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*Consultations by Appointment Only*

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## **Update from Cove Bay & Kincorth Medical Centre – September 2017**

### **Keep Clear of Flu, Meningitis & Shingles**

At the best, flu is a horrible illness that is severely debilitating for a few weeks, at worst many people end up hospitalised from complications and unfortunately it can be fatal.

There is no effective treatment for flu but it can be avoided. We would urge as many people as possible to seek vaccination, preferably before December. The flu vaccination is free to all over the age of 65 and all who have a long term medical condition such as Heart Disease, Asthma and Diabetes (if in doubt please contact us). It is also free to Carers.

For people outwith these groups we offer a private service but Pharmacies (including Cove Bay Pharmacy) also provide this and are generally less expensive.

Please contact the surgery after 10am on 0345 337 1170 for an appointment (including Saturday morning options – **Saturday 7<sup>th</sup> October & 4<sup>th</sup> November** at our Cove Practice). **BOOKING NOW!**

We are also vaccinating pre-school children age 2 and upwards with a nasal sniff form of flu vaccination.

There is now a vaccine for shingles. The vaccine reduces the chances of you developing shingles and even if you do develop shingles then the disease is likely to affect you less severely.

### **The Shingles vaccination groups for 2017/18**

If you were born on or between the dates below and you wish to also be vaccinated for Shingles please advise when you are booking in for your flu injection.

02/09/1946 to 01/09/1947

02/09/1940 to 01/09/1941

If you are unsure if you are eligible there is an online ready reckoner tool for members of the public to use. This can be found on the NHS Immunisation Scotland website

<http://www.immunisationscotland.org.uk/vaccines-and-diseases/shingles.aspx>

### **From 1<sup>st</sup> November 2017- Changes When Booking Appointments**

In line with many GP surgeries, for **ALL** appointments, we will now be asking patients for further details about the nature of the problem they are coming with. Previously we have only done this for emergency/same day appointments. It is helpful for the Doctor or Nurse Practitioner to have some idea beforehand of why you are attending so they can focus their preparation, in order to make the most efficient use of time during your appointment. It also ensures that you are being seen by the most appropriate member of the team, as some problems may be dealt more effectively by other team members e.g. Practice Nurse, Advanced Nurse Practitioner, District Nurse or hospital colleagues, Paramedics or even A & E.

Our Reception team are trained in signposting and are bound by the same code of practice as all our medical and nursing staff. All matters are dealt with in the strictest of confidence. If you do not wish to disclose the nature of your appointment then you can of course decline to do so.