



## Drs Jeyam & Jesudas Autumn Newsletter 2024

### Staff Surgery Update

In August we were joined by our new trainee doctors

Dr Mustafa El-Lami – GP ST3 fully trained in his final year – he will be with us until August 25

Dr Rizwaan Lakhi - GP ST2 fully trained in his 2<sup>nd</sup> year – he will be with us until February 25

Dr Ronan Pilkington – GPST1 fully trained in his 1<sup>st</sup> year – he will be with us until February 25

Dr Chris Charlston – FY2 fully in his 2<sup>nd</sup> year – he will be with us until December 24

Dr Rabia Tabassum left us for a new adventure and we wish her well.

### Flu Vaccinations

There are some changes to the Flu vaccination programme this year. This will be offered out in 2 groups.

From 1 September 2024, the vaccination will be offered out by the GP practice to

- pregnant women
- all children aged 2 or 3 years on 31 August 2024
- all children in clinical risk groups aged from 6 months to less than 18 years

Please note - primary school aged children (from Reception to Year 6) & secondary school aged children (from Year 7 to Year 11) will be offered this through the school nursing programme. The GP practice can only offer to these age groups if they are in a clinical risk group, for example, asthmatic, diabetic etc.

From 3 October 2024, the GP practice will offer the vaccination to:

- aged 65 years and over
- aged 18 years to under 65 years in clinical risk groups
- in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home, registered domiciliary care providers, voluntary managed hospice providers and those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants F

If you have not yet booked your appointment, please contact the surgery.

## RSV Vaccination

Respiratory Syncytial Virus (RSV) Vaccine for pregnant women and 75-79 year olds

### What is RSV?

Respiratory Syncytial Virus (RSV) is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including cough, sore throat, sneezing and runny or blocked nose. It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. There is no specific treatment, and most infections will get better by themselves. Every year thousands of older adults need hospital care for RSV, and some of them will die. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system. RSV infection is common in young children but is most serious for small babies and for older people

From 1st September 2024, NHS England have introduced a RSV vaccine. Almost all older adults will have had several RSV infections during their life. A single dose of vaccine will help to boost protection as you reach an age group at highest risk of serious RSV infection. The vaccine will be offered to patients aged 75-79 years old.

For pregnant women, the vaccine will be offered on or after they are 28 weeks pregnant.

## COVID Winter Booster

The groups to be offered a COVID-19 vaccine in autumn/winter 2024/25 are:

- residents in a care home for older adults
- all adults aged 65 years and over
- persons aged 6 months to 64 years in a clinical risk group, as defined in the COVID-19 chapter of the UK Health Security Agency (UKHSA) Green Book on immunisation against infectious disease

If you are eligible, you will receive an invitation from NHS England and they will send you the information of how to book your COVID vaccination via the National Booking Site.

## Baby imms/Preschool imms

It is important that you bring your child for their immunisations. You will be contacted by the surgery who will book an appointment to suit yourself. It is important that you keep these appointments, however if you cannot make it, please contact the surgery and rearrange it.

## Medical Students

Being a training practice we sometimes have 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> year medical students sitting in with the clinicians. It is a good learning experience for them to be here. If for any reason you do not want them sitting in when you attend your appointment, please let us know.

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## Annual Reviews

If you have a long term condition, such as Diabetes, Coronary Heart Disease (CHD), asthma, COPD, chronic kidney disease (CKD), dementia, learning disabilities, history of stroke or mental health, you will be invited in to the practice each year for an annual review and health check with one of our nursing team. During the appointment, we can check how you are managing your condition and how we can support you. We will send you an appointment in your birth month.

**It is really important that you attend your reviews so that we can monitor your condition, carry out physical health checks like blood pressure, blood tests, BMI etc.**

**We will also arrange an annual review with one of our practice pharmacists to monitor any medications that you may take for your condition.**

## NHS Health Checks, High CVD Risk Reviews and Carer Health Checks

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as - heart disease, type 2 diabetes, kidney disease and stroke. During the check-up we will discuss how to reduce your risk of these conditions. *If you're aged over 65, you'll also be told about symptoms of dementia to look out for.*

If you're aged 40 to 74 and **do not have a pre-existing health condition**, you should have received an invite to an NHS Health Check in the surgery. We do send an appointment self-booking link with the invite so that you can book your own appointment via the link to suit your availability. You will be invited in every 5 years.

**It is really important that we work with our patients to help prevent you developing a long term condition.**

**For more information visit - <https://www.nhs.uk/conditions/nhs-health-check/>**

**If you have not yet responded to our invite, please contact the surgery to make an appointment today!**

### High CVD Risk Annual review

If you have been identified as being at high risk of developing a cardiovascular disease (CVD) – 20% higher risk – you will be invited into the practice every year for an annual health check. The practice will send you an invitation each year. It is important that you attend these annual reviews so we can monitor your risk and help with ways on how to reduce this risk.

For more information on the types of cardiovascular disease, visit -

<https://www.nhs.uk/conditions/cardiovascular-disease/>

### Carers Annual Health Checks

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. **The care they give is unpaid.**

If you have informed us that you are a carer you will be offered an annual health check and flu vaccination. The health check is about **looking after you as a carer**. It will focus on your own health and wellbeing and whether there are any areas you need support with. It is a chance to talk about your concerns and hopes for the future. The check covers the questions which Carers have told us are important.

**You should have received an invite for a carer annual health check already and if you have not yet had this, please contact the surgery to book an appointment.**

**If you are a carer and have not informed the practice, please contact us to let us know so we can record this in your record and add you to our carer register.**

## PPG (Patient Participation Group)

We are hoping to start this group up again so if you are interested please inform reception. We will contact the existing members to see if they still wish to be involved.

## Contact Details

It is important that you let us know if you change address contact details.

