

Jorvik Medical Practice

Newsletter Summer 2009

Practice Manager
Mrs Dana Homer

Partners

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

GP Registrar

Dr Elisabeth Drury

Nurses

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

SOUTH BANK

South Bank Surgery opened last month – on time! – after a 3 month refurbishment. The ground floor has been refurbished and air conditioning installed in the consulting rooms. The nurse treatment room is now downstairs. Upstairs has been more extensively altered with an extra consulting room, a proper waiting area and a patient toilet.

Thank you for your cooperation during the building work and we hope you appreciate the improvements. We certainly find it a much better working environment now.

SWINE FLU

What is Swine flu?

Influenza (flu) is an infectious illness caused by the influenza virus. The flu virus constantly changes and consequently there are many different strains of flu. Most outbreaks of flu are seasonal and occur in the winter months. Occasionally major outbreaks spread rapidly across the world - a pandemic. Swine flu is one such outbreak and is now wide spread in the UK. Most cases

so far have been mild, but as with all flu outbreaks, serious illness and deaths do occasionally occur, usually in those with pre-existing health problems

What are the symptoms of flu?

You will feel unwell with a high temperature and you may also have general aches of muscles and joints, runny nose, cough, sore throat & headache. (See overleaf for more .)

Changing faces: Dr Tania Choudrey has completed her Foundation Year 2 and is leaving us and will be starting her next job in North Wales. Dr Elizabeth Drury is joining us as GP Registrar. We are pleased to welcome Dr Lisa Millard returning to General Practice after spending some years working in Psychiatry.

FIRSTCALL Signposting information service for people over 50.

This service is a partnership between City of York Council, NHS North Yorkshire & Age Concern. It is a single contact point to help put people in touch with help for Housing & Accommodation, Money & Benefits, Healthcare & Social Services, Repairs & Home Maintenance, Getting Out and About, Community Activities & Voluntary Groups.

01904 634061 info@firstcall50plus.org.uk www.firstcall50plus.org.uk

01904 724343

www.jorvikmedicalpractice.co.uk

How do you treat swine flu?

Rest, plenty of fluids and paracetamol or ibuprofen will help the symptoms. Anti viral drugs (Tamilflu and Relenza) are being offered to all cases of swine flu. For most healthy adults and children they are of limited benefit and can cause side effects

Antivirals are particularly important for those most at risk of serious infection (the under 5s, the elderly, if you are pregnant and those with significant pre-existing health problems) but have to be started early in the illness to be effective. Special arrangements are in place for the issue of antiviral and you will need a “buddy” to collect them for you.

A specific swine flu vaccine is being prepared but details of it’s use are not yet available.

If you think you may have swine flu?

Firstly, don’t panic. Most people have mild symptoms that last only a few days. Stay at home! Going out only serves to spread the virus; you are most infectious early in the illness.

For advice call the Swine Flu information line on 0800 1 513 513

If you think you have swine flu go to www.pandemicflu.gov.uk or call 08001513100. If your symptoms fit you will be offered antivirals, which can be obtained from a designated collection point by your “flu buddy”.

You only need to call us directly if

- you have a serious underlying illness
- you are pregnant
- you have a sick child under one year old
- your condition gets suddenly much worse
- your condition is still getting worse after 7 days (or five days for a child)

Seasonal Flu vaccinations

The annual flu vaccination campaign against “normal” seasonal flu begins in September. As usual we will have drop in sessions from 9 – 11.30 on the following Saturdays:

Woolpack House	19 th Sep	3 rd Oct
South Bank	26 th Sep	10 th Oct

Don’t forget:

General hygiene can help to reduce transmission of all viruses, including the swine flu virus. This includes:

- Covering your nose and mouth when coughing or sneezing, using a tissue when possible
- Disposing of dirty tissues promptly and carefully
- Maintaining good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to your face or to other people
- Cleaning hard surfaces (such as door handles) frequently using a normal cleaning product.

HPV vaccine

Vaccination against HPV, which is linked to cervical cancer, is now routinely offered to 12- 13 year old girls at school. A catch up campaign to vaccinate 16 – 18 year old girls born between 1/9/91 and 31/8/1993 is in place and we will be contacting them offering vaccination.