

THE ELMS MEDICAL PRACTICE NEWSLETTER



JULY 2017 EDITION

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The Elms - Travel Advice Service



The Practice Nurses will only be able to provide advice and vaccinations for **standard travel / package tours** for holidays up to 3 weeks maximum duration. For travel advice and vaccinations you will need to book an appointment at least 8 weeks before you travel.

We stock Hepatitis A, Typhoid, Tetanus, Diphtheria and Polio vaccinations free of charge for travellers. Hepatitis B vaccination is available at a cost of £40 per injection (this is a course of 3 doses and must be paid for in advance). We can also provide basic malaria advice. If a prescription is required for malaria tablets there will be a **charge of £15 for the prescription** as this is not covered by the NHS. If you obtain at the Chemist you will **pay the chemist for the cost of the malaria tablets as well as a prescription charge**. For rabies and yellow fever vaccinations which are commonly recommended you will need to attend one of the "Well Travelled Clinics" listed below, as they are not available on the NHS. If you are travelling for any of the following reasons below, we recommend that you visit one of the travel clinics listed below for more specialised advice and vaccinations. **Please note that if you book with the Practice Nurse for the reasons below she will ask you to attend the travel clinic instead.**

- At short notice
- Complex itineraries to different countries
- Pregnant or breast feeding women
- Longer periods of travel
- Visits to relatives abroad
- Work experience abroad
- Pre-existing medical conditions

Well-Travelled Clinics

These clinics are based in Manchester, Liverpool and Chester and can see you for travel to any destination. They keep all vaccines and malaria tablets in stock, and can provide occupational health services and serology testing if required.

- **Chester:** 10 Watergate Row North, Chester, CH1 2LD.
Tel: 0151 705 3223

- **Liverpool:** Pembroke Place, Liverpool, L3 5QA.
Tel: 0151 705 3223

- **Manchester:** Unit 3, Station Approach, Manchester Piccadilly, M1 2GH. Tel: 0844 846 7510

Further information about prices and the services they offer can be found on their website: www.welltravelledclinics.co.uk

MenACWY - Are you aged 17 – 18? Are you going to University - then you need protection from Meningitis and Septicaemia

This MenACWY vaccine protects against meningitis (inflammation of the brain) and septicaemia (blood poisoning) caused by meningococcal groups A, C, W and Y. **The Surgery will be writing to all eligible patients so please phone the surgery to arrange an appointment to have the vaccination with one of our Practice Nurses.**

It is very important that you take up the vaccine. It is being offered in response to a rapidly growing increase in cases of a highly aggressive strain of meningococcal disease group W. This disease can cause meningitis and septicaemia that can kill in hours, and those who recover may be left severely disabled. The vaccine also protects against 3 other meningococcal groups too – A, C and Y.

Starting university this year?

If you're planning to go to university, please make an appointment as soon as possible before leaving for university. You are at more risk of meningitis and septicaemia in the first weeks at university when you mix with lots of new people, some of whom may unknowingly carry the meningococcal bacteria, which is usually spread through prolonged close contact. As the vaccine will also boost your protection against Men C, it replaces the "Freshers" Men C programme. If you decide not to have the vaccination please let us know so we can enter this on your medical records. Further information on the vaccination programme and meningococcal disease can be found on NHS Choices at: www.nhs.uk/Conditions/vaccinations/Pages/men-acwy-vaccine.aspx

This year in the UK, around **3000** women will be diagnosed with **CERVICAL CANCER**

5 min A smear test only lasts 5 minutes

Don't ignore your smear test invitation, it could **save your life.**

"Delaying my smear test appointment almost cost me my life - don't put yours off!"

UltraSpec
Making Cervical Screening Simpler
ultraspecmedical.co.uk

STAFF TRAINING DAYS

The next scheduled training days for the Practice are as follows:

Thursday 27th July, Tuesday 22nd August, Wednesday 20th September 2017

The surgery is closed on these afternoons from 12pm and will re-open at 5.00pm.

APPOINTMENTS PATIENTS DID NOT ATTEND

IN MAY THERE WERE 152 GP AND NURSE APPOINTMENTS THAT PATIENTS DID NOT ATTEND. THIS IS APPROXIMATELY 15 SESSIONS OR NEARLY 25.5 HOURS OF CLINICAL TIME WASTED. BE CONSIDERATE! If you are unable to attend your appointment please contact the surgery as soon as possible so it can be given to another patient.

DIABETICS – WARNING ABOUT CHANGES TO LUCOZADE CONTENT

Diabetes UK are warning patients with type 1 diabetes who regularly drink Lucozade for hypoglycaemia to take extra care and check the labels for glucose content. Those susceptible to hypos are advised to consume 15-20g of sugar when treating low blood sugar, but this will no longer be equivalent to 100ml of Lucozade.

Instead people with diabetes are facing the prospect of using greater quantities of Lucozade to treat a hypo. The new formula of Lucozade reached the shelves on 1st April but some older versions may still be on sale. Diabetes UK says those who treat hypos with 10g of carbohydrate will now need 110ml, while 15g of carbohydrate will require 170ml. The level of sugars in Lucozade Original Energy is now 8.9g carbohydrates per 100ml or 33.8g per 3980ml (one regular bottle).

Type 1 Diabetic Patients Should be Advised:

-if using the OLD version of Lucozade Energy Original, use 90ml – 120ml (15-20g carbohydrate) as hypo treatment

-if using the NEW version of Lucozade Energy Original, give 170ml – 225ml (15-20g carbohydrate) as hypo treatment.

ELMS NEWS

We would like to wish Lindsay Stoops all the best in her retirement and thank her for her 11 years' service with the Elms as one of our dedicated Practice Nurses.

We would also like to welcome to the team our 2 Apprentices Kyria and Liam, and Rachel Thomas our new Practice Nurse.



There are over 4950 guide dog owners in the UK. If you are blind or partially sighted, a guide dog could change your life. They are not just for the blind, they are also for those partially-sighted, most people who own a guide dog still have some vision. You do not have to be officially registered as blind or partially-sighted either. You also do not need to worry about the cost of keeping a dog, at Guide Dogs they recognise that owning a dog can be expensive and may not be easy for everyone to manage. They provide essential equipment free of charge and financial assistance if needed for things like food or veterinary costs. The staff at the Elms are having a 'Dress Down Day' on 17th July 2017 to raise funds for Guide Dogs.

HEALTH INFORMATION WEEK

3RD – 9TH JULY 2017

Health information week is a campaign to improve access to health information.

Staff from local authorities, public libraries, NHS voluntary sector, independent information and advice centres have all been working together to make their health resources more available to the public.

In 2005, Health Information Week was held for the first time and the success of the campaign has made it an annual event in the calendars of information staff in the West Midlands and there are now many events throughout the UK.

NHS Choices www.nhs.uk is a great website for obtaining health information. You can search the five drop down menus on the website to get information as below:

Health A-Z

Contains information on conditions, treatment options, vaccinations and answers to common health questions. Information is divided into sections. You can search in different ways.

Live Well

A wealth of information that includes Couch to 5K, Alcohol limits, NHS 12-week weight loss plan, Eatwell Guide. Features include videos, tips, guidance and on-line support.

Care and support

A guide to social care; sections include "Your situation", "Care services and advice", "Money and your rights" and a section "For carers".

Health News

The research behind the headline news. Studies and reports explained in plain language. Forums available to discuss health evidence and techniques in searching.

Services near you

What the NHS offers e.g. hip replacement, the services explained and choosing the right one for you. You are able to compare services such as consultants and GPs.