



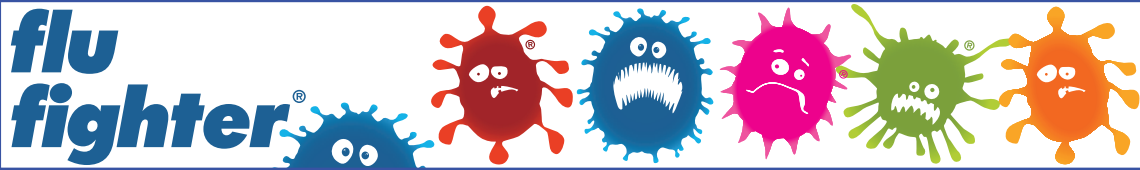
GREEN PRACTICE GOVAN HEALTH CENTRE



NEWS LETTER AUTUMN 2018



Winter Vaccinations 2018/19 Saturday Clinic 6th October 2018

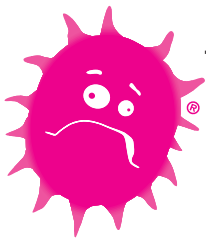


Vaccines to protect against Influenza (flu) are available from 6th October 2018
If you are in one of the following risk groups please telephone reception to book your appointment.

All 2 to 5 years not at school (must be 2 or above on 1/9/18)

All pregnant women at any stage of pregnancy

Anyone over 6 months of age with a long term condition;
for example diabetes, heart attack or stroke, breathing problems,
kidney or liver problems or problems with immune system



Everyone over 65 years of age

Anyone who is a carer or has a BMI over 40



Pneumococcal Vaccination also available for those with coeliac disease or no spleen

As in previous years, children will be offered a nasal vaccine called Fluenz. The vaccine is given as a small puff into each nostril and gives the child better protection against flu.

Recent research has indicated that: Immunising school-age children has reduced the number of adults admitted to hospital with severe flu and immunising pregnant mothers reduces the amount of severe respiratory infections in babies. The very small number of children who are not able to have the nasal flu vaccine will continue to be offered an injection instead. Please speak to a nurse or a doctor if you have any queries or questions about this.



WHOOPIING COUGH vaccine (Pertussis) continues to be available to all pregnant women from 16 weeks till the time of delivery. Having this vaccine during pregnancy gives the baby some protection against whooping cough from the time they are born, till they receive their first immunisations at 8 weeks. Of the sixteen babies who have died from Whooping cough fourteen of the babies were born to mothers who had NOT been immunised during pregnancy.

SHINGLES VACCINE: DO YOU QUALIFY?

Shingles vaccination now available for everyone over the age of 70 years and up to 79.

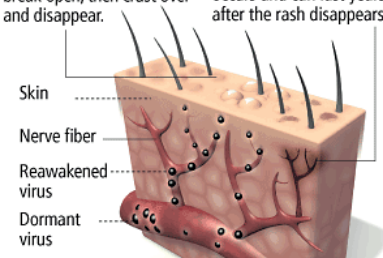
Unfortunately we are unable to vaccinate anyone aged over 80 years.

Have you ever had chickenpox? Shingles is a common disease affecting those who have had chickenpox at any time in their life. The virus that causes chickenpox lives on in the body after an episode and develops at a later stage as shingles. A shingles rash is different to that of chickenpox, because it travels along a nerve it can cause severe pain which can last for months after the rash has cleared up. Complications affecting the face, eye or ear are uncommon but can be very serious. Unfortunately, those affected can develop shingles more than once and the severity of the illness increases with age, with those aged over 70 years of age the most affected. There is now good evidence that being immunised against shingles reduces your risk of infection by approximately two thirds.

THE PAIN OF SHINGLES

A cluster of tiny bumps transform into blisters and fill with pus. The blisters break open, then crust over and disappear.

A painful condition, post-herpetic neuralgia, caused by nerve damage sometimes occurs and can last years after the rash disappears



CHILDHOOD VACCINATIONS TRANSFORMATION PROGRAMME



Our Practice Team will no longer be administering Childhood Vaccinations or dealing with the administration. This service is now being run by Community Teams and you will be notified of when and where the vaccinations will take place in your appointment letter. (most probably Elderpark Clinic) It is important that you continue to take your child for vaccinations.

If you receive an appointment and you are unable to attend please telephone 0141 577 7774 to re-schedule.

CONTRACEPTIVE PILL

Under certain circumstances we are happy to prescribe the "pill" on an annual basis. However there must be at least one annual visit to have your blood pressure checked. We will only be able to prescribe one month at a time if you have not had a blood pressure check.

Please check the right-hand side of your prescription for any messages from the GP that this is due.

Please note that the practice will be closed on **Monday 24th September 2018** - please make sure you have sufficient medicines and order in plenty of time.



What should I keep in my Medicine Cabinet/First Aid Box?



The following medicine cabinet/box supplies can treat a range of illnesses and minor injuries, from allergies and stomach aches to cut, bruises, aches and pains. Tape a list of important phone numbers (Doctors, Poison Control), medication instructions and allergy alerts inside the cabinet/box.

- Paracetamol and Ibuprofen - Effective at relieving most aches and pains and inflammation
- Oral rehydration salts such as Dioralyte - Fever, diarrhoea and vomiting make us lose water and minerals which lead to dehydration. Oral salts will restore your body's natural balance
- Antacids - if we over indulge we may get heart burn, stomach ache or trapped wind. A simple antacid will bring relief
- Bandages/Plasters/medical tape - various sizes
- Thermometer
- Antiseptic
- Sterile dressings Tweezers - handy for splinters
- Children's Paracetamol - if you have small children

Always check that whatever you are taking is not past its use by date. Always check with your Pharmacist if you require any further advice on self-help medications.

Visit <https://www.nhsinform.scot/> for further guidance

Please keep all medicines out of reach of children.

Travelling with Medicines Guidance Updated

Patients travelling with Controlled Drugs such as Tramadol, Codeine, Morphine or Diazepam.



International Narcotics Control Board

<http://www.incb.org/incb/en/travellers/index.html>

<http://www.incb.org/incb/en/travellers/general-information.html>

<https://www.caa.co.uk/Passengers/Before-you-fly/Am-I-fit-to-fly/>

Please check for specific country recommendations. Travellers should check the embassy of the country, details at www.gov.uk

Travellers should also be advised to:

Carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in their hand luggage. Airline regulations should be checked, particularly for injectable medications or liquids as restrictions apply to the quantity that can be carried in hand luggage.

Passengers needing to fly with oxygen, insulin or other injectable medicines should contact their airline in advance to make appropriate arrangements.

Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage. Storage requirements for medication must be checked in advance. Arrangements for control of temperature during transit with certain medications may be needed.

Carry a paper copy of all prescriptions on repeat. A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required.

Carry a note from the prescribing physician on letterhead stationary for controlled substances and injection medications. Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses.

The Practice will be making a charge for any such letters of correspondence regarding carrying of medications. This is not GMS work and the fee will be £15.00.

Non-NHS Fees & Charges

So what sort of thing will I be charged for?

There will be a charge for medical reports for insurance companies or mortgage applications. Some travel vaccinations can only be provided privately as they are not available on the NHS. Forms that need completing because you have had to cancel your holiday will incur a charge. Questionnaires that need completing for private gyms and private slimming clubs, fit to fly, theatre groups etc will incur a charge as will a letter that may be required if you want to leave a private gym/other for health reasons.

There is a list of the fees chargeable on our website and in the waiting room, please ask for clarification if you are unsure.

