

GREENWAY PRACTICE



Autumn/Winter 2016

PATIENT INFORMATION NEWSLETTER

Including:

- ✚ New appointments system
- ✚ Order your prescription online
- ✚ Outpatient appointments
- ✚ Update on vaccinations
- ✚ Minor Ailments
- ✚ Clinic details
- ✚ 10 Healthy Tips for Winter

Vaccination Update

“Flu”

As happens every autumn & winter, increased levels of respiratory viruses are likely to circulate in the community, resulting in large numbers of people coming to the practice with respiratory symptoms. It is important to protect yourself from the influenza virus if you are in any of the following categories:

- *All pregnant women at any stage of pregnancy
- *All children aged 2 and over, not yet at primary school
- *All patients aged 65 years and over
- *Chronic respiratory, heart, kidney, liver, neurological disease
- *Diabetes
- *Immunosuppressed & patients with asplenia or dysfunction of the spleen
- *All patients who are morbidly obese with a BMI of over 40kg/m²

Book your flu vac appointment today.....Clinics held on specific Wednesday evenings. Ask a receptionist for details.

“Shingles”

Shingles is a viral infection of the nerve cells that develops as a result of a chickenpox infection. The purpose of the shingles vaccine is to reduce both the incidence and severity of shingles disease in adults.

This year the vaccine is offered to adults aged **70 years old on 1 Sept (DOB 2.9.1945→1.9.1946)**, and those aged **78 on 1 Sept (DOB 2.9.1937→1.9.1938)** or aged 71,72,73 or 79 and have not received a shingles vaccine in the past 2 years.

“Pneumococcal”

The pneumo jab or pneumonia vaccine protects against pneumococcal infections. Pneumococcal infections can lead to pneumonia. People over 65 only need a single pneumo vaccination which will protect for life.

“Meningococcal ACWY”

The Men ACWY vaccine protects against 4 different causes of meningitis septicaemia-meningococcal (Men) A,C,W + Y diseases.

University students are at a high risk of infection because many of them mix closely with lots of new people, some of whom may unknowingly carry the meningococcal bacteria. The highest risk of meningitis is in the first year of university.

Any student aged 15-17 yrs or up to 25 years(inclusive) and starting university for the first time is eligible for this vaccine.

“Pertussis”

There is a lot of whooping cough (pertussis) around at the moment and babies who are too young to start their vaccinations are at greatest risk. Young babies with whooping cough are often very unwell and most will be admitted to hospital. Pregnant women can safely help protect their babies by getting vaccinated – ideally when they are 16-32 weeks pregnant, although they may be given the vaccine up to 38 weeks of pregnancy.

Outpatient appointments

There is a waiting list crisis. Many routine hospital appointments take **9–12 months** and some specialities take much longer. *What this means for you:* It is worth ringing the appointments office in the relevant hospital to find out when your appointment is likely to be. **GPs have very limited ability to speed up these appointments unless there is an urgent problem.** It may be useful to let your MLA know about the delay.



Minor Ailments Scheme

*Did you know that you can see your local pharmacist and get **free** treatment for the following minor ailments?*

◇ Cold sores ◇ ear wax ◇ mouth ulcers ◇ headlice ◇ threadworms
◇ thrush ◇ athletes foot ◇ diarrhoea ◇ groin itch

Ask your pharmacist for advice & free treatment

ZERO TOLERANCE POLICY

A zero tolerance policy towards violent, threatening and abusive behaviour is in place throughout the NHS. ***The doctors, nurses and staff in this practice have the right to do their work in an environment free from violent, threatening or abusive behaviour and everything will be done to protect that right.*** At no time will any such behaviour be tolerated in this practice.

New Appointment system

As many of you know, we have been running a “pilot” appointments system since April 2016. Feedback from patients has been extremely positive. If you wish to see a GP you can telephone the receptionist who will take a note of your details and the reason for your request or you can send a message to the GP on line – click on ‘ASK MY GP’ on our website. The GP will telephone you back. **Urgent problems will be dealt with on the same day.**



Repeat prescriptions

You can now order your prescription online. To do this you need to register your interest with the receptionist who will give you a password. Please remember to allow **48 hours** when ordering your repeat prescription. You can continue to order your prescription by telephone – 02890563408, by post, fax – 02890563574, or by putting a written request into our box at reception.



7 Medical Clinics

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| • Travel Clinic | Monday afternoon | by appt only |
| • Smear Clinic | Monday afternoon | by appt only |
| • Warfarin Clinic | Monday morning & Tuesday | by appt only |

Greenway Practice Clinics

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| • Baby Clinic | Tuesday mornings | |
| • Midwife Clinic | Tuesday afternoons | by appt only |
| • Gynae Clinic | Wed or Thurs mornings | by appt only |
| • Minor Surgery | During surgery times | by appt only |

10 Healthy Tips for Winter

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| 1. Give up smoking | 2. Get active |
| 3. Manage your weight | 4. Eat more Fibre |
| 5. Cut down on saturated fat | 6. Get your 5-a-day |
| 7. Eat fish | 8. Cut down on salt |
| 9. Drink less alcohol | 10. Read the food label |

