



# chilwellmeadowsurgery



## Practice Newsletter

December 2015  
Issue 15

Welcome to the latest issue of The Chilwell Meadows Surgery practice newsletter. We produce an issue on a regular basis to keep you up to date on the latest news from the surgery.

### Staff news:

Welcome to Tina our new Receptionist. Tina joins us from another GP surgery and so has really hit the ground running!

### See a long queue at the Reception desk?

Beat the crowd and try our new self check-in screen to the left of the reception desk.

It's really quick and easy to use!



### DNA—did not attend

Every week 1 in 20 appointments the patient does not attend. This equates to 50 doctor's appointments that someone else could have had. If you cannot make your appointment please ring us to cancel. If you are registered for online access you can cancel your appointments there.

### Spread the Christmas cheer

Do you have an elderly or otherwise vulnerable neighbour who might be alone this Christmas? Why not just pop round once in a while and have a chat with them, make sure they are well over the cold winter months.

### Have you changed your address or other details (e.g. mobile phone number) recently?

If so please can you let Reception know so we can update your record.

If you have any upcoming hospital appointments you will need to inform them as well separately as our system will not give them this information automatically.

### Our appointments system—how it works:

If you need to be seen **urgently** you will be offered a same day appointment.



For a **routine** appointment with a GP you will be offered an appointment within 72 hours. These appointments are not released all at the same time, but throughout the day so there is no need to ring first thing in the morning to secure one of these appointments as some will become available later.



Ask at Reception for details

## DID YOU KNOW?

### FLU (INFLUENZA)

Flu symptoms are known to have first been recorded 2400 years ago by Herodotus.

When Columbus landed in Hispaniola (now Haiti and the Dominican Republic) in 1492 it is thought that the flu epidemic of 1493 may have been swine flu, carried by the pigs aboard Columbus's ships.

European epidemics have happened in the 1580s, in 1743, 1781 1782, 1830 – 1833, 1918 -1919. Other notable occurrences have been Asian flu 1957 – 1958, Hong Kong flu 1968 – 1969, Russian flu 1977, H1N1 (swine flu) 2009 with other strains causing serious concern: (H5N1 since 1997 and H7N9 since 2013).

In 1918, a vet, J S Koen, noted similarities between influenza symptoms in the pigs he was treating and the symptoms in people of the then Spanish flu epidemic. The Spanish flu epidemic of 1918 is estimated to have killed between 20 and 40 million people worldwide.

The human influenza virus was first identified by researchers in 1933.

In 1944, researchers at the University of Michigan developed a killed-virus vaccine for flu.

Flu immunisation was first recommended in the UK in the late 1960s for people at risk of serious disease. In 2000 the policy was extended to include everyone aged 65 years and older. In 2013 a phased introduction of an extended vaccination programme to all children aged 2 years up to less than 17 years was commenced.

Spread by coughs and sneezes and touching any surface on which the virus has landed e.g. a handshake, a door handle, flu spreads rapidly. There is a higher risk of serious illness in infants, older people, pregnant women and those with long term conditions such as heart or lung disease.

**If you have the flu jab you will greatly reduce your chance of getting seasonal flu.**

**If you are over 65, or have certain long term illnesses like diabetes or heart disease you are entitled to a free NHS flu jab. Children aged 2, 3, or 4 as at 1st September 2015 are also entitled. For them we have a nasal vaccination—so no needles!**

#### REFERENCES

[www.gov.uk/government/publications/influenza-the-green-book](http://www.gov.uk/government/publications/influenza-the-green-book)

[www.patient.info/health/influenza](http://www.patient.info/health/influenza)

## **Are you planning on travelling soon?**

It's important to consider what vaccinations you may require. Please contact us at least 8 weeks in advance to allow plenty of time for the courses of vaccine that you may require. If you leave it until the last minute we may not be able to fit you in and you may have to be referred to a travel clinic which may charge you for the service.

***And finally.... A big thank you to all those patients who have been kind enough to give us Christmas presents of chocolates etc. this year—we do very much appreciate them!***

## **Follow us on Facebook and Twitter**



We try and reach out to as many people as we can by various methods (our websites, newsletters, practice leaflets etc) to keep you up to date with the latest information. We are on both Facebook and Twitter at the following addresses: <https://twitter.com/ChilwellMeadows>  
<http://www.facebook.com/pages/ChilwellMeadowsSurgery/>