of flu virus complications

 If you are not eligible for a free flu vaccination, then unfortunately you cannot have a vaccination here at the surgery.

This year, there are THREE different types of flu vaccine available:

1. Nasal spray vaccine — this vaccine has been proven to be most effective in children and young people aged 2 to 17.

2. Quadrivalent injected vaccine — this vaccine has been proven to be most effective in people aged 18 to 64.

3. Adjuvanted trivalent injected vaccine — This Vaccine has been proven to be most effective in people aged 65 and over. If you will be turning 65 before March 2022 then you will be eligible for this vaccine as well.

**Cervical Screening & HPV testing**

Every person with a cervix aged between 25 & 64 should be regularly invited for cervical screening by letter.

Cervical screening (a smear test) checks the health of your cervix. It's not a test for cancer; it's a test to help prevent cancer. During a smear a small amount of cells will be taken & sent to the lab to be checked for certain types of HPV that can cause changes to the cells of your cervix. These are called high risk types of HPV. If these types of HPV are not found, you do not need any further tests. If these types of HPV are found, the sample is then checked for any changes in your cervix. These can then be treated before they get a chance to turn into cervical cancer. Attendance is currently at its lowest in 21 years in England. The main reasons given not attending were embarrassment, a lack of awareness or putting it off. It shows that women were too embarrassed to attend smear tests because of their body shape the appearance of their vulva and concerns over smell. Remember nurses do thousands of smear tests a year, every patient will be different but they are too busy trying to find your cervix than worrying about any of the issues above. So please, if you have received a screening invitation then call us to book an appointment. 

**Childhood immunisations**

We are urging parents to bring their children for their routine childhood immunisations at the surgery when they are due. It is important that routine childhood immunisations are started and completed on time. This will help protect your child from a range of serious and sometimes life-threatening infections. Infections like measles and meningitis are not as common as they used to be in this country but this is only because of high levels of vaccination. It is very important that we continue to prevent outbreaks by making sure children get vaccinated.



**Pneumococcal and Shingles vaccinations**

**Pneumococcal**

The Pneumonia vaccine is available for patients over 65 or in at risk groups; the vaccine protects against pneumococcal infections which can lead to pneumonia. It is a single dose vaccination that gives lifelong protection.

**Shingles**

A vaccine to prevent shingles, a common, painful skin disease, is routinely offered to older people. Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. The vaccine is a one off injection which gives lifelong protection.



**Newsletter Oct 2021**

**Patient Participation Group (PPG)**

**Would you like to be more involved in your GP practice? Join Our PPG!**

It gives practice staff and patients the opportunity to discuss topics of mutual interest in their own practice. It is a forum for patients and staff to improve and develop services within the practice by co-production. Providing an opportunity for patients to make positive and constructive suggestions/ideas about the practice and specific medical conditions as an 'expert' or 'experienced patient' and involve further patients from the wider population.

Patients will have a better understanding and knowledge of the practice and its staff. Allowing patient’s to gain a better understanding of the difficulties practice staff face. Patients will benefit from improved communications between patients and staff and the practice will benefit from patients help meeting targets and objectives.

You can sign up to our PPG on our website <https://www.everglademedicalpractice.nhs.uk> and click **on ‘Patient Participation Group’** or email nclccg.ppgeverglade@nhs.net with your full name, date of birth and contact number. You will receive email updates about the practice and local information. We meet at the practice 4 times a year.

**Practice appointments**

We are still asking patients not to attend the practice to book appointments to reduce the amount of foot traffic in the building. Our phone lines are extremely busy and patients should only call before 10am for an appointment. Anyone calling for results, prescriptions or any other quiry will be asked to call back after 10am. This will help us to reduce the wait at our busiest time of the day.

**Long term condition reviews**

For those of our patients who have long term Chronic Diseases such as : Diabetes, Asthma, Chronic Obstructive Pulmonary Disease, Cardiovascular Disease, Hypertension and Mental Health you require an annual review of your condition, these reviews vary dependent on the condition and our team will identify the appointments you need to support your care. Routine Long Term Condition Annual reviews are there for many reasons, to check you are doing well with your condition, for health education and monitoring ongoing health care

A blood test appointment is required for certain conditions, and this will include a mini-health screen which will include your height, weight, pulse check, blood pressure and lifestyle information. For diabetic patients you will also be offered a foot check as ensuring good circulation to your feet is essential to maintaining your good health. This will provide us with general information about your health to monitor your care. Dependent on your condition you may also be offered an annual review discussion of the results of the above with a GP or Nurse Practitioner. Both of these appointments will be made at the same time. We are beginning to start booking these reviews following the COVID pandemic and you may find that the period from your last is more than 12 months, If this is the case, please contact reception to book this appointment.

While we encourage patients to attend these reviews, if you can’t, or don’t want to attend, we would be grateful if you could notify us so that we do not send you any more reminders until the following year.

**Patient face to face appointments**

If you are unable to attend a face to face appointment at the practice please do try and let us know as soon as possible by phone or email.

Between 1st May 2021 and 31st August 2021 **486** face to face appointments were not attended. **This works out to an estimated 85 hours of clinical time wasted.** These DNA appointments cost the NHS between £120 and £160 an appointment.