

THE ARLINGTON ROAD MEDICAL PRACTICE NEWSLETTER



September 2013

Arlington Road Pharmacy

Our Pharmacy has now been open for the last 3+ months and is there to help you. It is open to all our patients as well as to anyone from other practices too. The opening hours make it particularly convenient: 7am to 10.30pm Monday to Saturday and 10am to 5pm on Sundays. When the Surgery is closed you can pick up your paper prescription or your medications from the Pharmacy.

The Pharmacy will organise your repeat prescriptions for you if you wish them to. You can call in or telephone them when you need something, or if your prescription is due they will call you to check what you need before they order it from us so that we don't issue things that you don't want. They also offer a delivery service if you are unable to collect.

Call in and speak to one of our Pharmacy Team or call them on **Eastbourne 736279**.



Surgery Improvements

Thank you for your patience throughout our ongoing Surgery improvements. Many of you will have now used part of our new waiting area on the 1st floor and had your consultation in one of our new rooms. We hope you will agree that the areas that have been completed are looking very smart. Our lift is proving a great asset for patients who are unable to climb the stairs, please do ask to be shown how to use it if you are unsure and a member of staff will be happy to show you.

We apologise for the noise and dust, but we are confident that what you (and we!) are currently having to put up with will be well worth it when the project is complete.



Owl Collection

Thank you to everyone who has contributed to our Owl Collection over the years. Due to the Surgery refurbishment they are now going to a good home of an avid owl collector!



Patient Participation Group

We have an active Patient Participation Group which works closely with the Practice to suggest and implement ideas, help with the compilation of surveys and analysing the results, helping with Health Awareness Days, etc. The Group usually meet monthly,
...continued overleaf

alternating between afternoons and evenings, sometimes with Practice representatives, and they are currently on the look-out for a new member. The Group has to try to be representative of a cross section of the Practice population and to this aim they specifically have a vacancy for someone under 40 years of age. You don't have to attend every meeting, and the amount of input you give is entirely up to you.

If you are interested in joining the Group, or just wish to find out more, please leave your details with Alison Napier, Contract Manager, and she will forward them to the Patient Participation Group to contact you.

Flu Vaccinations for Patients in 'At Risk' Groups

The following are the At Risk groups that are eligible for Flu Vaccination. If you fall into one or more of these groups then please book an appointment for Flu Vaccination.

1. Patients aged 65 and over as at 31.3.14 (ie those patients born on or before 31.5.49)
2. Chronic Respiratory Disease - Asthmatics, COPD
3. Chronic Heart Disease - congenital heart disease, chronic heart failure, ischaemic heart disease
4. Chronic Kidney Disease - chronic kidney failure, nephrotic syndrome, kidney transplantation
5. Chronic Liver Disease - cirrhosis, biliary atresia, chronic hepatitis
6. Chronic Neurological Disease - Stroke, TIA, cerebral palsy, multiple sclerosis
7. Diabetes
8. Immunosuppression - due to disease or treatment. Patients undergoing chemotherapy, asplenia, HIV, treatment with steroids for more than a month at a dose of 20mg or more daily
9. Pregnant women
10. People in long stay residential homes
11. Carers - those who are in receipt of a carer's allowance or those who are the main carer, or the carer of an elderly or disabled person

Our clinics will be held on the following Saturdays: 5 October, 12 October & 19 October 2013.

Appointments will be available for booking from Monday 9 September 2013 after 11.30am.

Flu Vaccinations for children aged 4-17 years old in at risk groups

This year the vaccine recommended for children in At Risk groups, ie, diabetics, asthmatics etc who are aged 4-17 years old and who need protecting against flu is called FLUENZ. This is given as a nasal spray rather than an injection. Fluenz is a live attenuated vaccine (which means it cannot give you the flu but it gives rapid protection against the flu virus). If any close family members are being treated for cancer with chemotherapy treatment or on high doses of immunosuppressant medication, eg medication for severe arthritis, your child should be given an injectable flu vaccine, so please advise us of this when booking or attending for the appointment. Because Fluenz is a live vaccine, we will be having these appointments at the end of each flu clinic - this is because if a patient who has been given Fluenz, should come into the waiting room and sneeze, this could affect any patients in the waiting room who are immunocompromised.

Children who have been vaccinated against flu before will only need one dose of Fluenz. However for any children aged 2 to under 9 years who have not had flu vaccination before, they will need 2 doses given 4 weeks apart.

Flu clinics will be held on the following Saturdays: 5 October, 12 October & 19 October 2013.

Flu Vaccinations for Healthy Children Age 2 and 3 years as at 01.09.2013

This year Seasonal flu vaccination programme has been extended to cover healthy children aged 2 and 3 years old but less than 4 years as at 1st September 2013.

The vaccine called Fluenz is a live attenuated influenza vaccine which is given as a nasal spray and this has been shown to give a higher level of protection than inactivated flu vaccine. These children will require just one dose of Fluenz.

There may be some children where Fluenz is contraindicated, including, where children are wheezing, taking high dose corticosteroids, where children are immunocompromised, have an allergy to eggs or where household contacts are immunocompromised. In these cases an inactivated Seasonal flu vaccine can be given where Fluenz is contraindicated.

We will be contacting the parents of all the eligible children to offer them an appointment. These appointments will not be held in the usual Flu Clinics but instead will be appointments made direct with the Practice Nurses during the weekdays & these clinics will start towards the end of September.

**The children eligible for the Fluenz vaccination are those born between:
2 September 2009 - 1 September 2011.**

Shingles Vaccination

The Department of Health are introducing a shingles vaccination for adults aged 70. Shingles is a debilitating condition, which occurs more frequently and tends to be more severe in older people. It is estimated that around 250,000 people are affected in England and Wales each year, including 30,000 people in their 70's. Around one in 1,000 people over 70 who get shingles die of the infection.

The Department of Health plan to offer routine vaccinations to people aged 70 years old to provide protection against shingles. They also plan to introduce a catch-up immunisation programme in 2013 for people aged 79 years. The efficacy of the vaccine declines with age and so it is not recommended for people aged 80 years or older.

The programme will begin from 1 September 2013 and will become a part of the routine vaccination programme for people aged 70 years. The catch-up campaign for those aged 79 will also begin from 1 September 2013.

The age groups are defined by dates of birth and they are as follows:
Routine vaccination for those aged 70 years as at 1 September 2013 will be for patients born between: 2 September 1942 - 1 September 1943

The catch-up campaign for those aged 79 years as at 1 September 2013 will be for patients born between: 2 September 1933 - 1 September 1934

This year, we are only able to vaccinate patients who fall into the above age ranges. Letters will be sent out to those patients eligible for the Shingles vaccination inviting them to make an appointment.

We will be holding clinics for the shingles vaccination starting from Monday 2 September 2013.