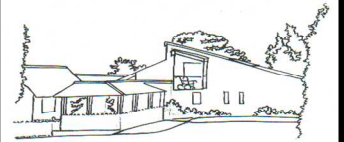




Laurel Bank Surgery NEWS

Malpas, Cheshire SY14 8PS Tel: 01948 860205 Fax: 01948 860

Autumn 2009



Meet the Community Nursing Team

Our District Nurses offer a range of services which includes palliative care, chronic disease management and dressings following surgery. They primarily care for those patients who are housebound.

They also undertake health home screening and health promotion to help people stay healthy. They can be contacted on 01948 860038 during the hours of 8.30am to 4pm.

After 4pm, there is an Evening and Night District Nursing Service provided by the WCPCT which can be contacted on 01244 349631.

The team at Laurel Bank Surgery is comprised of Sister Emma Lea, S/N Pamela Quinn, S/N Martin Curran and S/N Olwen Reiser with Auxiliary Nurses Mrs Jenny Bellis and Mrs Ann Brereton.

Sister Ruth Garner, Community Matron, works with patients who have intensive care needs to help ensure their care is properly co-ordinated and to help them make choices about their health care.



Mrs Jenny Bellis, Sister Emma Lea,
and Mrs Ann Brereton



Surgery Opening Times:

**Monday to Friday
8:00 to 6:30pm**

Dispensary Opening Times:

**Monday to Friday
8:00am to 6:30pm
(closed each day from
1pm to 3pm)**

Please allow 2 working days for repeat prescriptions, which can be ordered by letter, by fax on 01948 860142 or by using EMIS Access via our website:

www.malpassurgery.co.uk.

As a last resort, you can order by telephone on 01948 860506 between **8am and 9am** Mon to Fri.

Prescriptions can be collected in person, sent by post on receipt of an SAE, or sent directly to P Williams the Chemist in Malpas.

STOP PRESS!

We now have an Automated Check-in Screen!

You can help the Reception team by using it to check yourself in, but they are still happy to help if you would rather check-in with them!



Seasonal Influenza Clinics

These vaccinations are recommended for all those aged 65 years and over AND people who are considered to be *At Risk*, i.e. those with chronic respiratory and heart disease, diabetes, serious kidney or liver disease, on repeat steroid medication or lowered immunity due to disease or treatment.

Please note that you only need 1 Pneumonia vaccination in your lifetime, but Influenza is given annually.

The vaccines will be **available from 29th September**. Please call to make a 5 minute appointment in one of our flu clinics during our regular working day. **Extended times are being offered** this year to help those who find surgery times difficult.

These are:

- Wednesday 30th September until 7:30pm
- Saturday 3rd October 9am to 1pm

- Thursday 8th and Friday 9th October starting at 8am.

The District Nurses will continue to visit patients who are not able to attend the surgery for an appointment. We are not able to give a vaccine to those patients who do not fall into the *At Risk* groups during the campaign.

Boots the Chemist offer flu vaccinations at some of their larger shops, which can be paid for.

☺ ☺ ☺ ☺ We would like to thank N & J Owen for all their help ☺ ☺ ☺ ☺
☺ ☺ in distributing this newsletter since we started in September 2005! ☺ ☺



Medicine Management Savings

The tentacles of the Credit Crunch have finally wormed their way into Laurel Bank Surgery. West Cheshire PCT, are being asked to save a massive sum of money from their slice of the NHS budget. This has been passed on to all practices within the PCT – we are all going to have to do our bit!

At Laurel Bank Surgery, we have always been committed to providing the best care for our patients; we will continue to do so, but have to be mindful of our responsibility to the wider NHS economy. As such, those of you who get your medication from the dispensary may notice some changes to your medications.

The **drugs you receive will be the same** but the **manufacturers will alter** and as a result the 'Brand Name' and packaging may

change from time to time.

All drugs dispensed from the practice have passed stringent checks nationally and are licensed for use in the UK.

When a drug first hits the market, it is produced under a patent by one or two companies. When the patent runs out, the drug can be manufactured by other companies, often for a considerably cheaper price.

If these drugs are used instead of the 'Original Brand' it can lead to considerable savings for the wider health economy.

The Medicine Management Team at the surgery will continue to closely monitor the quality of all medicines dispensed and will bring to the attention of the partners any concerns raised by our patients.

Emergency / OOH Cover

⇒ EMERGENCIES

In the event of a serious problem, such as chest pain or collapse, call 999 immediately.

⇒ OUT-OF-HOURS COVER

Medical advice is always available for emergencies at night, weekends and all bank holidays.

If you require advice urgently, please call 01948 860205.

The recorded message will give you the number to ring in order to contact the Out-of-Hours service.

⇒ NHS DIRECT

Contact on 08454647 for non-urgent advice.



Swine Flu Update

Swine Flu symptoms are similar to those of seasonal flu (fever, fatigue, lack of appetite, coughing, sore throat, pain in muscles & joints, headache and chills and sometimes vomiting & diarrhoea).

The virus spreads between people in the same way.

General hygiene can help to reduce the spread:

- Cover your nose and mouth when coughing or sneezing.
- Use a tissue whenever possible and dispose of dirty tissues promptly and carefully.
- Maintain good basic hygiene. Clean hard surfaces (i.e. door handles) with normal cleaning products.
- Stay at home if you think you may have the swine flu virus.

If you think you may have swine flu, you can check your symptoms on www.nhs.uk, look at the information on www.hpa.org.uk or call the Swine Flu information line on 0800 1 513 513.

If you are still concerned, **please do NOT attend surgery**. Contact either the practice by phone or the National Pandemic Flu Service on 0800 1513 100 or online at www.direct.gov.uk/pandemicflu.

You should call your doctor directly if 1) you have a serious underlying illness, 2) you are pregnant, 3) you have a sick child or 4) your condition suddenly gets worse.

If your GP thinks you have swine flu, an authorisation voucher for antiviral medication will be given. You will need a flu friend (family or friend) to collect the voucher from the surgery and travel to the

collection point to collect your antivirals.

Antiviral medication DOES NOT CURE the infection but reduces the development of the virus, lessens the symptoms and helps the body recover. It should be taken as soon as possible, ideally within 48 hours of the infection starting.

Antivirals will not be given to the contacts of swine flu, but treatment will be given to those in a high risk group where there is close prolonged contact with the ill person.

The contact will be treated if at particularly high risk of complications from influenza. This decision will be taken by the GP with the assistance of another appropriate expert where necessary.