

GREENBANK SURGERY

By the Partners.... for the Patients

1/9/2014

Edition 13

Flu Vaccinations

If you are eligible for a Flu Vaccination you can now book into one of our Flu Clinics. These will be throughout the day and also between 6:30 and 8pm on a Wednesday night. We are not sending out any written invitations –if you are not sure if you are eligible please ask at reception. If you are not entitled to a Flu Vaccine on the NHS the local chemists can arrange this privately.

Contact details

It is essential that **your contact details are kept up to date** & that you inform us of any changes as soon as you can. This avoids appointment letters for clinics or scans being sent to the wrong address. Rarely we may need to ring you to change an appointment or inform you of a serious issue. Unfortunately we still have patients with out of date contact numbers. Update your contact details at reception/online.

Nurse Led Same day Advice/Assessment

Home Visits should only be requested for **housebound patients** or exceptionally those who are too unwell to make the short trip to the surgery. If you are able to attend hospital clinic appointments or go out for the day please make arrangements to come into the surgery. An average visit takes at least 30 minutes – 3 people can be seen in the surgery during this time.

Due to an increased volume of visit requests from patients who are not truly housebound - **all visit requests will now be triaged by the Nurse Practitioner** to ensure they are appropriate.

Do You Know Your BMI?

BMI = Body Mass Index

BMI can be calculated from your height and weight.

Ranges

Normal = 18.5 – 24.9

Overweight is 25 – 29.9

Obesity is 30 or above

Why is it important?

Having a raised BMI increases your risk of Diabetes, Strokes, Heart Attacks, Osteoarthritis and some cancers.

It is called a “modifiable risk factor” – one that YOU can do something about.

How can you improve your BMI ?

Ask the nurse or doctor to calculate your BMI.

If it is above normal they may arrange for you to have a blood pressure check and blood tests for diabetes and cholesterol. You can also be referred to our dietitian or the lifestyle team who offer diet and exercise programmes.

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