

# Brannam Medical Centre

## October 2008 Newsletter

### Welcome to our latest newsletter

**Staff Changes** - On the staff front, we have had a number of changes recently, just to put names to the new faces:

Sue Woodyatt has joined the treatment room team as our new Health Care Assistant. Sue's job is to take blood, do ECGs and assist doctors in minor operations.

Tracey Morrish has also joined the treatment room team as our new practice nurse. You will see Tracey on Tuesday to Thursday afternoons running the routine clinic.

We are very pleased to welcome them all to our team.



We said a sorry goodbye in August to Lynnette Houle our Health Care Assistant who's laughter and camaraderie will be missed.

In September we also said goodbye to Yvonne Baker our District Nurse, who has been promoted and now works in South Molton.

### Extended Hours

We are now open extended hours offering a limited number of appointments for patients who are unable to attend the surgery during our normal opening hours. You will be able to book an appointment **in advance** to see your **own** GP.



The extended hours will be:

- Monday evening 6:30pm until 7:30pm
- Tuesday to Friday mornings 7:30am until 8:30am

During the extended surgery times there will not be a receptionist available to deal with any surgery matters, such as prescriptions, appointments, etc.

### How to book Appointments

Information about booking planned or unplanned appointments with a doctor or nurse is listed below.

#### 'I would like to see my doctor today'



- Ring between 8:30- 9:00am to make an appointment
- Calls made later on may not be dealt with by your own doctor

#### 'I need Medical Treatment today'

Ring as soon as you know you need an appointment. You will be offered an appointment in:

- The Rapid Access Clinic
- With a doctor (this may not always be your own doctor)
- With the duty doctor

### Planned Or Follow Up Appointments

#### 'My doctor has asked me to come back in two weeks, what should I do?'

Make a pre-bookable appointment as you leave the surgery

#### 'I will be due for a review with my doctor soon'

- Make a pre-bookable appointment with your own doctor
- These appointments are available 4-6 weeks in advance
- These appointments get booked up quickly

#### 'I will be due for a review of my diabetes, heart problem, high blood pressure within the next month'

- Make an appointment with the nurse/doctor
- The receptionist will offer you the next available appointment

Appointments can be booked up to a month in advance.

**Our receptionists will always be happy to help with any queries you may have.**

## Human Papillomavirus Vaccine (HPV)

The national vaccination programme of girls aged 12-13 began in September. A catch up programme is planned for all girls under the age of 18. Three injections are given over a 6 month period in order to provide maximum protection. Parents & pupils will be contacted with details via the school. Older girls and girls not attending school will be contacted by the Primary Care Trust.

### What is the HPV?

HPV is a virus that infects the skin of the genitalia. There are approximately 100 types of HPV, of which about 40 infect the genital area. The majority of HPV infections resolve on their own; however there are some 'high risk' HPV types which can cause genital warts.

The HPV Vaccine has been developed to protect against the two most common HPV types that cause cancer and the two most common HPV types that cause genital warts. The vaccine is extremely effective in preventing cervical abnormalities in women who have not already been infected.

The vaccine does not replace the cervical screening programme, for older women this is still the best way to protect themselves against cancer. For more information visit:  
[www.immunisation.nhs.uk/Vaccine/HPV](http://www.immunisation.nhs.uk/Vaccine/HPV)

## Flu Clinics

Yes, it's that time of year again! Some patients have an increased risk of developing serious complications from flu, such as pneumonia. One of the best ways to protect yourself is to have a flu vaccination. Please note: the flu virus is essentially changing so it is important to have the vaccination every year to stay protected.

If you are in one of the groups listed below please book an appointment in reception or online:

- Anyone over the age of 65
- Chronic Respiratory Disease / Asthma
- Diabetes
- Heart Disease
- Kidney & Liver Disease
- Main carer for an elderly/disabled person
- Those with Low Immunity

## Prescriptions

Repeat prescriptions can be requested once you are on regular medication. **Please allow 72 hrs if collecting from the chemist, or 48 hrs if collecting the prescription from reception.**

You can order your prescriptions in the surgery, at your chemist, online, via email at [G.M.E.nde-pct.PrescriptionBrannam@nhs.net](mailto:G.M.E.nde-pct.PrescriptionBrannam@nhs.net) or in the post.

## Marathon News

Dr Stewart is running in the Royal Parks Foundation Half Marathon on Sunday 12<sup>th</sup> October 2008, he will be running in support of UNICEF's 'Born Free from HIV' campaign.



UNICEF is the leading children's organisation, reaching children in more than 150 countries around the world. This campaign will allow UNICEF to ensure that more babies are Born Free from HIV in poor countries. If we don't act now, by 2010, an estimated 3.4 million children under 15 will be living with HIV.

UNICEF is not funded by the UN; instead they rely on voluntary donations to fund their work.

If you would like to support Dr Stewart's efforts to run in this half marathon race and improve children's lives, please pop into the surgery.

## MMR Catch-up

The surgery is currently running a MMR catch-up programme for anyone aged 13 months to 18 years who have missed their MMR vaccination or booster. Invitations will be sent out to these patients in due course.

Measles is one of the most infectious diseases known. Measles can be serious, causing a high fever and rash. About one in every 15 children with measles will develop more serious complications. Measles can kill.

The safest and most effective way to prevent measles is to ensure your child is fully vaccinated with the MMR vaccine. For more information pick up a leaflet at the surgery.

## Visit our website

To see what else is happening at the surgery or to subscribe to receive our newsletters via email, just visit our website at [www.brannammedicalcentre.com](http://www.brannammedicalcentre.com)

