



**KIRBY ROAD SURGERY  
NEWSLETTER  
SEPTEMBER/OCTOBER 2018**

Here is the latest from Kirby Road Surgery

**FLU SEASON 2018/19**

We are now making appointments for your flu jab. Please contact the practice to receive up to date information about our flu clinics.

**ARE YOU OKAY TO HAVE THE FLU VACCINE TODAY?**

Before arriving for your flu jab please consider the following questions. If you answer YES to any of the questions below please advise the clinical team.

- Do you feel unwell today?
- Are you currently receiving chemotherapy or radiotherapy?
- Are you currently taking Warfarin or immunosuppressant medication?
- Are you suffering from any condition that reduces your immunity?
- Have you received any other vaccinations in the last four weeks?
- Do you have a severe allergy to eggs or egg products, chicken, protein, Neomycin, Thiomersal or latex?

**DO YOU QUALIFY FOR A FLU JAB THIS YEAR?**

**YES** - People aged 65 years or over

If you are aged 65 or above, or will turn 65 on or before 31<sup>st</sup> March 2019 you will be given the Adjuvanted influenza vaccine.

**OR**

**YES** - People aged from 6 months to less than 65 years of age in a clinical risk group such as:

- Chronic (Long-term) respiratory disease, such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis.
- Chronic heart disease, such as heart failure.
- Chronic kidney disease at stage three, four or five.
- Chronic liver disease.
- Chronic neurological disease, such as Parkinson's disease or motor neurone disease, or learning disability.
- Diabetes.
- Asplenia or splenic dysfunction.

- A weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment).
- Morbidly obese (defined as BMI 40+).
- All pregnant women (including those women who become pregnant during the flu season).
- People living in long-stay residential care homes or other long-stay care facilities where rapid spread is likely to follow introduction of infection and cause high morbidity and mortality.
- People who are in receipt of carer's allowance, or those who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill.
- Household contacts of immunocompromised individuals, specifically individuals who expect to share living accommodation on most days over the winter and therefore for whom continuing close contact is unavoidable.
- Health and social care staff, employed by a registered residential care/nursing home or registered domiciliary care provider, who are directly involved in the care of vulnerable patients/clients who are at increased risk from exposure to influenza.

If you are over 18 and in one of the at risk groups you will be given the quadrivalent influenza vaccine.

### **APPOINTMENTS**

We would also like to remind you to cancel any unwanted appointments; failure to cancel clearly causes unnecessary delays for patients who need to see a doctor or nurse. There is a constant demand all year long for GP and Nurse appointments, and we do our best to accommodate patients but clearly the pressure could be reduced if unwanted appointments were cancelled instead of patients just not turning up. Currently the wait for a routine appointment is three weeks.

### **EXTENDED SURGERY HOURS**

We do also offer extended hours from 7am to 8am either Tuesdays (Dr White) or Fridays (Dr Corriette) alternate weeks or 6.30pm to 8.15pm Mondays or Tuesdays alternate weeks and these are done by either Dr O'Toole or Dr Schutte. We also do alternate Saturday mornings from 8.30 until 11.30am, with Dr Schutte and our Nurse Jayne. However, last Saturday we had seven patients who did not attend their booked appointments.

### **ASTHMA CARE**

Is your asthma under control?

The majority of people with asthma could live symptom-free if their asthma was managed well. Poor asthma control is a significant problem; however many people living with asthma believe their asthma is under control, but what does "good asthma control" really mean?

Good asthma control means having all of the following:

- No night-time asthma symptoms.
- No asthma symptoms on waking.
- No need for reliever medication, eg blue inhaler (Salbutamol/Ventolin).
- No restriction of day-to-day activities.
- No days off school or work due to asthma.
- No asthma attacks or flare-ups.

For good asthma control, it is important that you:

- Understand what triggers your asthma (this can be different for everyone).
- Try to avoid or reduce your exposure to these triggers.
- Attend your annual review and work together with the Asthma Nurse/Doctor to manage your asthma.
- Follow your personal written asthma action plan, developed with your Nurse
- Use your medications as instructed.
- Make sure that you are using your inhaler (puffer) correctly.

Please remember to bring all your inhalers with you to each asthma review; this is so we can review your inhaler technique.

What is a written asthma action plan?

A written asthma action plan is a set of instructions that helps you recognise worsening asthma and tells you what to do in response. Different action plans suit different people, but all plans should have the same key information.

Please remember to always attend when your asthma review is due.

With Best Wishes

From the Kirby Road Surgery Team