

Newsletter September 2018

Support your local Surgery by having your free flu jab with us!

The surgery can now offer this year's influenza vaccine to all eligible adult patients.

You are eligible to receive a free flu jab if you:

- are 65 years of age or over
- are under 65 years of age and have certain medical conditions
- are pregnant
- are the main carer* for an elderly or disabled person whose welfare may be at risk if you fall ill. *Please make sure that you are registered as a carer with the surgery.



We now have appointments available to book at our clinic on Saturday 29 September, 2018.

Patients should contact the surgery reception team to make an appointment. A member of the team can also confirm your eligibility if you are unsure. If you don't want your free flu vaccination, please let a member of reception team know.

Pneumonia Vaccinations:

These are available for patients 65 years of age and over, or who are in an 'at risk' group. Please speak to one of our receptionists to check if this applies to you. Pneumonia vaccinations can be given at our flu clinic. Please book an appointment.

Children aged 2 and 3 years:

A clinic for childhood flu vaccinations (nasal spray) will be held on a Saturday towards the end of October. No date has been set as the surgery is awaiting confirmation of a delivery date for the vaccine. Once confirmed, eligible children will be invited to attend the clinic by letter.

Walderslade Surgery is taking on New Patients:



Our practice list is open and we are currently taking on new patients. Register with us now!

Telephone the surgery on 01226 743221 and speak to one of our receptionists or visit our website for further information and to download the application forms; www.waldersladesurgery.co.uk

The practice catchment area includes Hoyland, Elsecar, Hoyland Common, Birdwell, Jump, Hemingfield, Tankersley, Pilley, Wentworth and Harley. We also cover part of Wombwell and Worsbrough Bridge. See our website for details.

Existing Patients:

Please remember to let us know if you change your address, phone contact number or other details. It helps if we need to contact you about your health or medication.

If you are attending hospital, please also keep the hospital department informed of any changes of address.

Sepsis:

Sepsis is a serious complication of an infection. Without quick treatment, sepsis can lead to multiple organ failure and death.

There are around 250,000 cases of sepsis a year in the UK according to the UK Sepsis Trust. At least 46,000 people die every year as a result of the condition.

Early symptoms in older children and adults

Early symptoms of sepsis may include:

- a high temperature (fever) or low body temperature
- chills and shivering
- a fast heartbeat
- fast breathing

Many of the symptoms of sepsis are also associated with meningitis. The first symptoms of meningitis are often fever, vomiting, headache and feeling unwell.

Septic shock

In some cases, symptoms of more severe sepsis or septic shock (when your blood pressure drops to a dangerously low level) develop soon after.

These can include:

- feeling dizzy or faint
- a change in mental state – such as confusion or disorientation
- diarrhoea
- nausea and vomiting
- slurred speech
- severe muscle pain
- severe breathlessness
- less urine production than normal – for example, not urinating for a day
- cold, clammy and pale or mottled skin
- loss of consciousness

When to get medical help

Seek medical advice urgently from NHS 111 if you've recently had an infection or injury and you have possible early signs of sepsis.

If sepsis is suspected, you will usually be referred to hospital for further diagnosis and treatment.

Severe sepsis and septic shock are medical emergencies. If you think you or someone in your care has one of these conditions, go straight to A&E or call 999.

For further information visit:

www.nhs.uk or www.sepsistrust.org



DNA (Did Not Attend Appointments):

In August, **147** patients did not attend their booked appointment.

Please help us by cancelling your appointment if you no longer need it or are unable to keep it. Sign up for our MJOG messaging service and we can send you a reminder of your booked appointment by SMS text, email or telephone message.

If you need to, you can reply 'cancel' and your appointment will be automatically cancelled on our system..... it's that easy!