

THE BEDFORD PARK **SURGERY** **WINTER NEWSLETTER**

Jan 10

Dear Patients,

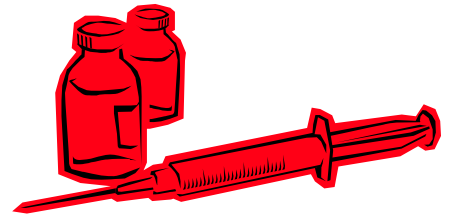


Yet another year had ended and we venture into the beginning of a new decade. Wishing all our patients a very Happy New Year for 2010 and hope it brings everyone lots of happiness and joy! You may have all noticed of course, that 2010 has started on a rather "cool" start, lots of snow, ice and chills. Please do be careful as you try and get around

from place to place.

FLU VACCINES

We would like inform everyone that we still have a stock of flu vaccines for anyone who still has not had this last year. If you fall in a high risk group for example, if you suffer from heart disease, diabetes, COPD asthma or are immuno compromised, please make an appointment with the practice nurse for the vaccine.

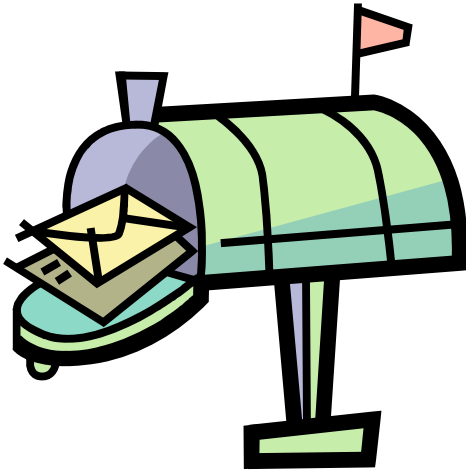


SWINE FLU VACCINE FOR CHILDREN



We have started the programme for children aged 6 months - 5 years to have their swine flu vaccines, irrespective of whether they are in a high risk group or not. The dose of the vaccine is a single dose and only those children who are immuno compromised, will need a second dose after 3 weeks. Please do speak to our reception staff who will be able to offer you an appointment with the nurse for this.

HEALTH CHECK LETTERS



Many of you will be receiving invites for health checks for various illnesses for example, checks for diabetes, asthma, COPD, general health checks, medication reviews etc. You may also be receiving invites to come in to have certain important blood tests carried out, for example thyroid function tests, cholesterol and fasting sugar and lithium level tests. Please can you treat these letters as an important tool for your health to be monitored optimally by the clinicians at the Practice. We would like to advise patients that they should endeavour to make the relevant appointments as requested in the letters as soon as they receive them.

If however you do not wish to come in, it would be great if you could return the letters as indicated, by signing and dating them at the bottom, so we can ensure our database and your records are kept up to date. This exercise is only a helpful tool if you work with us to make it work!

CONSENT FROM PARENTS FOR CHILDREN

We continue to come across this problem especially for our nurse appointments. Can all



parents who ask a Nanny, Carer or grandparent etc to bring their child in, please send in a written consent to permit for the child to be assessed or treated in your absence. We do need these consents as per government regulations, especially if the child is having a vaccination. We will be following these guidelines rigidly from this point onwards, and hope that parents will not be offended or upset if we refuse to see a child if no consent letter is presented via the Nanny or grandparent, to the clinician.

This consent will then be uploaded on the clinical system for record purposes, but will also give the clinician the freedom to administer the appropriate advice or vaccines. We will no longer be accepting telephone calls to confirm consent unless the parents are out of the country or cannot access email or a fax.

PATIENT SURVEYS

You will all be receiving in the post, patient surveys relating to your experiences at your surgery. These surveys are a very important method of checking whether or not we are providing a good level of service to our patients. We would like to encourage as many of you as possible to complete this survey and return it in the self addressed pre stamped envelope, so that your views and opinions can be noted and acted upon.



SMOKING CESSATION

Our practice nurse Noko, is a fully qualified and trained smoking cessation advisor. If you have a New Years resolution to quit the habit, then this would be a good time to book an appointment to see Noko and discuss this further. She will help to monitor you, encourage you and mentor you through what is one of the more challenging habit changes. Please enquire for more information at the reception desk. For all those who are already in this programme, we wish you luck.

