

Flu Clinic Dates For Your Diary

Flu Clinic: The Practice is offering Flu Clinics for patients eligible for free vaccinations under the NHS on the following dates:

Saturday 16 September – Much Wenlock Medical Practice 8.30 am – 12.00

Saturday 30 September – Cressage Medical Practice 8.30 am – 12.00

There will also be evening Flu Clinics available on Tuesday evenings at Much Wenlock and Friday afternoons at Cressage. Please Contact Reception for further dates and times information.

*if you are not eligible for a flu vaccination on the NHS you can obtain from local chemists and super markets – a reasonable charge will apply *

Flu – what, why, who

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

How Flu Spreads Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Complications of Flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Who should be immunised against the seasonal flu virus? Seasonal flu is the particular type of flu virus that arrives in the UK each autumn. The actual type varies from year to year. The new jab is developed each year to protect against the expected type. The flu jab takes up to 14 days for full protection after having the jab.

The Department of Health (DH) issues advice as to who should be immunised. The aim is to protect people who are more likely to develop complications from flu. Current advice is that you should be immunised against the seasonal flu virus each autumn if you:

- Are aged 65 or over.
- Have any ongoing (chronic) lung diseases.
Examples include chronic bronchitis, emphysema, cystic fibrosis and severe asthma (needing regular steroid inhalers or tablets). It is also recommended for any child who has previously been admitted to hospital with a chest infection.
- Have a chronic heart disease.
Examples include angina, heart failure or if you have ever had a heart attack.
- Have a serious kidney disease.
Examples include nephrotic syndrome, chronic kidney disease, a kidney transplant.
- Have a serious liver disease such as cirrhosis.
- Have diabetes.
- Have a poor immune system.
Examples include if you are receiving chemotherapy or steroid treatment (for more than a month), if you have HIV/AIDS or if you have had your spleen removed.
- Have certain serious diseases of the nervous system such as multiple sclerosis or have had a stroke in the past.
- Live in a nursing home or other long-stay residential care accommodation. In addition to the main at-risk groups of people listed above:
- You should be immunised if you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill with flu.
- Staff involved in direct patient care (including nursing and care homes) may be offered a flu jab by their employer.
- Pregnant women. Even if you are otherwise healthy it is now recommended that all pregnant women receive the flu jab. If you are healthy and an adult aged under 65 and you do not fall into any of the above categories, then you do not need immunisation against seasonal flu. This is because you are unlikely to develop complications from flu.

Why does the Receptionist need to ask what's wrong with me?

Each time you use health and social care services, the people looking after you will keep records of the care and treatment you receive. This information is held securely in your health and care records.

This information can then be used by the people who look after you so they can give you the best possible care and treatment. It is important to ensure that the right people have access to the right information at the right time so they can provide you with the right care.

The reception staff are members of the practice team and it has been agreed they should ask patients 'why they need to be seen'. Reception staff are trained to ask certain questions in order to ensure that you receive:

- The most appropriate medical care
- From the most appropriate health professional
- At the most appropriate time

Receptionists are asked to collect brief information from patients

- To help doctors prioritise house visits and phone calls
- To ensure that all patients receive the appropriate level of care
- To direct patients to see the nurse or other health professional rather than a doctor where appropriate

Reception staff, like all members of the team, are bound by confidentiality rules

- Any information given by you is treated in the strictest confidence
- The practice takes any breach of confidentiality very seriously and will deal with it accordingly
- You can ask to speak to a receptionist in private away from the reception counter
- However if you feel an issue is very private and do not wish to say what this is then we will respect your decision.

EXTENDED ACCESS TO GP & NURSE APPOINTMENTS

There is a network of GP Practices within Shropshire, Telford & Wrekin offering extended access. The service offers routine GP & Nurse appointments to patients on weekdays evenings and Saturday mornings. Whilst we do not host sessions at Much Wenlock & Cressage, one of our GP's does cover some Saturday mornings at Bridgnorth and our registered patients are able to access any of the appointments available.

Listed below are some of the Practices that offer routine GP & Nurse extended hours appointments throughout the week and Saturday morning:-

- Bridgnorth Medical Practice,
- South Hermitage Surgery, Shrewsbury
- Haghmond View Medical Practice, Shrewsbury

To access this service please telephone: **0333 222 6649** to arrange a routine appointment and if you find evening or weekend appointments more convenient.