



MARDEN NEWS

The monthly newsletter from Marden Medical Practice

September 2018

Flu Vaccines There are 3 types available this year. All over 65yr olds will be offered a different type of vaccine to those with chronic disease and we will also be offering the nasal vaccine to children under 16.

You are eligible for the flu vaccine this year (2018/19) if you will be aged 65 and over on March 31st 2019 – that is, you were born on or before March 31st 1954. So, if you are currently 64 but will be 65 on March 31 2019, you do qualify.

Flu-related illness is a major problem for older patients and can lead to complications, hospitalisation, or even death. Each year around 10,000 people in the UK die from the consequences of flu. If you have an underlying health condition (such as chronic heart, kidney, liver or respiratory disease) the flu may make your condition worse. As the flu virus changes every year, it is important to get vaccinated every winter.

Fluad is recommended by the NHS as an effective flu vaccine and specifically helps to protect those aged 65 years and over. Like all vaccines it can cause side effects but most reactions are mild or moderate and resolve within 1 to 2 days.



Serious side effects of the injected flu vaccine are very rare. You may have a mild fever and aching muscles for a couple of days after having the vaccine, and your arm may be a bit sore where you were injected. Side effects of the nasal spray vaccine may commonly include a runny or blocked nose, headache, tiredness and some loss of appetite. The best time to have a flu vaccine is in the autumn, from the beginning of October to end of November. If you have any worries or questions about the flu vaccine, please talk to us at the surgery, we are here to help.

You can have your NHS flu vaccine at your GP surgery, a local pharmacy offering the service, your midwifery service if they offer it for pregnant women. Some community pharmacies now offer flu vaccination to adults (but not children) at risk of flu including pregnant women, people aged 65 and over, people with long-term health conditions and carers. If you have your flu vaccine at a pharmacy, you don't have to inform your GP – it is up to the pharmacist to do that.



Flu vaccine is the best protection we have against an unpredictable virus that can cause unpleasant illness in children and severe illness and death among at-risk groups, including older people, pregnant women and those with an underlying medical health condition. Studies have shown that the flu vaccine will help prevent you getting the flu. It won't stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free, but if you do get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been. There is also evidence to suggest that the flu vaccine can reduce your risk of having a stroke. Over time, protection from the injected flu vaccine gradually decreases and flu strains often change. So new flu vaccines are produced each year, which is why people advised to have the flu vaccine need it every year too.

Useful Numbers

- Health Visitors 452300
- District Nurses 277709
- RSH 261000
- Family Planning 283382

Pharmacies

- Rowland's On Site
369446
- Asda 276810
- Sainsbury's 244744
- Taylor - Radbrook
249931
- Williams Co-op
344277
- Conway 352352
- Lunt's - Hereford Rd
351918
- Boots - Pride Hill
351311
- Rhodes 343998
- Boots - Copthorne
350747
- Boots - Coleham
362496
- Lloyds - Riverside
344523
- Tesco
845449
- Pharmacy Express
245715

For 2018, there are 3 types of flu vaccine: a live quadrivalent vaccine (which protects against 4 strains of flu), given as a nasal spray - this is for children and young people aged 2 to 17 years eligible for the flu vaccine. A quadrivalent injected vaccine - this is for adults aged 18 and over but below the age of 65 who are at increased risk from flu because of a long-term health condition and for children 6 months and above in an eligible group who cannot receive the live vaccine. An adjuvanted injected vaccine - this is for people aged 65 and over. If your child is aged between 6 months and 2 years old and is in a high-risk group for flu, they will be offered an injected flu vaccine as the nasal spray is not licensed for children under 2.



*Book your flu jab today or talk to your GP
or practice nurse for more information.*



DNA (DID NOT ATTEND)

A DNA is someone who **DID NOT ATTEND** an appointment at the surgery and did not tell us beforehand. The Doctor or Nurse were waiting, but the patient did not attend. DNAs are a serious problem for the NHS. Research shows that around 13 million GP appointments and 6 million practice nurse appointments are missed each year.



On average, 80 patients' DNA appointments each month, that's 960 appointments each year (the equivalent of over 13 hours of clinician time and 13 hours admin time per month) not only is this a waste of valuable administrative resources, it also means the number of appointments available for patients is reduced by each DNA that occurs.

Due to an increase in the number of wasted appointments through patients failing to attend without informing the practice, it has become necessary to implement the following Policy:

If you fail to attend an appointment without letting us know, you will be sent a leaflet and a letter asking if there are any specific problems preventing you from letting us know.

 If you fail to attend two consecutive appointments without informing us, we will write to you reiterating our practice policy.

If you fail to attend three consecutive appointments, you may be removed from the Practice List and will have to find an alternative Doctor.

If you are unable to attend your appointment, please let us know as soon as you can, it only takes a phone call, just tell us you are unable to attend, we can then offer the appointment to another patient.

REMOVE



**Thank you for
your cooperation**

Dr Liz May has returned from Maternity Leave.
She will be working all day on a Tuesday and Friday.



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