

Jorvik Medical Practice

Newsletter Autumn 2008

Practice Manager
Mrs Dana Homer

Partners

Dr Wendy Evans
Dr David Fair
Dr David Hartley
Dr Julia Alexander
Dr John Lockett
Dr Nicola Gill
Dr Tony Pegrum
Dr Ben Shorten

Salaried

Dr Rachel Grainger
Dr Shireen Fatheazam

Nurses

Bev Crapper
Alison Marshall
Jan Jones

Telephone

8am – 6 pm

Surgeries from

8.30am - 6pm

Visit requests

call before 10.30

Results

call after 10.30

Urgent Out of Hours

0845 056 8060

York Hospital

631313

Social Services York

613161

Citizens Advice

636066

NHS Direct

0845 4647

Registrar Births

& Deaths 654477

FLU-JAB TIME AGAIN!

As winter approaches it's time to prepare for the season of coughs, colds and flu. Jorvik Medical Practice will again be providing flu and pneumonia vaccines for patients in categories identified as "at-risk" by the Department of Health.

Drop-in sessions on Saturday mornings during October 2008 will be held:

DATE	PLACE	TIME
Saturday 4 th Oct	Woolpack House	9.00 – 11.30am
Saturday 11 th Oct	South Bank	9.00 – 11.30am
Saturday 18 th Oct	Woolpack House	9.00 – 11.30am
Saturday 25 th Oct	South Bank	9.00 – 11.30am

You are entitled to a 'flu jab...

1. If you are 65 years old or over
2. If you have chronic health problems:
 - Heart
 - Lungs
 - Kidneys
 - Liver
3. If you have diabetes
4. If you have a weak immune systems
5. If you are the main carer for an elderly or disabled person.
6. Poultry workers – especially if you handle live birds.

If in doubt or if you feel your are "at-risk" consult a member of the clinical team for advice.

FLU is usually an unpleasant but self limiting illness for most people. However, some are at risk of flu becoming a much more serious illness. The 'flu-jab' is an annual vaccination and is available free-of-charge for patients considered vulnerable.

PNEUMONIA is an infection of the lungs. Pneumoccal vaccine protects against the commonest cause. The vaccination is offered to the same "at-risk" groups as flu. It is a once only vaccine for the majority of people, and can be safely administered at the same time as the 'flu-jab'.

Continuity of Care Questionnaire

62 patients replied and preferred to see:

- | | |
|---|------------|
| 1. Same doctor everytime, whatever reason | 19% |
| 2. Same doctor for a particular problem | 23% |
| 3. Any doctor with good access to your records | 48% |
| 4. Both 1 & 3 | 3% |
| 5. Both 2 & 3 | 5% |
| 6. 1 & 2 & 3 | 2% |

ARE YOU PLANNING TO GET PREGNANT?

You should

- | | |
|---------------------|--|
| Eat a healthy diet: | Wash your hands after preparing raw meat or handling cats or kittens |
| Take folic tablets | Wear gloves if gardening |

You should avoid

- | | |
|---|--|
| Smoking | Peanuts if you or your family have a history of eczema, hay fever or asthma. |
| Street drugs | Some fish - (shark, marlin and swordfish) as they can contain too much mercury - (and not too much tuna either). |
| Too much vitamin A
(liver, pate, cod liver oil or vitamin a tablets) | Undercooked meat or eggs, shellfish, soft cheeses and unpasteurised milk
Sheep and lambs |

Cut down:

- Alcohol or better still avoid it
- Caffeine
Have a maximum of 3 cups of brewed coffee. 4 cups instant coffee or 6 cups of tea per day

IF you have diabetes, epilepsy or take any medication it is important to see your doctor before you start trying to conceive.

Doctors Appointments made but NOT kept 79.
This equates to 13.5 hours per month.

Health Care Assistant Appointments NOT kept 21
This equates to 4hrs. lost surgery time

Practice Nurse Appointments NOT kept 76
This equates to 13hrs. lost surgery time

To help us reduce these figures please cancel your appointment at least two days before due date if you are unable to keep your appointment. Thank you.