



The Prescription

Countesthorpe Health Centre News

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Countesthorpe
Health Centre

Swine Flu Update

We are still awaiting news of when the H1N1 Swine Flu vaccine will be available. When we have this information we will:

- Put a notice up in the surgery waiting room with an additional notice visible from the outside of the building when the surgery is closed;
- Put details on our website – www.countesthorpehealthcentre.co.uk – for you to check at any time.

We will not be able to contact you individually about the availability of the Swine Flu vaccine so it is your responsibility to find out when supplies have arrived.

The number of doses we will receive is likely to be limited and priority will be given, on the advice of the Chief Medical Officer, to:

1. Individuals aged 6 months and up to 65 years who are currently offered a seasonal flu vaccination because they are in an at-risk group. This applies to you if you have received an invitation letter for a normal flu vaccine and you are under 65.
2. All pregnant women, subject to licensing conditions of the vaccine.
3. Household contacts of individuals who have suppressed immunity, usually as a result of treatment such as chemotherapy, radiotherapy or certain drugs.
4. People aged 65 or over in the current seasonal flu vaccine at-risk groups.

Please bear in mind that it is likely that there will be an announcement in the national media *before* the vaccine is available at Countesthorpe Health Centre. We will only start to book appointments once we are certain that we will have supplies of the vaccine available here.

Helping Us to Help You – Doctor Availability in October

In our last newsletter we told you about the improvements we are making to our computer system. This is going well and our doctors will be trained on how to use it during October.

This means that your usual doctor will be less available for appointments while training takes place.

We will have extra locum cover available during this period so anyone who needs to see

a doctor will still be able to do so but we ask you to understand that you might need to see a doctor other than the one you usually see.

Helping Us to Help You – Our New Computer System is Nearly Here

Our programme for introducing the new computer system will have the following effect on the availability of doctors:

Training starts on Thursday 8th October. Doctors will be attending a number of training sessions from this date – but not all at the same time.

Between 14th and 28th October we will be trying to reduce the number of planned regular reviews for patients with chronic diseases. This is because any information entered onto the old computer system after 14th October will have to be re-entered onto the new system after 23rd October and we want this change-over to work as efficiently as possible.

On 22nd, 23rd, and 26th October, appointments can only be booked on the day. They will be placed on central list and dealt with by the next doctor to become available. This is to keep the effects of any problems that might occur to a minimum. It does mean that you will not be able to request to see a specific doctor on those days.

At all times there will still be appointments available should you need to see a doctor immediately. In these circumstances you should call the surgery. There is no need for you to visit A&E as an alternative.

Staff News

Dr. Vicky Taylor, who was with Countesthorpe Health Centre as a registrar, left us in early August having completed her GP training. We wish her all the best in her new position.



We have been joined by:

Dr. Anton Boyadjiev who will be with us until August 2010 and...

... Dr. Zakkiya Issa who will be with us until early December 2009.



Look After Your Health – Give Up Smoking

Our most recent health promotion campaign, aimed at helping people to quit smoking, has been very popular with a noticeable increase in the number of people asking us for help.

The NHS Stop Smoking web site lists the benefits of stopping smoking, including:

- Reducing your risk of developing illness, disability or death caused by cancer, heart or lung disease.
- Reducing your risk of gangrene or amputation caused by circulatory problems.
- Protecting the health of those around you by not exposing them to secondhand smoke.
- Reducing the chances of your children suffering from asthma or glue ear.
- Improving your fertility levels and your chance of a healthy pregnancy and baby.
- Improving your breathing and general fitness.
- Enjoying the taste of food more.

You will also:

- Save money – up to several hundred pounds a month, if you're a heavy smoker.
- Stop smelling of stale tobacco.
- Improve the appearance of your skin and teeth.
- Feel more confident in social situations - you won't be worrying about the secondhand smoke you create anymore.

There are a number of web sites with a wealth of information to help you stop smoking:

1. <http://smokefree.nhs.uk> - free support materials and downloads, a cost calculator and an addiction test, as well as stories of how real-life quitters stopped smoking.
2. www.ash.org.uk – Action on Smoking and Health is a campaigning charity with fact sheets to help you understand the harm that smoking can do and a comprehensive list of helplines you can call for support.
3. www.quit.org.uk – QUIT is a charity with some practical step-by-step guides to stopping smoking and details of the QUIT and Keep Fit exercise Programme.
4. www.quitbecause.org.uk – is QUIT's web site for young people with resources and films.

You can also contact us at Countesthorpe Health Centre to find out what help and support we can give you on your way to a smoke-free life.

Look out for the health promotion campaigns throughout the rest of the year.

Minor Illnesses	September - October
Child Health	November
Alcohol Issues	December

If you missed previous campaigns within the Health Centre, you can find related information through the links on our web site on the Health Advice section at www.countesthorpehealthcentre.co.uk.