

NETTLEHAM MEDICAL PRACTICE

More Weekend and Evening Appointments

As you are probably aware the “core hours” of the practice are between 8am and 6:30pm Monday to Friday. The practice has for several years offered extra appointments on Thursday evenings until 8pm and on Saturday mornings.

The NHS nationally has been challenged by government to ensure patients can have access to appointments 7 days a week, 365 days a year. As it clearly wouldn't be safe for

individual doctors and nurses to work every day of the year practices are joining together in “Federations” to provide some routine appointments in the evening and at weekends for patients at local surgeries. The Federation we are part of, called Imp Healthcare, consists of nine local practices; Abbey Medical, Cliff House, Glebe Park, Ingham, Lindum, Minster Medical, Nettleham Medical, Welton & Willingham By Stow.



From 1st September 2018 you will be able to book routine appointments on Saturday and Sunday mornings and weekday evenings until 8pm at whichever of these practices is providing it on a particular day. As we will be taking part in providing these extra sessions we will no longer be able to provide our every week Saturday morning sessions (although we will still provide some as part of the scheme). At present the scheme has allocated the surgery the Thursday evening session every week so this will remain unchanged for patients, but there will now be the option to be seen at one of the other surgeries on each of the other weekday evenings.

At the time of booking one of these appointments you will be advised which practice you need to attend for the appointment and will also be asked if you consent to the clinician having full access to your medical records. If you do not give consent for the access to your records, then you will not be able to book one of these additional appointments as all clinicians will require full access to safely help you. Once your appointment has ended the access will be ended and revert back to only being available with us, your registered practice.

Emergency GP care outside of our core hours will continue to be available at all times 365 days a year by calling 111, as at present.

Dispensary Opening Times

From 1st October the dispensary at Nettleham will be open half an hour earlier each weekday, and each Thursday Evening until 8pm, but will no longer be open on Saturday mornings.

This is because of the new scheme to enable our patients to have extra opening hours for routine appointments every day of the year at various local surgeries, rather than just at Nettleham.

Nettleham Dispensary opening hours for collecting medication

Monday to Friday 8:00am to 6:30pm and until 8:00pm on Thursdays.

Don't forget you can request medication 24 hours a day via phone (01522 754649) or online.

Green Impact Award

We are delighted to have been awarded a Bronze Award from Green Impact for the work we have done to improve our sustainability and environmental impact. The practice took part in the programme which was developed as a collaboration between the University of Bristol, the Royal College of General Practitioners, HEE South West and the National Union Students.

We have been working through a toolkit and making changes in our practice, including maintaining our solar panels, reviewing the medication we prescribe, reducing our paper-usage, implementing an inhaler recycling scheme and much more.

Pedestrian Access via Poachers Meadow

As you may know, Nettleham Medical Practice has had a gate erected between the car park and Poachers Meadow. At the moment the gate cannot be opened due to a large amount of groundwork that is required to ensure this is a safe route for our patients. We are currently looking into this and hope that in the future we will be able to open the gate up during surgery hours.

Flu Vaccinations

What is flu? Isn't it just a heavy cold?

Flu occurs every year, usually in the winter, which is why it's sometimes called seasonal flu. It's a highly infectious disease with symptoms that come on very quickly. Colds are much less serious and usually start gradually with a stuffy or runny nose and a sore throat. A bad bout of flu can be much worse than a heavy cold.

The most common symptoms of flu are fever, chills, headache, aches and pains in the joints and muscles, and extreme tiredness. Healthy individuals usually recover within two to seven days, but for some the disease can lead to hospitalisation, permanent disability or even death.

What causes flu?

Flu is caused by influenza viruses that infect the windpipe and lungs. And because it's caused by viruses and not bacteria, antibiotics won't treat it.

How do you catch flu?

When an infected person coughs or sneezes, they spread the flu virus in tiny droplets of saliva over a wide area. These droplets can then be breathed in by other people or they can be picked up by touching surfaces where the droplets have landed..



But the best way to avoid catching and spreading flu is by having the vaccination before the flu season starts.

How do we protect against flu?

Flu is unpredictable. The vaccine provides the best protection available against a virus that can cause severe illness. The most likely viruses that will cause flu are identified in advance of the flu season and vaccines are then made to match them as closely as possible.

The vaccines are given in the autumn ideally before flu starts circulating. During the last ten years the vaccine has generally been a good match for the circulating strains.

What harm can flu do?

People sometimes think a bad cold is flu, but having flu can often be much worse than a cold and you may need to stay in bed for a few days.

Some people are more susceptible to the effects of flu. For them, it can increase the risk of developing more serious illnesses such as bronchitis and pneumonia, or can make existing conditions worse. In the worst cases, flu can result in a stay in hospital, or even death.

Who should get the flu vaccine?

The flu vaccine is routinely given on the NHS to:

- all those aged 2 and 3 (but not 4 years or older) on 31 August 2018
- all children in reception class and school years 1, 2, 3, 4 and 5 will be offered the vaccine in school
- people aged six months to under 65 years in clinical risk groups
- all pregnant women (including those who become pregnant during flu season)
- people aged 65 years and over (including those becoming 65 years by 31 March 2019)
- people living in long-stay residential care homes or other long-stay care facilities
- carers and household contacts of immunocompromised individuals
- Morbidly obese (BMI of 40 or over)

For 2018, there are 3 types of flu vaccine:

- a live quadrivalent vaccine (which protects against 4 strains of flu), given as a nasal spray. This is for children and young people aged 2 to 17 years eligible for the flu vaccine
- a quadrivalent injected vaccine. This is for adults aged 18 and over but below the age of 65 who are at increased risk from flu because of a long-term health condition and for children 6 months and above in an eligible group who cannot receive the live vaccine
- an adjuvanted trivalent injected vaccine. This is for people aged 65 and over. NHS England has recommended that the adjuvanted trivalent vaccine (aTIV) be made available for all those aged 65 years and over.

Flu Clinics are available to book now at Nettleham and Cherry Willingham surgeries on the following dates:

Saturday 15th September - 65 years and over only (including people who attain their 65th birthday on or before 31/03/19)

Saturday 6th October - 18 AND OVER ONLY (until delivery of child flu vaccines are confirmed)

Saturday 10th November - 18 AND OVER ONLY (until delivery of child flu vaccines are confirmed)

Appointments can be booked online or by telephoning the practice after 10:00am each week day.

MONTHLY EARLY CLOSURES FOR TRAINING 2018

In order to enable our doctors and staff to be kept up to date Nettleham surgery will be closed for training at 1pm on the following afternoons. Emergency help is still available by calling 111.

Tuesday 18th September

Tuesday 16th October

Tuesday 20th November

CONTACT DETAILS

Telephone - 01522 751717 (When the surgery is closed please ring Freephone 111)

WEBSITE – www.nettlehammedical.co.uk

PRACTICE MANAGER – HELEN LUNN