



# Beaconsfield News

NEWSLETTER NO 8

DECEMBER 2009

## NOTICE BOARD

- It's not too late to get your flu jab. Book now!
- Summary Care Records Information drop-in session on Sat Jan 9th 9.30 to 10.30. Your chance to ask the experts
- Dr Rupert Hutchinson has joined us for a year as GP Registrar to Dr Bird



If you have diabetes, hypertension, respiratory or heart disease; monitoring will reduce potential complications. Book now or make a note for next year!

## IN THIS ISSUE...

Swine Flu Update	1
Xmas Hours	1
Ports of call	2
Staff News	2
Keep In Touch	2



*The Beaconsfield Team would like to wish their patients and colleagues a very Merry Christmas and a Happy New Year!*



## SWINE FLU NEWS FROM YOUR GP

### - DR LIZ GREEN ADVISES

The Department of Health has advised that cases of swine flu (H1N1 Virus) have continued to rise week on week as the weather gets colder and, more importantly, the number of patient admitted to hospital with H1N1 complications has risen significantly. There have been 154 deaths to date in the UK.

The NHS National Vaccination campaign has commenced and we have been given a limited supply of the vaccine to start our immunisation programme at Beaconsfield. Clearly, we need to vaccinate patients who are at greatest risk from swine flu complications first and we will be calling these patients in for vaccination according to their clinical priority. Patient who are in the following groups are strongly recommended to make an appointment for our swine flu clinic as soon as possible.

#### Priority group for first vaccination:

1. Patients 6/12 - 65 who are currently eligible for influenza (normal flu) vaccine eg heart disease, kidney disease, asthma, diabetes, immunosuppression (HIV, cancer treatment, chemotherapy, steroids) etc
2. All pregnant women
3. Family members. Carers living with patients who are immunocompromised (cancer treatments, steroids, chemo.).

If you are uncertain about your eligibility for the first priority vaccination, please speak to the GP or practice nurse who will be able to advise you.

The National Pandemic Flu service can provide advice on:

Telephone: 0800 1 513 100

Minicom: 0800 1 513 200

Further comprehensive advise (including for pregnant women) can be found in the NHS choices website at:

<http://www.nhs.uk/AlertsEmergencies/Pages/Pandemicflualert.aspx>

If you have a high temperature and possible flu symptoms, please stay away from the surgery and from your workplace. Access medical advice from the flu service (or from your GP for children) and **stay at home please!**



#### Surgery Opening Hours Christmas & New Year

**Thurs 24 Dec:** Normal surgery am.

Emergency surgery only pm. **Fri 25 to Mon 28: Closed** **Thurs 31 Dec:** Normal surgery am Emergency surgery only pm

**Fri 1 Jan: Closed**

**From 6:30pm on Thurs 24 Dec until 8am on Tues 29 Dec and from 6:30pm on the 31 Dec please phone 0845 4565420 for emergency doctor services until normal service resumes on Mon 4 Jan at 8.30am.**

Please delete as applicable

<b>FULL NAME:</b>		<b>DOB</b>	
<b>MOBILE NUMBER:</b>		<b>CONSENT TO SMS</b>	<b>YES/NO</b>
<b>EMAIL ADDRESS:</b>		<b>CONSENT TO EMAIL</b>	<b>YES/NO</b>

**PLEASE NOTE: THIS INFORMATION WILL NOT BE USED FOR ANY OTHER PURPOSES**

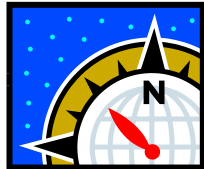
**KEEP IN TOUCH Communication with YOU**

To help us avoid complications caused by the postal strike and to improve our communications with YOU we are planning to introduce SMS text and emails in addition to our website access for booking appointments and requesting repeat prescriptions. **Please complete the slip above and return to reception** to enable us to contact you in this way about your healthcare. This information will not be used for any other purposes. If you would also like to sign up for our secure online service please register at reception and bring a form of ID.

**Emailing prescription requests:** If you are currently sending prescription requests to our old email address, please note this account is being closed as of 1st December to meet new NHS mail security requirements. Please register with reception for system online to send prescription requests electronically. This system links the prescription request securely into your patient GP record.



**PORTS OF CALL**

PHARMACY	NURSE	999
<b>FOR MILD SYMPTOMS UNLESS THEY PERSIST</b>		<b>EMERGENCIES</b>
Colds and minor coughs Indigestion Headaches Constipation/diarrhoea Tummy aches Hangovers Aches and pains Itchy eyes Medication queries	Blood tests Annual chronic disease reviews eg. Asthma, diabetes, COPD, kidney disease, etc. Travel advice & vaccinations Immunisations Cervical smears Health promotion advice eg. smoking cessation, diet and exercise Well woman/man checks Cryotherapy (Freezing therapy, eg for warts, see GP first) Dressings	<b>WHEN STROKE STRIKES ACT F.A.S.T</b> <b>F</b> ace—Has their face fallen on one side? Can they smile? <b>A</b> rms— Can they raise both arms and keep them there? <b>S</b> peech—Is their speech slurred? <b>T</b> ime—Time to call 999 if you see any single one of these signs. <b>CHEST PAIN</b> Is the patient: Very pale, sweating, feeling sick, short of breath, feeling faint? Has the pain spread to either arm or jaw? Does the patient have a cardiac history? If any above applies call 999
 <b>HCA</b> Blood tests Smoking cessation advice Dressings		

**CONSULT YOUR GP**

If you have any new symptoms that don't fit into the categories above.  
 If any symptoms or conditions persist or worsen.  
 If you are particularly worried or concerned about your symptoms.  
 If you have an on-going medical condition that has caused a further deterioration in your health  
 If you need advice about changing, continuing or stopping any medication.  
 Mental health issues  
 Conditions that may require a referral to hospital.



**Dr Zoe Schaedel** married Paul Deffley on 12 September in church in Halstead, Kent followed by a reception in a giant Tpee in Zoe's parents garden. Receptionist **Tracy** married Chris Trott on 9 September at Newick Park Hotel, Lewes, followed by a honeymoon in Sharm el Sheikh. And finally, receptionist **Kirsty** (see pic) married Lee Cook on 28 August, at a Cirencester manor house—“We had a hog-roast garden party and camping at our family home for a second day of celebrations (greedy party animals that we are!)”



**SAD LOSS OF AUDREY LEWIS**

Audrey started work in July 1987 as a Reception Supervisor. Even following her retirement she was willingly prepared to step in and help when required. Compassion, concern, kindness, warmth are words that are synonymous. She was always helpful and approachable, loyal to the Surgery. If you wrap up hospitality and generosity with a great sense of humour these are all impressions of Audrey which come easily when thinking of her. She is so missed by staff and patients alike and leaves a void. Audrey's generous nature made her very quick to offer her own home for any staff needing to stay in the area overnight or perhaps prepare for a staff social event. Having said all that Audrey was no pushover and when it was required she could be firm, wouldn't take any 'nonsense' but always remained polite. Her chocolate cake was supreme. We all know, as so often (too often if you're watching your weight) one of these fantastic and fulsome choc experiences appeared by magic at the Surgery and the queue to partake would stretch for miles!  
 Sadly Audrey died on 14 October 2009. Things won't be quite the same.

*By Rosie Harper*

