



# Claremont Medical Practice

## Autumn Newsletter OCTOBER 2009



DON'T FORGET TO BOOK YOUR FLU  
VACCINATION - NOW AVAILABLE

### Appointments

Just a reminder to all our patients that **YES you can book APPOINTMENTS up to one month in ADVANCE.**

We also have appointments available on the day.

Each morning we now have available a Duty Team, comprising of a Doctor and a Senior Nurse available to take your calls. This has proved very popular and it is our aim to provide this service every afternoon also in the New Year.

Please also bear with us when you are asked for a brief indication of the problem.



### Health & Wellbeing checks become a reality for Devon Carers

In Devon there are around 73,000 carers who provide unpaid care for relatives or friends. Many become very isolated through the demands of their caring responsibilities.

Devon has recently been awarded a total of £800,000 from the Department of Health as a demonstrator site for health and wellbeing checks for carers.

In order to support you as a carer, we shall now be providing annual health checks focusing on your health and wellbeing. The checks will be completely free to the carer and last approximately one hour. For those who will benefit, a vascular check will be included which will screen for risks related to heart disease, stroke and diabetes, for example blood pressure, cholesterol, and blood sugar. No-one will tell you what to do as a result of any health issues that are found. Instead, you will be helped to decide your goals and the support you might need to reach them.

All carers taking part will benefit from the opportunity to spend time with a suitably qualified and trained person considering a broad range of health and wellbeing issues. If a carer cannot leave the person they care for, a check can be arranged at home, or if they need someone to look after the person they care for while they are out there is provision for this too.

Benefits will include re-assurance for the Carer, and for their cared for. It will provide an opportunity to pick up on any early signs of ill health, time for the carer to think about themselves and their own health, and a chance to access any necessary treatment before a crisis can develop.

Research South West, based at Plymouth University, will evaluate the programme to contribute to national learning about the effectiveness of this approach for carers. If you have a check you are not obliged to participate in the research, but doing so will help get services right for carers into the future.

If you are interested in further information please contact the surgery on 01395 273666.

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**SWINE FLU— October 2009**

People needing advice/treatment are advised to contact the National Pandemic Flu Service by phone or over the web

Contact details: 08001 513 100 or [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu)

Those diagnosed with the illness will be given an authorisation number.

A flu friend can then use this to pick up medicine from our local antiviral collection point. This is Exmouth Community Hospital 8am—6pm

The Primary Care Trust has an agreement with the British Red Cross to provide a flu friend service for vulnerable people who would otherwise be unable to access these antiviral medicines. If you should need this service call 0844 412 2840. This line is open 7 days a week. There is no charge but you should expect to wait up to 24 hours before the medicine is delivered.

Patients are advised to self-isolate at home and contact the National Pandemic Flu Service. Please do not present at the surgery

There are 4 groups who are eligible for the swine flu vaccine. These groups are:

- ◆ Group 1 - six months old - 65 years currently in the seasonal flu at risk group
- ◆ Group 2 - pregnant woman
- ◆ Group 3 - Household contacts with immunosuppressed individuals, for example patient undergoing chemotherapy treatment etc.
- ◆ Group 4 - Over 65s in seasonal flu at risk group

The above groups will be invited to attend for vaccination by letter in the above priority order.

Two doses of the vaccine are required, with a minimum interval of 3 weeks.

The Department of Health has advised us that there is a strong positive immune response to the first dose, therefore priority will be given to achieving first dose in the maximum number of patients.

**NB Remember**

**CATCH IT, BIN IT, KILL IT**

**Catch it** Germs spread easily. Always carry tissues and use them to catch your cough or sneeze

**Bin It** Germs can live for several hours on tissues. Dispose of them as soon as possible

**Kill it** Hands can transfer germs to any surface you touch. Clean your hands as soon as you can.





### Holiday Vaccinations

**If you need advice about travel vaccinations for your foreign travel please complete one of our questionnaires available at reception. Once you have completed this questionnaire please telephone the surgery in a week's time to book an appointment with the nurse in the travel clinic.**

#### **PLEASE BE ADVISED**

**Allow plenty of time to organise your vaccinations as if you leave them too late the Practice may not be able to offer them to you in time.  
You need to allow at least 6 weeks before your departure date.**

**If you do leave it too late you will be able to get your vaccination at the airport however you will be charged for the vaccinations and they may not give you adequate protection during your stay.**

**There is also now a private travel clinic in Exeter**

**!!! IT IS BEST TO BOOK YOUR TRAVELVACCINATIONS EARLY !!!**

#### Congratulations

To Dr Andrew Rosewarne  
and his wife on the safe  
arrival of their daughter  
Eva May born  
8th August 2009.  
A little sister for Ben & Tom



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