

DEDDINGTON HEALTH CENTRE NEWSLETTER



Autumn Edition 2011

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www.deddingtonsurgery.co.uk

FLU JAB SEASON IS HERE AGAIN

Autumn is here and for some of you that means an appointment to have your annual flu jab.

You are eligible if you are: 65 years old or over

Or suffer from any of the following:

Diabetes

Chronic heart disease

Multiple sclerosis, Parkinson's Disease

COPD

Asthma if you use a steroid inhaler regularly

Kidney Disease

Liver Disease

Have had a stroke

Anyone with a suppressed immune system

Anyone who is pregnant or a carer

If you have any of the above then contact reception to book your flu jab. We have a variety of flu clinics for you to attend. Our next Saturday clinic will be on November 5th 2011. Weekday clinics are in the afternoons: Mondays 4-5pm; Thursdays 2-3pm. Or if you are attending the surgery for an appointment about something else then ask your GP to give you a Flu jab at the same time.

BRITISH ARMED FORCES VETERANS

Have you served in our armed forces? We have been asked by the Primary Care Trust to find out which of our patients has served in the British Armed Forces at any time. If this includes you, then please let a member of staff at reception know. We will then put a code on your records and this will be included in information given when you have a referral to hospital.

HOME VISITS

Home visits by a GP are reserved for those adult patients who are physically unable to get to the surgery because of their medical condition. We ask parents to bring unwell children up to the surgery as this is the best environment in which to examine a sick child. If you are requesting a home visit for yourself or a relative, please ensure you contact the surgery before 11am. This is because the GPs all have booked appointments in the morning at the surgery and they plan the home visits for the time in between morning and afternoon surgery. Here at Deddington Health Centre our practice area covers about 200 square miles.

The GP doing the home visits has to plan their route so that he or she sees all the people in one area before possibly having to drive right across our practice area to visit someone else.

Occasionally an emergency occurs which requires an urgent home visit and then the GP may be out visiting during their morning or afternoon surgery, but this will mean a long wait for those people at the surgery who have an appointment which was booked for the time when the doctor is out.

"Think Twice" before going to A&E (Accident & Emergency)

We are being advised by the Horton Hospital of a large number of inappropriate attendances at their A&E for matters that could, and should, be dealt with at the surgery. Many of these are within practice opening hours. Such attendances may delay treatment for more urgent A&E cases. Please do not go directly to A&E unless it is an emergency. Please contact the surgery first, or, when the surgery is closed, the Out Of Hours Doctor, on 0845 345 8995 – first. We encourage all patients to read the information in leaflets / posters in the practice relating to the "Choose Well" Campaign or speak to our staff for more information.

Management of Minor Head Injury in Children

The Primary Care Trust asked all Oxfordshire surgeries to review 50 of their patient attendances at A&E. We have done this and found that of the 50 attendances we looked at, most were parents taking their children to A&E after there had been an accident. A minor head injury was one of the common problems. One of our GPs has produced a leaflet about head injury, which can be downloaded from our website, or collected from the surgery.

The key points are:

If your child has had a head injury and you are unsure what to do, then the best thing is a telephone call to the surgery, if it is during our opening hours, or to Out of Hours, to discuss with a doctor or nurse what action you need to take. The number of Out of Hours is **0845 345 8995**.

Children are very active and often have little sense of danger, which is why most children will have some kind of head injury while they are growing up. Some of the more common ways that children may experience a head injury include falls from: Cots, Beds, Stairs, Settees, Playground Equipment and Bikes. If, as a result of the fall, your child passes out – even for a short moment, then they should be seen by a doctor to be reviewed. This can be your GP, or it can be Out of Hours, or A & E.

If your child does not pass out but has a minor head injury with symptoms such as a bump or bruise on the exterior of the head; nausea (feeling sick); mild headache; tender bruising or mild swelling of the scalp; mild dizziness, then you have to decide whether a visit to the doctor is needed. Phone if you're unsure.

You should keep an eye on any child who has had a fall resulting in a bump to the head for 48 hours after the accident. If their behavior changes, and gives you cause for concern, then do seek medical advice.

EMERGENCY SUPPORT FOR CARERS

The Emergency Carers' Support Service is a FREE support service for adult carers of adults in Oxfordshire. Signing up is simple, FREE and can give carers peace of mind.

How does this service support carers?

The service can support carers by providing replacement care when the main carer suddenly or unexpectedly becomes ill, or has an accident which prevents him/her from providing care. Experienced staff look after the cared for person, when the carer has an emergency and is unable to do so. Care can be provided from 1 to 48 hours – and in exceptional circumstances up to 72 hours.

Who can apply for this service?

Any adult can register if she or he provides substantial regular unpaid care to another adult in Oxfordshire. This may be for a relative friend or neighbour who needs support because of disability, illness or frailty. Carers may or may not be living with the person they care for.

How can carers get this service?

Call Carers Oxfordshire on **0845 050 7666** and fill in a short registration form over the phone. Alternatively the carer's outreach worker can call Carers Oxfordshire (0845 050 7666) and request a call back to the carer. You can also email carersoxfordshire@oxfordshire.gov.uk

Once you are registered you can access emergency help quickly and efficiently when you need it. The carer will receive a registration card to keep in their purse or wallet. **Once registered, the carer can call the 24-hour hotline 01865 849562 in the event of an emergency to activate the service.** All information will be treated confidentially.