

Hampton Surgery

FLU CLINIC

THURSDAY 27th September 2012 (3-7pm)

Those eligible for a seasonal influenza vaccines are:

- **All those aged 65 & over**
- **All those aged 6 months & over and in one of the clinical groups listed below**

At risk clinical groups:

- Chronic respiratory disease including asthma
- Chronic heart disease
- Chronic renal failure
- Heart failure
- Immunosuppression
- Diabetes
- Chronic liver disease
- Pregnant Woman
- Some neurological conditions
- Those in receipt of a carers allowance
- Those in long-stay residential care homes

Appointments will be available for booking after 5th September 2012 so please call the surgery on 01675 442510 after 11am to book your place at the flu clinic

Pneumococcal Vaccination

In addition to the flu vaccine we also offer the opportunity to be vaccinated against one of the types of pneumonia which may affect people as they get older. The Chief Medical Officer recommends anyone over 65 years of age should have this vaccine. Unlike the yearly seasonal flu vaccine, the pneumococcal vaccine usually needs only one vaccination. It can be given at the same time as the flu vaccine so if you think you are eligible please mention this when booking your seasonal flu vaccine.

Do you take insulin for your diabetes?

The National Patient Safety Agency (NSPA) & NHS Diabetes have developed an Insulin Passport & Patient Information Booklet for all adult diabetic patients who are using insulin.

During the next few months all patients who take insulin for their diabetes are to be issued with an 'Insulin Passport' for them to carry at all times to provide accurate identification on their current insulin products and enable essential information to be passed between healthcare sectors.

If you are insulin dependent you will shortly be asked to attend a review to be issued with this passport. However, you don't have to wait for us to contact you. You can call the surgery 01675 442510 and ask to book a double appointment with one of the nurses so you can be issued with your insulin passport. **This passport will need to be issued before you next order a prescription of your insulin.**

ARE YOU A DRIVER TAKING INSULIN or A TABLET THAT CARRIES A RISK OF YOU HAVING A HYPO?

If you are a driver taking insulin or a tablet that carries a risk of you having a hypo, the DVLA have issued new guidelines about your ability to recognise and treat hypos and whether you should notify the DVLA. It also requires you to plan in advance, management of your condition before you get behind the wheel of your vehicle.

Leaflets regarding the changes can be obtained from the surgery or you can access more information regarding this at the following links:

Diabetes UK: www.diabetes.org.uk

http://www.diabetes.org.uk/Guide-to-diabetes/Living_with_diabetes/Driving/

Driver & Vehicle Licensing Agency: www.direct.gov.uk/motoring

Patient Participation Group Back in the middle of 2011 a newly reformed Patient Participation Group was set up at the practice. The Group meets regularly to offer patients the opportunity to take an active interest in their healthcare. Our aim is to agree priorities that would enhance the patients' needs and to develop the services offered by the surgery. As well as meeting regularly with some of the practice staff, the patients on the group try to canvass the opinions of other patients.

We are always looking for patients to join the PPG and would ask anyone that is interested to speak to the Practice Manager who can put you in contact with members of the PPG so you can get some more information.

CHOOSING THE RIGHT CARE

The Practice is continuing to work hard with the local Commissioning Group to reduce inappropriate attendances at A&E departments. Overleaf is some guidance as to your best option of the care to choose when you are injured or unwell.

PLEASE NOTE that if your child is under 16 and you are looking for treatment for something other than a minor injury you are best attending Heartlands or Warwick Hospital as there is no longer an in house Paediatric Department at Solihull Hospital.

IF YOU OR SOMEONE YOU KNOW NEED THIS NEWSLETTER TO BE MADE AVAILABLE IN A BIGGER PRINT PLEASE CONTACT THE SURGERY ON 01675 442510.

Choose well

For fast, effective, expert health treatment or advice, go to the right place

Accident and Emergency (A&E) services come under enormous pressure. Many patients using these services could be treated more appropriately elsewhere. Sometimes it is better to see a GP or pharmacist or call a helpline.

The information on this page will help you decide if you need medical attention and what to do. It explains what each NHS service does and when it should be used.

Choosing well means you will get the most appropriate treatment. It also allows busy NHS services to help the people who need them most.



Life threatening and severe illness and injury

For example: Choking Chest pain Blacking out
Heavy blood loss Serious injury Fits

Go to the nearest hospital **accident and emergency department (A&E)** or call **999**. Children who appear very unwell or need urgent treatment for a serious illness or injury should be taken to Heartlands Hospital A&E rather than Solihull Hospital.



Non-urgent illness or minor injury

For example: Cuts Strains and Sprains Vomiting Earache Backache

Contact **your GP practice** or go to Solihull Healthcare and Walk-in Centre. The Healthcare and Walk-in Centre is immediately on the left as you enter the Solihull Hospital site in Lode Lane, Solihull. It is open from 8am until 8pm every day of the year. You can walk in and be seen without making an appointment or you can book an appointment up to four weeks in advance. The telephone number is 0121 709 7711.



Minor ailment

For example: Diarrhoea Runny nose Painful cough Headache

Go to **your local pharmacist** or ask someone to go for you. Your local pharmacist can give you advice on common ailments and the medicines you need to treat them. Many pharmacies are open on Sundays and some late into the evening. Some pharmacists can also provide Hormonal Emergency Contraception.



In need of advice

Unwell? Unsure? Confused? Need help?

Contact **NHS Direct on 0845 46 47** or visit **www.nhsdirect.nhs.uk**. NHS Direct offers confidential health advice and information 24 hours a day. Contact NHS Direct if you have any questions about your health. The service can also help you to make the right healthcare choice and find health services in your local area.



Very minor illnesses and injuries

For example: Grazes Sore throat Cough Hangover

Self-care is the best choice for treating very minor illnesses and injuries. Be prepared by keeping a stock of essential medicines including painkillers, anti-diarrhoea medicine, oral rehydration mixture and indigestion remedy, as well as plasters, antiseptic cream and a thermometer.

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