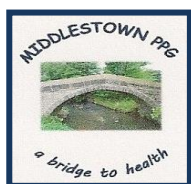


PLEASE TAKE A COPY OF THIS NEWSLETTER AND PASS IT ON TO SOMEONE ELSE AFTER YOU HAVE READ IT - THANK YOU.



MIDDLESTOWN PATIENT PARTICIPATION GROUP

Autumn Newsletter



ReSPECT

ReSPECT

ReSPECT is... Recommended Summary Plan for Emergency Care and Treatment. It is a personalised conversation between a patient and clinician(s) about their health and care needs.

ReSPECT gives you a voice.

- A discussion around what is important to a patient if there were to be a future emergency situation and they were unable to express this for themselves.
- Creating a shared understanding about recommendations for care and treatment in a future emergency.
- Summarised onto a nationally recognised plan that the patient keeps.

Who is it for?

- ReSPECT is for anyone and everyone.
- It has increasing relevance for patients with particular health and care needs.
- It is a process that provides a summary of personalised recommendations to ensure you will receive the best possible care and treatment for your individual situation.

Many organisations are implementing the ReSPECT process including GPs, hospitals and care homes. Your friends and/or family or people close to you may already have had a ReSPECT conversation and have a ReSPECT plan.

Now is the time to find out more at www.resus.org.uk/respect or speak to your Practice.

VACCINES FOR YOU THIS AUTUMN

Flu: Middlestown Medical Centre is offering Free NHS Flu vaccinations from **October**. Recommended for adults **65 years and older**, for whom the risk of flu-related complications and hospitalisation is particularly high; **Patients aged 18-64 with certain long-term health conditions**, which affect breathing, such as asthma, chronic obstructive pulmonary disease (COPD) or cystic fibrosis and heart conditions, such as coronary heart disease or heart failure; Anyone who is **pregnant**. Housebound patients will be contacted and home visits planned. Nasal flu vaccinations will be offered to all **2 to 3 year olds**. Older children will have access to these vaccines through school or their education provider.

Covid Booster: vaccinations will be offered in practice for eligible patients at the same time as the flu vaccination.

Respiratory Syncytial Virus (RSV). This is an additional vaccination to the Flu vaccine, which cannot be given at the same time. Self-book text messages and letters have been sent out to all eligible patients. The new RSV vaccine is aimed at protecting people aged **75-79**, as they are at a higher risk of complications, or people who are **28+ weeks pregnant**. RSV is a common virus that causes respiratory infections which can be significantly more severe in older adults and those with weakened immune systems or if you are pregnant. Symptoms can include: cough, shortness of breath, fever, wheezing.

HEALTH IMPACTS OF A COLD HOME

The World Health Organisation recommends temperatures in the home should be between 18 & 21 degrees C. If it falls below this for more than 2-3 days there is an increased risk to health and wellbeing. Cold can cause or make worse a range of health and wellbeing problems including Strokes; Respiratory illnesses; Heart & circulatory illnesses; longer stays in hospital; Social isolation; reduced dexterity & mobility. In extreme cases the cold can lead to death.

Please keep an eye on your friends and neighbours who you think may be vulnerable at this time of year. Checkout more information at ourneighbours.org.uk



2024/25 Practice Training Days: 16 October, 13 November, 15 January 2025, 12 February 2025, 19 March 2025. On these days the surgery will close at 12 noon.

YOUR SURGERY - A NEW SERIES ON STAFF AND WHAT THEY DO AT MIDDLESTOWN 3: THE DOCTORS

PARTNERS: The Practice has 4 partners: Dr Laura Darby; Dr Rebecca Meredith; Dr Paul Dodds and Dr Azad Hussain.

SALARIED GPs: In addition the Practice has 2 salaried GPs: Dr Alicia Mitchell and Dr Sophie Wright.

The Practice is also a proud training practice offering placements for Trainee GPs. A GP Trainee or GP Registrar is a fully qualified doctor working with the practice whilst studying for a postgraduate qualification to become a GP. Placements vary from 6 to 12 months and play a vital part of training the next generation of GPs. A key element of GP training is reflection and reviewing their consultation skills, for which they may ask and seek your consent for the consultation to be recorded for this purpose only.

Middlestown is also a teaching practice, and the practice is affiliated with Leeds University School of Medicine. Medical students are on placement here and you may be asked if medical students can sit in with or conduct your consultation. Medical students consulting in practice are fully supervised by the clinical team.

The Practice also welcome other student doctors and student nurses who spend time in the practice during their studies. We will let you know if there will be a trainee or student in your consultation.

Thank you for your help and support in the training of future health care staffing.

All staff adhere to the Practice's Confidentiality Policy and Data Protection Act 2018.

This concludes our short series on staff and what they do. For more information about who works with the Practice, e.g. Health Visitors, Midwives, Physios etc., checkout the Practice website at www.middlestownmedicalcentre.nhs.uk

A NOTE ABOUT WHOOPING COUGH: Whooping cough cases have been rising across England, as well as in many other countries, since December 2023 due to a combination of factors. Whooping cough is a cyclical disease that peaks every 3 to 5 years. The last cyclical increase occurred in 2016. However, in common with other diseases, cases fell to very low numbers during the Covid pandemic due to restrictions and public behaviours. A peak year is therefore overdue. The impact of the pandemic also means there is reduced immunity in the population.

Uptake of vaccinations that protect against whooping cough have fallen in recent years across the country - in both the programme for pregnant women and the infant programme. Timely vaccination in pregnancy and in infancy are both important to protect vulnerable young babies from serious disease.

The first signs of infection are similar to a cold, such as a runny nose and sore throat, but after about a week, the infection can develop into coughing bouts that last for a few minutes and are typically worse at night. Young babies may also make a distinctive 'whoop' or have difficulty breathing after a bout of coughing, though not all babies make this noise which means whooping cough can be hard to recognise.

If anyone in your family is diagnosed with whooping cough, it's important they stay at home and do not go into work, school or nursery until 48 hours after starting antibiotics, or 3 weeks after symptoms start if they have not had antibiotics. This helps to prevent the spread of infection, especially to vulnerable groups, including infants. However, vaccination remains the best protection for babies and children.

[Find out more about whooping cough symptoms, vaccination and treatments at NHS.uk](#)

DEMENTIA - LIFE GOES ON

A seven minute film on living with Dementia. <https://youtu.be/fogOrV7mvOE>

EXPLAINING YOUR SYMPTOMS TO A GP

If you're worried about yourself or someone close to you, complete our symptoms checklist on [Checklist for dementia symptoms | Alzheimer's Society](#) and show it to your GP.

Some useful
Dementia Info

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

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