

Bridge Medical Centre Newsletter Winter 2014



Christmas & New Year Opening Hours

Christmas Eve: 8.30 to 1pm Although closed for routine appointments the duty doctor will be available by phoning 01293 526025 for acute emergencies.

Christmas Day/Boxing Day Closed

New Years Eve: 8.30 to 1pm As on Christmas Eve, the duty doctor will be available by phoning 01293 526025 for acute emergencies

New Years Day Closed **2 January open as usual.**



When we are closed please phone NHS 111 for advice from fully trained advisors, doctors and nurses or attend the Walk-in Centre at Crawley Hospital. NHS 111 is available 24 hours a day 365 days a year. If you have a medical emergency dial 999.

Staff News!

We welcome Lizzie who joins the Clerical Administrator team in October and Charlotte our new phlebotomist who started in December. They are currently being trained in all aspects of their jobs.

ANNUAL SEASONAL FLU JABS

APPOINTMENTS ARE STILL AVAILABLE– PLEASE ASK YOUR GP OR NURSE OR ASK IN RECEPTION FOR AN APPOINTMENT

It is recommended that people in the following should be immunised: Aged 65 or over; Reduced Immunity; Chronic Lung Disease (asthma/COPD); Chronic Kidney Disease; Chronic Heart Disease & Diabetes. **If you have just turned 65, don't forget that you are now entitled to a flu jab.**



Have your say to improve your care When you receive care or treatment within the NHS, you can fill out a short questionnaire to give us feedback that will help to improve local services for everyone.



It gives you a chance to tell us what you think about your experience... good or bad.

You can explain your answer and tell us how we can improve things.

We will look at all feedback and use it to make decisions that will make local services better for local people.

It is open to all patients, whatever your age or healthcare needs. You won't have to give your name or contact details so our staff won't know the comments came from you.

The NHS Friends and Family Test

www.nhs.uk/friendsandfamily

We believe that, if our services are good enough for you and your family and friends, then they'll be good for everyone. So come on and put US to the test by telling us what you think.

You can ask a member of staff how you can take part or go to our website: www.bridgemedicalcentre.co.uk

and follow the link to complete the questionnaire online.

Thank you.

2014 Immunisation Campaigns

Shingles vaccine is on offer again Eligibility is determined by your age on September 1st 2014 This year the Shingles vaccine will be offered to those aged 70, 78 and 79 years on Sept 1st 2014. This cohort of people will be receiving an invitation by letter to make an appointment with the Practice Nurse. Dedicated clinics are being set up in the month of September

As usual **Influenza vaccine** will be offered from October to all patients 65 or over and those in the at risk categories. Please look out for posters and leaflets within the Surgery Chemists and local Supermarkets for further details.

NEW THIS YEAR Flu vaccine will be offered to all children aged 2-4 years old. A letter of invitation will be sent in September to the parents of children eligible for this vaccine to make an appointment.

Meningitis C vaccine is available for students 17 years and over and attending University or higher education

MMR Catch up is available for children and adults up to the age of 30 years who have not completed the normal childhood vaccination programme.

Pneumonia Vaccine is on offer to anyone 65 years old or over. If you have already received this vaccine in the past you DO NOT need a booster.

Day in the life of Practice Nurse Mandy Wilson

9.00 – 12.00: I see a variety of different patients throughout the morning, it can be well person checks, smoking cessation, blood pressure monitoring, vaccinations or assess/diagnosing & treating people with chronic lung diseases.

12.00- 13.00 This is when I have a chance to catch up on any administration, inputting results onto notes, monitoring & following up patients.

13.00- 14.00 Lunch

14.00-17.00 Afternoon Clinic. Again, this is similar to the morning session with 10 minute appointments for each person, some days we will do set clinics or childhood vaccinations or at this time of year – FLU. Flu clinics have shorter appointment times to enable us to see more of you– normally 5 minutes.

17.00-18.00

Administration time, this is used to input any information onto notes from the afternoon session, and to speak to Gp's about any patients I am concerned about.



A Practice Nurses role is incredibly varied but immensely enjoyable & rewarding.

GP Notebook: Sick Day Rules

If you are unwell with diarrhoea and vomiting, with fevers, sweats or shaking, you are at risk of becoming dehydrated due to the loss of fluids. Some of the medication Doctors prescribe can be dangerous when a person is dehydrated in this situation.

We therefore recommend you follow the Medicine Sick Day rules:

When you are unwell with any of the following:

Vomiting or diarrhoea (unless only minor), Fevers, sweats shaking

STOP taking the medicines listed here. RESTART when you are well (after 24-48 hours of eating and drinking normally). If you are in any doubt, please contact us or your pharmacist.

ACE Inhibitors: Medicine names ending in 'pril' e.g. lisinopril, perindopril, ramipril (used for blood pressure)

ARBs: Medicine names ending in 'sartan' e.g. losartan, candesartan, valsartan (used for blood pressure)

NSAIDs: Anti-inflammatory pain killers e.g. ibuprofen, diclofenac, naproxen

Diuretics: Sometimes called 'water pills' e.g. furosemide, spironolactone, indapamide, bendroflumethiazide

Metformin: A medicine for diabetes

Please note it is very important that you RESTART your medication once you are well again!

WEBSITE CHANGES

We have added forms to our website for you to update both your contact details and also your clinical record (e.g. Height, weight, smoking status). These can be submitted online or printed off and handed in at the surgery. Please note we will require proof of any change of address which needs to be brought to the surgery.

www.bridgemedicalcentre.co.uk