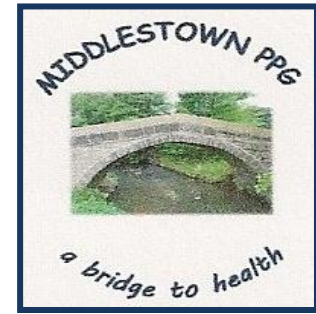
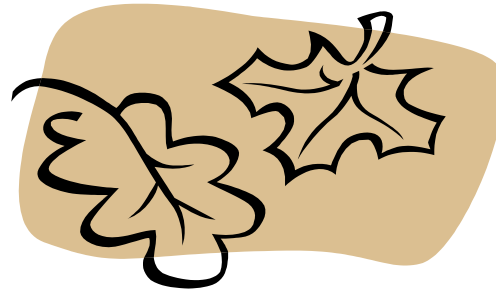


## MIDDLESTOWN PATIENT PARTICIPATION GROUP



Newsletter



Autumn 2013

### FLU VACCINE

Seasonal flu is the particular type of flu virus that arrives in the UK each autumn. The type varies from year to year. A new jab is developed each year to protect against the expected type. Flu immunisation (the flu jab) gives excellent protection against seasonal flu and lasts for one year.

Nearly nine million people aged 65 years and over were vaccinated against flu last year. However, nearly 50% of those under 65 years at risk remain unvaccinated. You should be immunised against the seasonal flu virus each autumn if you:

- Are aged 65 or over
- Have any chronic (on-going) lung diseases
- Have a chronic heart disease
- Have a serious kidney disease
- Have a serious liver disease such as cirrhosis
- Have diabetes
- Have a poor immune system. This can be caused by chemotherapy or steroid treatment, or 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
- You are the main carer for an elderly or disabled person
- Staff involved in direct patient care (including nursing and care homes)
- Pregnant women - it is recommended, even if you are otherwise healthy

#### Are you **MOBILE**?

If you let Reception have your mobile phone number, and give your consent to being contacted, you can be reminded by text of your appointment, medicine reviews and possibly texted some test results.

This will keep you up to date and also help reduce yours and the Practice's costs in telephone calls. It will also help prevent patients forgetting and not attending their appointments, which in turn prevents wasted time for doctors.

**A win-win situation all round!**

New to the schedule this year is the delivery of flu vaccination by Fluenz, a nasal spray for **ALL** children who have turned 2/3 by the 1<sup>st</sup> September 2013.

During October we will be running Flu Clinics covering all sites where you can book an appointment for your vaccination. Please book as soon as possible.

If you have an appointment - for a flu jab or with any other health practitioner, please . . . .

**Keep it**

**...or cancel it**



## SYSTEMONLINE

You can now contact the Surgery **online** to cancel appointments, request repeat medication and update your contact details. Before you can use this service you need a user name and password which is available from Reception.

To access 'Systmonline' go to the Practice website at [www.middlestownmedicalcentre.nhs.uk](http://www.middlestownmedicalcentre.nhs.uk) and click the 'Systmonline' tab.

### RISK PROFILING & CARE MANAGEMENT

#### Privacy Notice

Risk profiling is a new NHS service which will help your GP spot whether you might need early treatment or care. Your health information will be profiled in a local NHS data warehouse and the results will only be seen by your GP. NHS security systems will protect the information from beginning to end.

*If you object to your information being used in this way, have any concerns or would like more information please contact Susan Gilbert, the Practice Manager.*



### DETAILS UPDATE

Please don't forget to let the Practice know if any of your details change such as address or phone number. Thank you.

## SHINGLES VACCINE

Shingles is an infection of a nerve and the area of skin supplied by the nerve. It is caused by a virus called the varicella-zoster virus (the same that causes chickenpox). The symptoms of shingles are a skin rash, blisters and pain. These occur in the area of skin that the infected nerve supplies. The pain may continue even after the skin blisters and rash have healed. Shingles can occur at any age, but it is most common in people over the age of 50.

A vaccine against the varicella-zoster virus has been shown to be effective in reducing the risk of older people developing shingles. In the UK from September 2013, a shingles vaccine immunisation programme will be introduced for people aged 70 and 79 years to protect against herpes zoster.

Zostavax is given as part of the programme and will be injected under the skin in your upper arm. The most common side-effects are tenderness at the site of the injection and headache. These should soon pass.

**You will receive a phone call or text message from the Medical Centre inviting you to book an appointment with the Nurse to receive your vaccine. Please could you do this at your earliest possible convenience.**

You can e-mail your thoughts and ideas to us at:

[Middlestown.ppgroup@wdpct.nhs.uk](mailto:Middlestown.ppgroup@wdpct.nhs.uk)

Please be aware that we cannot enter into any discussion regarding your own health, the treatment you receive from the surgery, handle any complaints or deal with any other confidential issues arising from your own personal circumstances.

You can also view this newsletter on our PPG Webpage at:

[www.middlestownmedicalcentre.nhs.uk](http://www.middlestownmedicalcentre.nhs.uk)

Please pass this newsletter on to family or friends after you have finished with it.