

Fosse Medical Centre (FMC) Patient Participation Group (PPG)

Newsletter – Winter 2018/19
Issue 34

***** FLU SPECIAL *****



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Influenza – a very unpleasant infectious disease

Influenza, commonly known as the flu is an infectious disease caused by the influenza virus.

World War 1 claimed an estimated **16 million** lives. The influenza epidemic that swept the world in 1918 killed an estimated **50 million** people. One fifth of the world's population was attacked by this potentially deadly virus.

Symptoms can be mild to severe. The most common symptoms include: high fever, runny nose, sore throat, muscle pains, headache, coughing, sneezing and feeling tired.

It can be very unpleasant but people usually start to feel better within about a week.



How to avoid spreading the flu

Flu is very infectious and easily spread to other people. You are more likely to give it to others in the first five days.

Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

Reduce the risk of spreading flu by:

- Washing your hands often with warm water and soap
- Using tissues to trap the germs when you cough or sneeze
- Binning tissues as quickly as possible
- Staying away from other people

How to prevent flu

The flu vaccine reduces the risk of catching flu as well as spreading it to others. You should have a free flu vaccine if you :

- are 65 years old or over
- are pregnant
- have certain medical conditions
- are living in a long-stay care home or other long-stay care facility
- receive a carer's allowance or you are the main carer for an elderly or disabled person
- are a child over the age of 6 months with a long-term health condition
- are a child born between September 1st 2014 and August 31 2016
- are a child in reception class and school years 1,2,3,4 and 5

Fosse Medical Centre Christmas Closure

FMC will be closed on December 25th and 26th and on January 1st. If you need medical help during the closure you can call 111 and request an appointment at one of the hubs.

Your Patient Participation Group

The Patient Participation Group (PPG) exists to provide a means of communication between doctors and patients about the services provided by the Medical Centre. If you would like to join this patient group (meeting every 6-8 weeks) please contact the Chair – Jane Rudon at janerudon@virginmedia.com

We would particularly welcome younger, Minority Ethnic or LGBT people but all are welcome!

If you don't ask, you won't get!

If you are eligible to have a free flu jab and are at the surgery, ask to see if it is possible to have your flu jab while you are there. There might be someone available!





How to get your vaccination



The staff at Fosse Medical Centre know exactly who is in a HIGH RISK GROUP and potentially put themselves and their family members in danger if not protected from catching the flu. They invite these people to have a free flu jab each year. Every year the vaccinations are ordered in good time and staff open flu clinics at weekends in the autumn to make life as easy as possible for patients.

The staff look through each patient's record, assess their needs and when the patient comes to have their flu jab their medical records can be updated. Their blood pressure and anything else can also be checked, saving the patient time and effort in the New Year.

However, this year, the 'powers that be' decided to change the arrangements and the vaccinations have not been delivered in the same way. This has led to a shortage of vaccinations, particularly for those patients aged 65 or over.

Fosse Medical Centre now has received a number of vaccines which need to be used or they will still have to be paid for but will be destroyed if not used.

It is not too late to have your vaccination.

So **please** respond to any invitation you receive to make an appointment to have the flu jab.

If you don't have time to have one before Christmas, then there will be a weekend flu clinic in mid-January that you can attend.



Surgery or Pharmacy? Which is better?

Pharmacies are able to offer free flu jabs to eligible people. They get paid for every vaccine they give (more than the GP receives) and are very keen to provide this service.

However, they do **not** know the patient's needs in the same way that your surgery does. They will **not** be able to provide the important health checks that the surgery can when administering the vaccine.

GPs have to record why they are giving each vaccine, pharmacies do not, so there is no overview. Pharmacies are meant to let the GP know when they vaccinate a patient but it is uncertain whether this happens efficiently, a worry when considering vulnerable or forgetful patients.

Therefore our very strong recommendation is for patients to have their flu jab administered at Fosse Medical Centre.

Attendance Rates

Here you can see the percentage of people who have been able to attend their appointment from September to November 2018. **Thank you** to everyone who attended.

Please contact Reception if you are unable to attend your appointment so it can be given to someone else.

Month

Doctors

HCA's/Nurse

September

October

November

Here's a New Year's Resolution – **"I will attend all my appointments or phone to**