

We recently launched a telephone assessment service for patients requesting an urgent on the day appointment. The aim of this service is to improve availability of doctors for routine appointments and increase the use of telephone consultations for the convenience of our patients. Please note that routine appointments are booked in the same way as they always have been, without the need for a call-back from a doctor.

TRMC no longer holds 'same day clinics', but we will still see patients with urgent problems on the same day, when appropriate, after an initial telephone consultation with a doctor or nurse practitioner.

We would like to remind our patients that we **do not offer a 'walk in' service**, but we will always try to offer an appointment at a mutually agreeable time, which may be the same day if appropriate

## CHILDHOOD FLU VACCINATION

There is currently a nationwide programme to vaccinate all TWO and THREE year old children with a nasal influenza vaccine. This vaccination may be carried out at either a walk-in flu clinic or a pre-booked flu clinic. Please be aware, we are only permitted to vaccinate children who have **received an invitation letter**.

## SHINGLES VACCINATION FOR PATIENTS AGED 70 or 79 YEARS.

A shingles vaccination is being offer to patients aged either 70 or 79 years of age only.

## Walk-In Flu Clinics

8.30am—12 noon

SATURDAY: 5TH & 19TH OCTOBER

Pre bookable flu clinics will be held throughout October, please ask at reception for further information or telephone 01278 720000

You are entitled to a free flu vaccine if you fall into any of the following categories:

**You are 65 years of age or over, you have: Diabetes, Asthma, COPD, Heart Disease, Renal Disease, Liver Disease, you have had a stroke or you are a Carer .**

*If you do not meet any of the above criteria, but still wish to have a vaccination, you may be asked to contact the surgery at a later date to arrange an appointment.*

**Please note:** It is our aim to carry out any outstanding routine tests/reviews you may require at the same time as you have your flu vaccination with your agreement of course, thereby reducing the number of visits you have to make to the surgery

## Meet the Registrars

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**Dr Olivia Mort**, comes from the North West and qualified from Liverpool University in 2008, moving down to work in the South West after graduation. Initially working in Bristol then in the Taunton & Yeovil areas. She had a year out of training, working in South Africa and India for the last

12 months and has an interest in Public Health and health promotion. Dr Mort will be spending some time working in Public Health this year and will be working at TRMC until the end of October 2014.

**Dr Nida Hussain** grew up in Bristol and went to University in Yorkshire. She recently finished working in A&E at Musgrove Park Hospital and her interests are Cardiology and Gynaecology



## BIRTHDAY REVIEWS

We are changing the way we monitor our patients with long term conditions e.g. Hypertension, Asthma, COPD etc. and will now be offering patients a Birthday Review in the month of your Birthday.

Prior to your Birthday month you will receive a phone call to book an appointment or you can also ring the surgery yourself.

The reason for this is to try and cut down on the number of appointments you have to attend for the monitoring of your long term conditions.



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## USED SHARPS BINS

We are no longer accept sharps bins for disposal from our patients

Please telephone SDC on 01278 435 435 to arrange collection of your full sharps bin and arrange a replacement.

If you are, for example, a newly diagnosed Type One diabetic, you will be prescribed your FIRST sharps box by the surgery, but thereafter you must make arrangements via Sedgemoor District Council

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## Antibiotics Are Not for Colds & Flu

**Antibiotics will not cure upper respiratory viral illnesses, such as;**

- ◇ Colds or flu
- ◇ Most coughs and bronchitis
- ◇ Sore throats
- ◇ **Runny noses.**



### What To Do To Make A Person With A Cold Or Flu Feel Better

- ◆ Increase fluid intake
- ◆ Use a cool mist vaporizer or saline nasal spray to relieve congestion
- ◆ Sooth throat with ice chips, sore throat spray, or lozenges (for older children or adults).

Viral infections sometimes lead to bacterial infections. Patients should keep their doctor informed if their illness gets worse or lasts a long time.

