

# Birbeck Medical Group - Newsletter, Oct 2014



## Birbeck Staff News

We said goodbye to **Dr Helen Long** at the end of September.

We welcome **Dr Catherine Kenning** (pictured) to the Birbeck team.



## Flu Season at Birbeck

Now that Flu Season is here please support your surgery by booking an appointment with us:

### Saturday Flu Clinic Dates:

- 4th October
- 11th October
- 18th October
- 8th November

### Eligible Criteria for Flu Clinics are:

- Those aged 65 years and over
- At Risk groups of all ages (*see definition overleaf*)
- Pregnant women
- Children aged 2-11 (primary school age)
- Those in long-stay residential care
- Carers.

## Pneumococcal Disease Vaccination

Pneumococcal disease is a bacterial infection that can on occasion cause serious illness. The Department of Health recommends vaccination for those aged 65 and older, children aged 2 months and older as part of the baby immunisation programmes and patients with specific conditions (*see definition overleaf*)

## Meningitis B

Asplenic Patients will be offered Meningitis B vaccine from November 2014. Letters to eligible patients will be sent out shortly.

**At Risk groups and specific conditions are:**

- *Diabetes*
- *Immunosuppression*
- *Asplenia*
- *Chronic Kidney Disease*
- *Chronic Respiratory Disease*
- *Cerebrospinal fluid leaks*
- *Cochlear implants*
- *Occupational exposure to metal fumes*

## Shingles Immunisation Programme



The Department of Health has introduced a shingles immunisation programme.

You are eligible for the vaccine at the surgery this year if you were born on or between: **02/09/43** and **01/09/44**, **02/09/35** and **01/09/36**, **02/09/34** and **01/09/35**. *Clinics are available.*

## Appointments

Appointments can be booked up to 4 weeks in advance. Should you feel that you need to be seen more urgently please make the Receptionist aware and we will try to facilitate your request.

The Practice also offers a number of telephone appointments if you feel a clinician could deal with your problem by phone.



## X-Ray Results

X-Ray results take longer than other results– please phone the surgery after 7 –10 days.

It is not always necessary to make an appointment.

## Urine Samples

If you are required to hand in a urine sample please bring it to Reception before 11.30am. This ensures that it goes to the laboratory at Carlisle the same day and that we receive the results as soon as possible. **Note:** *if you are asked for a sample when attending a specific clinic please hand to nurse.*

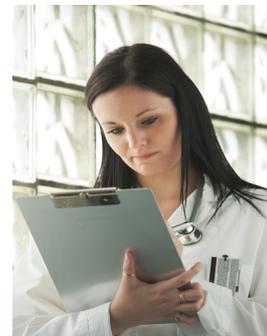
## Travel

Travel Risk assessment - please give plenty of notice, ideally 6 weeks minimum.

## Results

We ask that patients waiting for results contact the surgery approx 5 days after any test is taken, although some results may take longer.

Please ring after 11.30am.



## Text Messaging Service

We have recently re-established a patient texting service. This service has demonstrated a significant reduction in the number of non-attenders.

Prior to your appointment we will send a reminder text message to your mobile phone. If you would like to help us reduce the number of missed appointments please leave your mobile number with Reception. Only patients over the age of 16 years are eligible to use this service.

## Feedback and Suggestions

If you have any comments about the services we provide, then please use the suggestion box in our waiting room, or else please speak to a member of staff. Alternatively, please visit our website:

**[www.birbeckmedicalgroup.co.uk](http://www.birbeckmedicalgroup.co.uk)**