



# GREEN PRACTICE GOVAN HEALTH CENTRE



## NEWS LETTER AUTUMN 2017



### PLEASE BOOK A FLU VACCINATION APPOINTMENT BEFORE THE EPIDEMIC REACHES SCOTLAND - AUSTRALIA ALREADY HAS A CRISIS SITUATION

The Health Protection Scotland and the media are reporting that a winter flu crisis threatens to leave hospitals and GP surgeries "high and dry" in the wake of a drop in the immunisation rates amongst vulnerable groups. Figures show that vaccine uptake has dipped in nearly all at risk groups, including over 65's and those with underlying health conditions, these factors make you more vulnerable to the virus.

Public Health experts have warned that a flu epidemic in Australia is likely to hit the UK in the coming months, and it is represented as "the largest flu outbreak we've seen for some time" when the colder weather lands. Our NHS will struggle to cope with demand, and that will intensify if there is a flu epidemic.

**Book your vaccination appointment NOW**



### Winter Vaccinations 2017/18

Vaccines to protect against Influenza (flu) and are available NOW! If you are in one of the following risk groups please telephone reception to book your appointment from Monday 9th October onwards.

- All 2 to 5 years not at school (must be 2 or above on 1/9/17)
- All pregnant women after 16 weeks
- Anyone over 6 months of age with a chronic disease; for example diabetes, heart attack or stroke, breathing problems, kidney or liver problems, problems with immune system
- Everyone over 65 years of age
- Anyone who is a carer or has a BMI over 40

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 schoolage 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 be 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.

Whooping 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. Sadly, since the introduction of this vaccine in 2012, sixteen babies (including one in Scotland) have died from whooping cough. Fourteen of the babies were born to mothers who had NOT

been immunised during pregnancy. Unfortunately, whooping cough outbreaks appear every 3-4 years: early indications suggest that the number of infections being recorded is increasing around Scotland and the UK, so it is VITAL pregnant mothers book in to have the vaccine as soon as they have had their 20 week scan.



### DETAILS OF THE 2017-18 SHINGLES (HERPES ZOSTER) VACCINATION PROGRAMME

The 2017-18 shingles programme will run from 1 September 2017 until 31 August 2018. The programme is aimed primarily at:

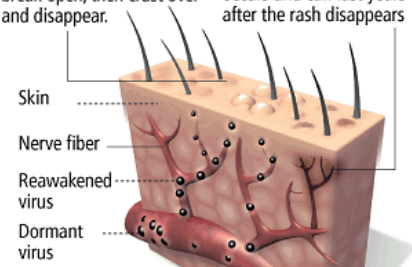
- People aged 70 years (routine)
- People aged 76 years (catch up)

This is defined by the patient's age on 1st September 2017. In line with previous years, those who were eligible for the programme from the start (and who did not previously take up the offer of vaccination) can still be vaccinated. This includes those aged 71-74 (inclusive) and 77 to 79 (inclusive) – Vaccine should not be offered to anyone aged over 80, even if they have previously been eligible, as efficacy of the vaccine declines with age.

### 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



**CAN I AVOID TRYING TO GET THROUGH ON THE PHONE AT BUSY TIMES TO BOOK APPOINTMENTS?.....YES**

**CAN I BOOK AN APPOINTMENT 24 HOURS A DAY?.....YES**

**CAN I BOOK IN ADVANCE/ON THE DAY?.....YES**

**CAN I CHOOSE ANY GP?.....YES**

**CAN I ORDER PRESCRIPTIONS ON LINE?.....YES**

**PATIENT ACCESS – ON LINE SERVICE IS A NEW SERVICE JUST FOR YOU!**

**[www.greenpracticegovan.co.uk](http://www.greenpracticegovan.co.uk)**

The screenshot shows the Patient Access website interface. At the top left is the 'Patient access' logo. Below it is a 'Welcome to Patient Access' section with a brief description of the service. The main area is divided into two columns: 'Register' and 'Sign in'. The 'Register' column has two options: 'Have a letter from your practice?' and 'No letter but would like an account?'. The 'Sign in' column has fields for 'User ID' and 'Password', with a 'Get my user ID' link, a 'Remember my user ID' checkbox, and a 'Sign in' button. A 'Register' button is also present at the bottom of the registration section.

**Free Mobile App available to download**

This graphic is divided into four quadrants. Top-left: 'Book an Appointment Online 24/7' with a calendar icon. Top-right: 'Easy to use convenient and available 24 hours a day'. Bottom-left: 'Order Prescriptions online - quick and easy to use.' with a smartphone icon and '24/7' text. Bottom-right: 'Repeat Prescription' with a clock icon and a circular arrow.

## **INTRODUCTION OF HEXAVALENT VACCINE INTO THE ROUTINE CHILDHOOD PROGRAMME**

As of 1 October 2017 all babies born on or after 1 August 2017 will become eligible for a hexavalent vaccine which includes protection against hepatitis B (HepB). The hexavalent vaccine will be offered in the routine childhood immunisation schedule at 8, 12 and 16 weeks of age.

This hexavalent vaccine, **Infanrix hexa®**, will replace the pentavalent infant vaccines, **Infanrix®IPV+Hib** and **Pediacel®**, currently used in the routine childhood programme. This will mean babies continue to receive protection against diphtheria, tetanus, pertussis (whooping cough), polio and **Haemophilus influenzae type b (Hib)** as well as protection against **Hep B**.

More information is available from your Health Visitor or Practice Nurse.



## **Planning a Winter Holiday?**



If you are planning to travel on a winter holiday you may not be able to obtain the necessary vaccinations recommended as there is an International shortage of vaccines. It is therefore important to come and discuss your plans with the practice nurse. She will be able to give you information on how to stay safe, infection free and healthy if you are unable to be vaccinated. This information is vital and you should make a Practice Nurse appointment a priority visit as part of your travel plans. There is also information available from; <http://www.fitfortravel.nhs>.

