

# Academy Medical Centre Newsletter

Autumn 2018

Regular News, Information and Updates

Keeping you informed of practice developments and forthcoming events with regular articles helping you get the most from your General Practice

## Flu Immunisations

Summer has passed us by all too quickly and it hardly seems possible that we need to start thinking about the colder months ahead and importantly how we can ensure that we stay health during the winter months. One of the diseases that can affect you at this time of year is flu and getting an immunisation can help you avoid this potentially serious infection.



## NHS FLU VACCINE

### Age 65 and over

### Children aged 2 & 3 years

(on 1<sup>st</sup> September 2018)

*\*\*Nasal Spray no needles*

### Under 65 with the following;

- Chronic Respiratory Disease
- Asthma (requiring regular steroids or with previous hospital admissions)
- Chronic Heart Disease
- Chronic Kidney Disease
- Chronic Liver Disease
- Chronic Neurological Disease (stroke, MS)
- Diabetes
- Immunosuppression
- Residential Care Home / facilities

### Carers

## What is Flu & is it really dangerous?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. It can cause mild to severe illness, hospitalisation, and at times can lead to death.

Outbreaks of flu occur every year during the winter months. The virus changes every year, affecting people differently. Flu is spread through the air from coughing or sneezing. It can also be picked up from surfaces such as door handles through unwashed hands. Even healthy people can spread the virus as symptoms usually appear 2 days after catching the virus and those with the virus are infectious for up to a week.

Most people recover completely from flu within a few weeks however for some people the infection is more serious and can lead to complications. These include pneumonia, ear and sinus infections and the worsening of chronic health problems such as heart disease, asthma and diabetes. You are more likely to develop complications if you are older or suffer from a chronic health condition.

# FLU VACCINATION OPEN CLINIC

**MONDAY 8<sup>TH</sup> OCTOBER 2018 – 7.30AM – 6.30PM**

## How do I get my Flu Vaccine?

The practice is holding a Drop-In Flu Day on Monday 8 October 2018 from 7.30am to 6.30pm. This year to avoid long delays we are asking if people with surnames beginning with letters A-L attend between 7.30am and 1pm and patients with surnames beginning with letters M-Z attend between 1pm and 6.30pm. No appointment is necessary – just come along at the appropriate time.

*The vaccination for adults contains de-activated flu virus & cannot cause flu. The nasal flu vaccine has a weakened live virus which is better absorbed through the respiratory tract. The nasal vaccine contains modified pork gelatine.*

*This year all adults aged 75 years or more will be offered an Adjuvanted trivalent inactivated flu vaccine (aTIV). Adults aged 65-74 years will continue to be offered a trivalent inactivated vaccine (TIV). Additionally, those patients aged 18-64 years with at risk conditions, including pregnant women will be offered quadrivalent inactivated flu vaccine (QIV).*



## Social Prescribing...

Ashley McGregor is a Senior Community Health Development Worker with Voluntary Action Angus based at Academy Medical Centre 3.5 days per week. Ashley works with the practice teams to deliver a Social Prescribing service to people registered at the practice. This is a person centred approach offering social support to people whose health is affected by social and environmental issues which cannot be dealt with by only a medical response. It gives people the chance to talk about their own issues and get help to access any further local support that may be available and appropriate for the individual.



To give an example of some of the types of support available, the main reasons people use the service are around feeling lonely, people who are Carers, financial or housing challenges and accessing volunteering, however there are many other reasons too.

The social prescribing service is representative of the Third Sector in Angus, which includes raising awareness of local support, organisations and volunteering to staff and people registered at the practice and to encourage working in partnership where appropriate. This includes responding to the needs of the practice community by arranging drop ins, information sessions and events such as the pilot of the Third Sector Health Hubs.

These events have allowed people (from any surgery) to come along to meet organisations and staff for information and to chat about how they can get help locally. The pilot was a great success so we are developing plans to continue after September.

### **Following the great success of our pilot Third Sector Health Hub events we have decided to continue!**

If you are interested in finding out more information about local organisations who may be able to offer you support then please look out for posters in the practice and the Academy Medical Centre website for the upcoming dates for November, December and January. **The types of information available are around how to get community support involving carers, advocacy, financial information, volunteering and much more.**

For more information on social prescribing, or how you can access the service please contact our Senior Community Health Development worker Ashley on 01307 462316 or email [Ashley@voluntaryactionangus.org.uk](mailto:Ashley@voluntaryactionangus.org.uk).

You can also access information from [www.academymedicalcentre.co.uk](http://www.academymedicalcentre.co.uk)

The logo for Voluntary Action Angus features a stylized blue and green knot symbol above the text "Voluntary Action" in a bold, dark blue font, followed by "ANGUS" in a smaller, all-caps, dark blue font. The entire logo is enclosed within a thin yellow oval border.

**Voluntary Action** ANGUS

VAA is Company limited by guarantee – Scottish Charity No. SC032830, Scottish Company No. SC248473

### Dr Urwin's departure

After 5 years in General Practice at Academy Medical Centre Dr Chris Urwin left to take up a new Partnership in a Montrose practice. This will make for a much shorter commute to his new place of work and will now enable him to be more involved in the day to day family activities of his young and thriving family. His Partners at Forfar would like to wish him well in his new partnership and he will be greatly missed by his patients and colleagues alike.

Any patients that were allocated to Dr Urwin will have been reassigned to one of the other existing teams. If patients are unaware which team they are now with please ask at reception or contact the practice by telephone selecting option 6.

### Feedback

As the first practice in Scotland to work with our small team-based model of care, we recognise that we are only just starting out on our journey and the new model will take time to embed.

As we continue to grow and develop the model, we would welcome your feedback on what we need to improve and what is going well. You can give feedback either to your team or by writing to the surgery or emailing us at: [Academynewmodel.tayside@nhs.net](mailto:Academynewmodel.tayside@nhs.net)

Teams as below:-

Team 1	Dr MacCallum
Team 3	Dr Thomas
Team 5	Dr Barry

All team lists are being closely monitored in order to keep the number of patients evenly distributed for each GP, in the meantime all the individual GP lists are closed to internal transfers.

If you do wish to change Teams please request in writing stating your reason to the Practice Manager.

### Test Results

When you attend the surgery for Blood Tests, the nurse or health care assistant will remind you to call the Practice for your results in 7 days time. Please call between 2pm and 4pm for any results.

When you phone, the receptionist will be able to advise you if you need to see the GP or if you need to discuss the results on the telephone, and arrange a suitable appointment for you.

If you have had tests in hospital the results of these investigations go directly to your hospital doctor, and it is the hospital doctor's duty to inform you of these results.

Please note that we do have a strict policy regarding confidentiality and data protection. In this respect we will only give out results to the person they relate to unless that person has given prior written consent for their release.

Third party forms are available to pick up from the Reception desk.

### Academy Medical Centre Public Holidays

The practice will be closed on the following dates:

**Monday 8<sup>th</sup> October 2018 – Flu Clinic Day Only (surgery closed for appointments)**

**Wed 24<sup>th</sup> October 2018 – from 12.30pm**

**Wed 21<sup>st</sup> November 2018 – from 12.30pm**

If you take regular medications, please ensure you check you have enough left to cover the holiday period. It's also important not to over order, so only request what you need, and make sure you don't run out of anything during that time.

If on regular medications please discuss the Chronic Medication service with your pharmacist.

### If you need help over holidays...

If you are ill on a day or time when the surgery is closed and you can't wait until it reopens, call **NHS24 on 111** who can arrange for you to be seen at your local out of hours services or whatever is most appropriate.

**If its an emergency...** always dial 999 in the event of an emergency

### Academy Medical Centre - The Newsletter -

Our newsletter is produced 4 times per year helping to improve communication between the practice and our patients.

If you have any questions after reading this newsletter or would like to see an article on a particular subject in future editions, please let us know.

If you would like to be notified of our newsletter please visit our website to subscribe.