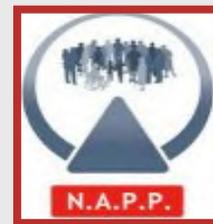


Cherrymead Chat

Autumn 2020

e-mail : prgcherrymead@gmail.com



CONTENTS

Influenza Vaccinations During The Pandemic	P.1
Flu Vaccinations for Children	P.1
Flu Clinic Dates	P.1
Preventing Infection During Flu Clinics	P.2
Changes We've Made	P.2
Staying Independent At Home	P.3
Don't Ignore The Signs	P.4

NHS Influenza Vaccinations During The Pandemic

Autumn is nearly here and it's time once again to get ready for the influenza season which usually runs from October to March. We have invited our patients in high risk groups by letter and SMS. If you have not been invited and are in one of the following high risk groups please contact our office on 01494 478640.

High risk groups eligible for free NHS influenza vaccination:

- are 65 years old or over
- are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or another long-stay care facility
- receive a carer's allowance, or you're the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- live with someone who's at high risk of coronavirus (on the NHS shielded patient list) or expect to be with them on most days over winter
- frontline health or social care workers who are employed by a registered residential care or nursing home, registered homecare organisation or hospice
- provide health or social care through Direct Payments (personal budgets) or Personal Health Budgets (such as Personal Assistants) or both.

These are the medical conditions which increase your risk of having serious complications from influenza:

- chronic (long-term) respiratory diseases, such as asthma that requires an inhaled or tablet steroid treatment, or has led to hospital admission in the past), chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
- a learning disability
- diabetes
- problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy.

NHS England will be notifying us in November and December about how people over 50 and not in the above groups can get vaccinations.

FLU VACCINATIONS FOR CHILDREN

The flu vaccine is free on the NHS for:

- children over the age of 6 months with a long-term health condition
- children aged 2 and 3 years on 31 August 2020 (that is, born between 1 September 2016 and 31 August 2018)
- children in primary school
- children in year 7 (secondary school)
- children aged between 6 months and 2 years who are eligible for the flu vaccine will receive an injected flu vaccine.

Children eligible for the flu vaccine aged between 2 and 17 will usually have the nasal spray flu vaccine.

FLU CLINIC DATES

All 2-3 year olds and at risk 12 – 17 year olds

Friday 2 October 2 – 6.30 pm
Tuesday 6 October 2 – 6.30 pm
Tuesday 13 October 2 – 6.30 pm
Wednesday 21 October 2 – 6.30 pm

Adults in high risk groups aged 18-64 years

Saturday 26 September 8 am – 1 pm
Saturday 3 October 8 am – 1 pm
Wednesday 21 October 2 pm – 6.30 pm

Adults over 65 years

Saturday 10 October 8 am – 1 pm
Saturday 17 October 8 am – 1 pm
October 20, 21, 22, 2pm – 6.30 pm
October 24 8am – 1pm

The clinics have been booking up fast and we are adding more sessions as we go along. Please ring Reception to book your appointment.

Keeping You Safe During The Pandemic

PREVENTING INFECTION DURING FLU CLINICS

Our flu clinics this year will be different from past years. The need to limit infection spread as much as possible means appointments will take longer. So more clinics will be held.

- ◇ All appointments must be pre-booked.
- ◇ You must arrive at your appointment time and wear a face covering.
- ◇ If you wear a shield we will direct you to the side entrance. There additional safety precautions will be put in place to protect staff and other patients.
- ◇ While outside you will have your temperature taken and be screened for coronavirus
- ◇ If your temperature is normal, you will then need to check in with the lobby receptionist.
- ◇ When you are allowed into the waiting room you will be asked to stand or sit at socially distanced intervals.
- ◇ You will be sent into the clinical room when the clinician is ready.
- ◇ You will be asked to leave by the rear exit.

Changes We've Made

Since the last issue of Cherrymead Chat the surgery has continued to make improvements to limit the spread of coronavirus. The surgery has remained open throughout the pandemic. However we had to learn a whole new way of working to comply with the procedures recommended by NHS England.

The front door remains closed. Only people who have been screened for COVID symptoms can enter the surgery. Patients should arrive at their appointment times. All visitors are screened for symptoms by the receptionists using the intercom. You must wear face coverings and should use the hand sanitisers in the waiting areas on entering and leaving.

Sneeze screens have been installed in the reception and office areas. The waiting room chairs have been marked to remind you to physically distance yourself from other people. Don't sit on the ones marked with an X.

We've also made our WCs as touch free as possible. The waste bins, seat lids, taps and flush are all now contactless.

Jaimy and Andreea from Ever-Brite are in every day in the week cleaning and sanitising.

We've moved on from nearly all consultations being face to face. The majority are now by telephone or video. We will only invite you to come to surgery if we think it is essential for you to do so. This is to protect you and our staff. Hence we will reduce the chance that we will have to close the surgery for deep cleaning.

The clinical staff who see you will do so wearing the Personal Protective Equipment (PPE) recommended by NHS England. This includes an apron, mask, gloves and eye shield. They diligently wash their hands before and after each consultation.

During essential home visits the clinical staff will put on and take off PPE just before they enter your home and as they leave.

Our team meetings and those with organisations outside all take place online. It's been a steep learning curve.



Staying Independent At Home

There are lots of things you can do to stay safe and independent at home.

Home Adaptations

Going to the toilet

- a chair with hidden toilet (commode) – if getting to the toilet is difficult
- push button to flush the toilet
- raised toilet seat

Using the bathroom

- slip mat for the bath or shower
- a rail to help you get out of the bath or shower
- easy to turn handles for taps

Cooking and eating

- a kettle with a holder to make it easy to pour
- knives and forks with special handles to make them easy to hold
- easy to grip jugs or graters
- cups with 2 handles

Getting out of bed or out of a chair

- a rail you attach to the bed (grab rail)
- straps to help you lift your leg (leg lifters)
- things to raise your bed
- reclining chairs

Getting dressed

- hooks to help pull zips, undo buttons and pull jackets on
- gadgets to help put socks, tights and pants on

Personal Alarms

Personal alarms and security systems (telecare) are devices that call for help if you, or someone you know, falls or has a problem at home. They range from basic alarms to intercom .



Basic alarms

These are small devices you set off to get help.

They can usually:

- make a loud noise
- send a signal to a carer or family member's pager or phone

They can be:

- carried or worn around your wrist or your neck as a pendant
- a button or pull cord in your home you use if you need help.

Key safes

A key safe is a small box you lock that holds a key. This means carers, your family or emergency services can get into your home if you can't get to the door. A key safe is fixed to an outdoor wall. You use a code – that you can choose – to open it.

Buying a key safe

You can buy a key safe online or on the high street. Prices range from £20.



For more information:

www.careadvicebuckinghamshire.org

NRS: <https://www.nrshealthcare.co.uk>

Tel: 03451218111

Independent Living:

<http://independentlivingconsultants.co.uk>

Tel: 01494 443 933

<http://ageuk.org.uk>

Tel: 0800 678 1602

DON'T IGNORE THE SIGNS!

Many people are avoiding contacting their GPs at the moment due to the Coronavirus. Hence referrals to specialists have fallen. If you are experiencing new symptoms or are concerned about something don't ignore it; get in touch.

Here are a few signs and symptoms you shouldn't ignore.

Ovarian Cancer

Common symptoms of ovarian cancer include:

- feeling constantly bloated
- a swollen tummy
- discomfort in your tummy or pelvic area
- feeling full quickly when eating
- needing to pee more often than usual.

The symptoms are not always easy to recognise. They are similar to those of some more common conditions, such as irritable bowel syndrome (IBS). See a GP if:

- you have been feeling bloated, particularly more than 12 times a month
- you have other symptoms of ovarian cancer that will not go away
- you have a family history of ovarian cancer and are worried you may be at a higher risk of getting it.

It's unlikely you have cancer, but it's best to check. A GP can do some simple tests to see if you have it.

Bladder Cancer It is very important that you visit your GP as soon as you notice anything unusual - the earlier that bladder cancer is diagnosed, the more quickly it can be treated and the better the outcome.

The most common symptoms are:

- blood in the urine (even just once)
- recurrent urinary infections
- frequency or urgency or pain on passing urine when no infection found on urine tests by the doctor.

Prostate Cancer

If you are male and do notice changes in the way you pee, this is more likely to be a sign of a very common non-cancerous problem called an "enlarged prostate". It's still a good idea to get it checked out. Possible changes include:

- difficulty starting to pee or emptying your bladder
- a weak flow when you pee
- a feeling that your bladder hasn't emptied properly
- dribbling urine after you finish urinating
- needing to pee more often than usual, especially at night
- a sudden need to pee – you may sometimes leak urine before you get to the toilet.

If you have any concerns at all please ring and speak to a receptionist or book a consultation through Patient Access online.

Your PRG Needs You!

The PRG is the Patient Reference Group for Cherrymead Surgery. We are a group of patients who meet with the Surgery Manager and a Partner once a month. We are there to support the Surgery and also give a patient opinion on what goes on.

As a group we produce this Newsletter. We also organise Health Information Meetings for patients on a variety of health conditions. We have a notice board in the downstairs waiting room. It will keep you up to date on our activities. You can also see action points from our meetings on the Cherrymead website www.cherrymeadsurgery.co.uk

We are always keen to welcome new members to the group. If you are interested in joining us or have questions about what we do please get in touch .



For more information on how you can get involved with the Patient Reference Group please contact us : prgcherrymead@gmail.com

Cherrymead Surgery Patient Reference Group