

THE SEASIDE MEDICAL CENTRE NEWSLETTER

Issue 26: Winter 2019

PRACTICE NEWS



CHRISTMAS OPENING HOURS

Tues 24th - Normal Opening Hours
Wed 25th Dec - **Closed**
Thurs 26th Dec - **Closed**
Fri 27th Dec - Normal Opening Hours
Mon 30th Dec - Normal Opening Hours
Tues 31st - Normal Opening Hours
Wed 1st Jan - **Closed**
Thurs 2nd Jan - Normal Opening Hours

Pre-bookable appointments with a GP are available at the Hub on Christmas and New Year Bank Holidays, just ask our reception team to book.

For advice during closure ring NHS111

Seasons Greetings from all of us at Seaside Medical Centre

WELCOME TO DR PATHAN

We are pleased to announce that Dr Omar Khan Pathan will be joining the clinical team at Seaside Medical Centre from December as a salaried GP. Some of our patients will already know Dr Pathan as he carried out his training with us and has been working with the clinical team during the summer to cover holiday leave.



Photo: From left to right: Claire Matthews, Practice Team Leader, Lisa Herridge Practice Manager, Eric Parrish, Chairman of the PPG, Yvonne Watson, Ann Kerr and Helen Turner, members of the Patient Group, Polly Evans, Trustee, Jennifer Twist, Chief Executive.

WHAT HAPPENS NEXT WHEN I HAVE A BLOOD TEST?

Having a blood test at the surgery can raise many questions. Patients quite often expect a telephone call when the result comes back, or believe they need to book an appointment with their GP.

We would encourage patients to ring the surgery after a week to find out their results. Patients should ring after 10am as the phones can be very busy before then with patients booking appointments.

When the GP receives the blood result from the laboratory they will leave a comment on the result. This comment will be made available for our receptionists to tell the patient.

If a result is of an urgent nature the GP will phone the patient. **We apologise but we are not responsible for the result of tests which are taken at the hospital.**

These results can only be reported on by the requesting consultant.

SEASIDE MEDICAL CENTRE ACHIEVE CARER FRIENDLY AWARD

Care for the Carers, the Carers Centre for East Sussex, have awarded 'carer friendly' status to the Seaside Medical Centre. The Practice will directly signpost carers, who feel that they need support, to Care for the Carers. Claire Fenwick and Jane Willard are care leaders in the practice, responsible for identifying carers, raising awareness of the service through practice communications and working with the Patient Group to develop and promote the service.

WE NEED YOUR HELP

Seaside Medical Centre is lucky to have an active Patient Participation Group that meets at the Surgery every 4 months to discuss the service at Seaside Medical Centre. We are seeking **new members** for the Patient Participation Group, young people, workers, retirees, anyone with a few hours to spare. With input from the Patient Group we aim to improve the service and quality of care we provide. If you would be interested in joining the group or would like more information please contact Claire Matthews at the Surgery.

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WINTER PREPARATIONS

KEEP WARM, KEEP WELL THIS WINTER

HELP VULNERABLE PEOPLE TO KEEP WARM AND WELL THIS WINTER

As autumn has now arrived we're reminded of the effect colder weather can have on vulnerable people. The health impacts, including death, can occur at relatively mild temperatures and aren't just seen during very severe cold weather. Heart and circulatory conditions are the most common cause of deaths linked to cold weather. Living in a cold home, where damp and mould can thrive, can also make respiratory conditions worse, increase the risk of falls and affect mental wellbeing. For anyone who struggles to keep warm at home the East Sussex Warm Home Check service can help by providing tailored advice and support. A Warm Home Check home visit is also available to eligible households on a low income, and can be particularly beneficial for people more vulnerable to the cold such as older people, families with young children, or those with long term conditions or disabilities.

THE WARM HEALTH CHECK OFFERS:

Installation of replacement boilers, central heating systems or home insulation is also possible subject to eligibility and availability. The service currently has funding from National Grid's Warm Homes Fund to install new gas central heating systems free of charge to eligible residents. Home-owners or private tenants living in urban areas of East Sussex who don't currently have mains gas central heating and on a low income can apply. The fund could particularly help vulnerable people living in homes with older types of electric storage heaters, which can be inefficient and costly.

WHAT CAN YOU DO?

If you are in contact with anyone who may benefit from advice and support to keep warm at home please signpost them to the Warm Home Check Service, or refer them directly using the simple and secure online form at: www.warmeastsussex.org.uk

**THE WARM HOME CHECK SERVICE IS COMMISSIONED BY
EAST SUSSEX PUBLIC HEALTH AND PROVIDED
BY RETROFITWORKS AND CITIZENS ADVICE EAST SUSSEX
VISIT: WWW.WARMEASTSUSSEX.ORG.UK
TEXT WARM TO 81400
OR CALL 03444 111 444.**

HAVE YOU HAD YOURS YET?

We still have flu vaccinations available. The purpose of the flu vaccination programme is to offer protection to those who are most at risk of serious illness should they develop flu or influenza. This year there will be three types of flu vaccine to the flu programme, they have all been specifically tailored to each age group. For patients over 65 the vaccine that is recommended is the Adjuvated Trivalent flu vaccine (aTIV) this is likely to give better protection against flu for this age group.

For patients 65 and under the vaccine recommended is the Quadrivalent Vaccine (QIV) this is only given to patients that are at increased risk from flu because of a long term health condition, Asthma, COPD, Diabetic, Carer or because they need protection due to pregnancy.

Children of the ages 2 and 3 will be given the Live Attenuated Influenza Vaccine (LAIV). This is a nasal spray and will be given at the surgery. All school aged children from the ages of 4-10 will have this at school. Children from the ages of 10-17 and have a health condition, will be offered the flu vaccine at the surgery.

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HEALTH NEWS

PATIENTS - YOU MAY BE OFFERED AN MMR VACCINE MMR ADULT VACCINATION CATCH-UP

Measles, mumps and rubella (German measles) are not just children's problems - they can be very serious in adults and in particular cause problems for pregnant women and people with weakened immune systems.

<u>Measles</u>	<u>Mumps</u>	<u>Rubella (German Measles)</u>
<p>Measles is caused by a very infectious virus causing a rash and high fever. It can be more serious in adults and last for longer than in children (usually necessitating being off work for 10 or so days).</p> <p>Complications of measles can include ear and chest infections, fits, diarrhoea, encephalitis (infection of the brain) and brain damage.</p> <p>About one in 5000 individuals with measles are likely to die.</p>	<p>Mumps can cause painful complications including inflammation of the ovaries or testicles (in rarer cases the pancreas) and infertility; around 1 in 10 men who have testicle swelling during mumps are affected.</p> <p>It can also cause viral meningitis.</p>	<p>German Measles is a viral infection that is now rare in the UK.</p> <p>It is usually a mild condition that gets better without treatment in 7-10 days, however it is more serious in pregnant women.</p>

Measles cases are on the increase in the UK - indeed The World Health Organisation (WHO) in August 2019, stripped the UK of its 'measles free' status.

People who **have not** been vaccinated with 2 doses of MMR vaccine in their lifetime are more likely to catch these diseases.

Due to changes in vaccination schedules over the years:-

- Anyone born between 1980 and 1990 may not have received a mumps vaccine
- Anyone born between 1970 and 1979 may have only had a measles vaccination.

Over the coming months we will be contacting patients who fall into the above categories to offer them the MMR vaccination.



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HEALTH NEWS

HPV CATCH UP PROGRAMME

From September 2019, all 12 and 13 year olds in school (year 8) will be offered on the NHS the HPV (human papillomavirus vaccine). This vaccine will be offered to both girls and boys. The vaccine is given in two doses, the second one being offered 6-12 months after the first (in school year 8 or year 9). It is important to have both doses to be protected.

What does the HPV do? It helps protect against cancers caused by HPV, including:

- Cervical cancer
- Some mouth and throat (head and neck) cancers
- Some cancers of the anal and genital areas
- Genital warts.

There are many types of HPV, some of which are called 'high risk' because they are linked to the development of cancers. HPV infections do not usually cause any symptoms, and most people will not know they're infected.

Those who missed their HPV vaccination in school (year 8) can continue to have the vaccine up to their 25th birthday.

GIVING SOMEONE POWER OF ATTORNEY

Thinking about the future? Putting in place a power of attorney can give you peace of mind that someone you trust is in charge of your affairs. If you are aged 18 or older and have the mental ability to make financial, property and medical decisions for yourself, you can arrange for someone else to make these decisions for you in the future. This legal authority is called 'lasting power of attorney'. The person with the authority is known as the 'attorney' and the giver is known as the 'donor'.

There are two types of power of attorney. Lasting power of attorney (**LPA**) and enduring power of attorney (**EPA**). LPAs came into force in October 2007. Before that, people made EPAs. It is no longer possible to make an EPA, but an EPA made before October 2007 remains valid.

Lasting Power of Attorney (LPA) includes:

- **Personal welfare LPA**
- **Property and financial affairs LPA**

Personal welfare LPA gives your attorney the power to make decisions about your daily routine (washing, dressing, eating), medical care, moving into a care home and life-sustaining treatment. It can only be used if you're unable to make your own decision.

Property and financial LPA gives your attorney the power to make decisions about your money and property, including managing your bank or building society accounts, paying bills, collecting your pension or benefits and, if necessary, selling your home.

Enduring Power of Attorney (**EPA**) deals only with property and financial affairs, not with personal welfare issues.

Once registered with the Office of Public Guardian, it can be used immediately or held in readiness until required.

You can apply online for power of attorney (<https://www.gov.uk/power-of-attorney/make-lasting-power>) on GOV.UK. Alternatively, contact the Office of the Public Guardian on (<https://www.gov.uk/government/organisations/office-of-the-public-guardian>) for an application pack. Or by phone on 0300 456 0300 - lines are open Monday to Friday, 9am to 5pm (Wednesday 10am to 5pm).

