

RDP News



Rush-home and read it!!

The Robert Darbishire Practice Patient Newsletter : October 2014

We hoped you liked the first edition of the new patient newsletter. If you would like to join our Virtual Patient Participation Group please contact us on CMCCG.rdp-ppg@nhs.net. We would like to hear your suggestions as to the sort of items you would find useful and would like us to include in future newsletters.

Flu Season – what you need to know

Influenza – commonly known as flu, is a very contagious viral infection. It is much worse than a common cold and we all know a common cold can make you feel very unwell. Most people do not need to see a doctor with their flu symptoms; just need lots of rest, drink plenty of water and take paracetamol or Ibuprofen if you need to.

Some people are more at risk if they get the flu; they can become more unwell and potentially get life-threatening complications. These people include:

- Anyone **aged 65 or over**.
- Have any **ongoing (chronic) lung diseases** - examples include chronic bronchitis, emphysema, cystic fibrosis and severe asthma (needing regular steroid inhalers or tablets). It is also recommended for any child who has previously been admitted to hospital with a chest infection.
- Have a **chronic heart disease** - examples include angina, heart failure or if you have ever had a heart attack.
- Have a **serious kidney disease** -examples include nephrotic syndrome, kidney failure, a kidney transplant.
- Have a **serious liver disease** such as cirrhosis
- Have **diabetes**.
- Have a **poor immune system** - examples include if you are receiving chemotherapy or steroid treatment (for more than a month), if you have HIV/AIDS or if you have had your spleen removed.
- Have certain **serious diseases of the nervous system**, such as multiple sclerosis, or have had a stroke in the past.
- **Live in a nursing home or other long-stay residential** care accommodation.
- **Are pregnant**. Even if you are otherwise healthy **it is now recommended for all pregnant women**.
- In addition to the main at-risk groups of people listed above: You should be immunised if you are the **main carer for an elderly or disabled person**. This is because their welfare may be at risk if you fall ill with flu. This includes staff who work in care and nursing homes.
- Staff involved in direct patient care may be offered immunization by their employer.

How can you prevent flu?

If you are in an at-risk group you will have received a letter from us inviting you to **attend for a flu vaccine**. This is the safest way to prevent catching the flu. **It is free to all those in an at risk group**. We still have a number of flu clinics arranged on various dates and times to suit everybody including

- **Saturday 25th October 9:00am to 12:30pm**
- **Monday 27th October 18:00pm to 19:50pm**

Unfortunately we do not have enough flu vaccine to offer an injection to those not in an at-risk group but you can get this done privately. Some supermarkets and pharmacists offer this service. Flu is spread by coughs and sneezes – remember to sneeze or cough into a hanky and wash your hands regularly.

Please ring reception now to make your appointment. We are happy to answer any questions about the flu – just ask.

Protect your child against Flu

Flu is also an unpleasant illness for children as they experience the same symptoms as adults. Complications of flu can include bronchitis, pneumonia and a painful ear infection - these may be very severe and may lead to hospital treatment. The flu vaccine will protect your child from what can be a very nasty illness and reduce the chance of others in your family getting the flu.

This year children **aged 2, 3 and 4 years** (date of birth on or after **September 2nd 2009** and on or before **September 1st 2012**) and those aged **2 to 18 years in at-risk groups** are eligible for the **nasal spray vaccination**, with no need for an injection. The vaccine will allow your child to build up immunity against the seasonal flu virus.

Children aged 6 months to 2 years are still offered the vaccination by injection as the nasal spray is not suitable for children under 2 years.

We will be holding flu clinics for children week beginning Monday 27th October and invite your child to attend. Please ring us to book an appointment now.

Chlamydia Screening

We offer free and confidential chlamydia testing for our patients aged 16-24 years. Did you know that 1 in 10 young people in Manchester have chlamydia? Chlamydia is a common sexually transmitted infection (STI). It often doesn't have obvious symptoms so lots of people who have it don't know it. It can lead to long-term health problems such as infertility (not being able to have children) if it isn't treated.

If you are under 25 years you should have a routine test, once a year, and when you change your sexual partner. **RuClear tests are free and painless.** There is no poking or probing involved, you just need to pee in a pot or do a simple self-taken vaginal swab. Your sample will be tested for chlamydia and another common STI called gonorrhoea. These infections can be treated with a simple course of tablets.

It's really easy to get a test. If you are aged under 25, you can get a free test from us, please contact reception or ask your Nurse or Doctor to arrange the test. If you are over 25 years please book into the Sexual health Clinic on Wednesday or Friday.

Pride in Practice

In conjunction with the Lesbian and Gay Foundation, our practice is delighted to support and be a part of the Pride In Practice scheme. This scheme identifies GP surgeries that are fully committed to ensuring that their lesbian, gay and bisexual patients are treated fairly and are able to discuss their issues openly with their GP or healthcare provider. For more information: www.lgf.org.uk

Did you know we have a website?

It has all the information about our practice: the staff; how to make an appointment; how to order a repeat prescription; the services available; and lots of health information.

Try it out: <http://www.rdp.org.uk>

Sick notes

Do you need a sick note? Please speak to reception (telephone or in person). They will advise you if you need to see or speak to your doctor. We can usually have your sick note ready in 2 working days (48hrs).

Text Messaging

We now send out appointment reminders and other messages via text. If you do not wish to receive text messages please let reception know.

. Contraceptive implant and Coil clinic is back!

Many women struggle to remember to take a daily contraceptive pill and prefer to have the security of using a long acting form of contraception such as the implant or Intrauterine device (IUD – often referred to as “the coil”). Coils and implants are an extremely reliable method of family planning that are suitable for most women- including those on long term medication or who may be breastfeeding.

We run a monthly clinic dedicated to fitting coils and implants.

If you would like to find out more about these forms of contraception- please feel free to speak with a practice nurse, Dr Helen Dovedi or Dr Simon Henshall.