

# Practice Newsletter Autumn 2016

## **Measles, mumps and rubella vaccination (MMR)**

Public Health England is calling for all parents to get their children vaccinated against measles, mumps and rubella (MMR) when the vaccine is offered, or for them to take it up now if they didn't have it at the scheduled time.



Measles is a highly infectious viral illness that can be very unpleasant and sometimes lead to serious complications. Those who are unvaccinated remain susceptible to the disease. Two doses of MMR vaccination also provides protection against two other common highly infectious diseases: mumps and rubella.

## **Staff News**



- Congratulations to Dr Lingam who was married in July.
- Also congratulations to Dr Osigbe who married in October.



- Our Registrar, Dr Wing Leung, will be returning from maternity leave in January having given birth to a baby boy.
- Congratulations to Dr Jane Matthews who in October also gave birth to a baby boy. She plans to return from maternity leave next summer.

## **Chaperones**

In clinical medicine, a formal chaperone is a person who serves as a witness for both a patient and a medical practitioner as a safeguard for both parties during a medical examination or procedure and is a witness to continuing consent of the procedure. Family members or friends may be present but they cannot act as a formal chaperone.

If you would like a chaperone during a consultation, please let Reception or the doctor/nurse know and this will be arranged. All our staff who act as chaperones have undertaken chaperoning training.

## **Flu vaccination clinics : Adults**

Free flu vaccinations are offered to all patients aged 65 and over, pregnant women, carers and all patients aged over 17 in disease groups such as diabetes, chronic respiratory disease and asthma, coronary heart disease, immunosuppression, liver disease, chronic renal disease, and neurological disease such as stroke.



We held walk-in flu vaccination clinics on the 24<sup>th</sup> September and the first three Saturdays in October and we are also holding clinics of bookable appointments on weekdays in October and November starting on 19<sup>th</sup> October. Please speak to reception staff if you would like to book an appointment.

## **Flu vaccination clinics: Children**



Free flu vaccinations are again being offered to all children aged 2 to 4 years. If your child was aged **2, 3 or 4** on the **1<sup>st</sup> September 2016** ie born on or after 1/9/2011 – 31/8/2014 they will be eligible to receive the nasal spray vaccination (called Fluenz).

Also, any children in a clinical risk group aged 5-17 will be offered the same nasal spray vaccination.

Bookable appointments are available in dedicated children's flu clinics being held in October and November. All eligible children are contacted by the practice to invite them for a flu vaccination. Please contact the surgery to book an appointment for your child in one of these clinics.

Children in school years 1, 2 and 3 are also offered a flu immunisation. This is done in

schools and does not involve general practice. The schools programme includes "at risk" children in those age groups.

### **Mobile phone numbers**

If you have a mobile phone, do make sure we have your up-to-date number. We will then be able to send you text appointment reminders.



If we have a record of your mobile number and you don't wish to receive texts from us, please let Reception know.

### **Repeat prescriptions**

You may request your repeat prescription by letter, by using the form on the prescription or via our website

[www.thelondonlaneclinic.gpsurgery.net](http://www.thelondonlaneclinic.gpsurgery.net) using the Repeat Prescriptions link on the home page - if you have registered to use this facility.

Requests for repeat prescriptions are not taken over the telephone for medico-legal reasons as errors can occur in verbal communication.

When requesting a repeat prescription, please allow 2 working days for it to be processed.

### **Test Results**

Please remember that it is the patient's responsibility to contact the practice and obtain the results of any tests. The receptionist will be able to inform you whether you need a follow up appointment.



### **NHSGo mobile app for young people aged 16-24**

The Healthy London Partnership has worked with children and young people to produce a mobile app for young people [NHSGo](http://NHSGo) [www.NHSGo.uk](http://www.NHSGo.uk). It contains sections specifically tailored to young people's health needs, such as sleep, sexual health, mental health, smoking, drugs and alcohol. It is free to download from the Apple and Google play stores.

### **Meningitis ACWY**

The MenACWY vaccination programme introduced last year for all 17 and 18 year olds in school year 13 and is being continued.

This vaccine protects against meningitis (inflammation of the brain) and septicaemia (blood poisoning) caused by meningococcal groups A, C, W and Y.

All school year 13 patients have been contacted by the practice inviting them to arrange to have this vaccination.

### **~~Top Tip~~**

#### **Avoiding flu**

Flu (influenza) is a serious contagious disease that can lead to hospitalisation and even death.

All influenza viruses are spread from person to person in respiratory droplets propelled by coughs and sneezes



from an infected person to the mouth or nose of another person. They are also spread from touching objects contaminated with the flu virus.

To prevent the spread of the flu virus,

-  try and remember to always cover your mouth when sneezing.
-  Use a tissue, then throw it in the bin.
-  If you are eligible, have the flu vaccination at the surgery.
-  Clean surfaces such as door handles and telephones regularly to get rid of germs.
-  and wash your hands with soap and water. Good hand hygiene is important and effective in preventing the spread of the flu virus.

Children are particularly at risk of picking up infections and spreading them to other people. Parents have a very important role to play in ensuring their children are given good advice at home.

**Cyclists**

Cycling is good exercise and worth encouraging. If you use a bicycle to come to the surgery, you can park it by the railings.....