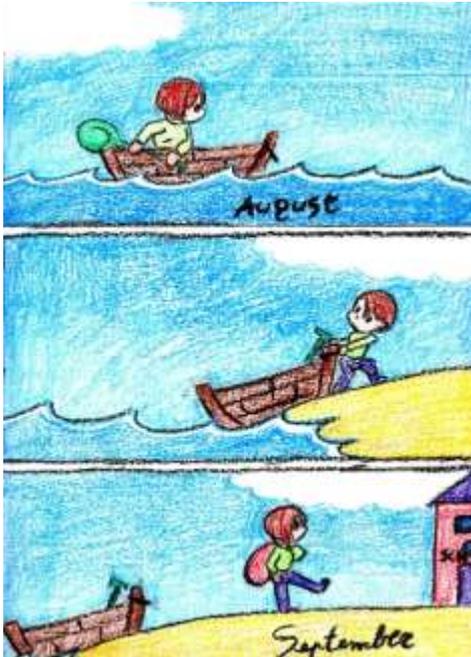

Northholme News

AUGUST-SEPTEMBER-
OCTOBER-2016



**Emergency cover and advice will be provided by
CARE DIRECT
Who should be contacted on
111**

APPOINTMENTS

The GPs, Nurse Practitioners and Nursing Team run surgeries and clinics at various times between 7.30 am and 6.00 pm Monday, Thursday and Friday and GPs run clinics from 7.00 am on Tuesday and Wednesday at Kos Clinic.

Surgeries and consultations are by appointment only. Appointments can be made up to 4-6 weeks in advance either at the surgery or by telephone, between 8.00 am and 6.00 pm Monday to Friday.

We strive to maintain 48 hour access to our medical team for all patients. Therefore the majority of appointments for GPs are “book on the day”

For a morning appointment if you ring the surgery at 8.00 am For an afternoon appointment if you ring the surgery at 11.00 am

You can also book limited appointments at any time using the online service – please register with the receptionist at the surgery for this service.

You may see any doctor but please try to avoid seeing different doctors in the same episode of illness. Receptionists will NOT require medical details to make routine appointments.

Telephone appointments with the GPs, Nurse Practitioners and Nursing team are also available for patients who may require urgent medical assistance but no appointment is routinely available or requires urgent service. This service involves either one of the GPs or the Nurse Practitioners calling the patient on the phone. Messages cannot be left on answer machines therefore it is vital that you can give a telephone number where you can be contacted.

The reception team are responsible for managing the allocation of appointments and to do this effectively they will ask for details. The receptionist needs only the briefest detail to be able to direct patients to the most suitable clinician (Doctor, Nurse Practitioner, Practice Nurse or Health Care Assistant).

Each appointment is for one person only with one complaint. If you have a number of concerns that you need to discuss, further appointment time will be necessary. Please advise reception of your needs when booking your appointment.

Your help in completing the Friends and Family questionnaires is extremely valuable to us and we would like to thank you for your time. We have the facility to text patients to remind them of their appointment. We will obtain your consent before using this facility.

Please be aware that an appointment with the Doctor is for 10 minutes. If you wish to discuss more than one problem then please book a double appointment for 20 minutes.

Urgent Appointments

Patients with urgent problems will be seen on the same day. Brief medical details may be requested by the reception staff to help determine urgency.

Note: Patients will NOT be seen without an appointment unless it is a medical emergency. If you arrive late for an appointment we cannot guarantee that you will be seen, you may need to make another appointment.

ONLINE BOOKING

GP appointments are now available to book online. You can also order repeat medication which has been authorised by a GP. Please note you will require a login to be able to access this online service. If you are over 16 years of age, please call into the surgery to request “online service” as we cannot arrange this over the telephone. **Please bring along with you some photographic proof of ID so that we can confirm your identity.** You can also download the SYSTMONLINE app to any smart phone.

Did you know you can cancel your appointment online or by text? Do we have your correct mobile number?

MOBILE PHONE NUMBERS

Patients age 16 and over please can you inform reception of your mobile number, also can you inform the practice if you have recently changed your mobile number so we can amend our records.

OUT OF AREA

Patients who move to an address outside of our practice area are advised to register with a new doctor as soon as possible so that your medical records can be transferred. This is a practice decision to remove all patients who move outside our practice area.

FLU CLINICS



It is fast approaching that time of year again so we are busy planning our Flu Clinics.

We are having 4 Flu Clinics this year

The Flu Clinics are as follows

Saturday 8th October from 9.00am to 1.00pm Kos Clinic

Thursday 13th October from 1.00pm to 6.00pm Kos Annexe

Thursday 20th October from 1.00pm to 6.00pm Northowram

Saturday 22nd October from 9.00am to 1.00pm Northowram

Please note you do not need to make an appointment for these clinics.

SHINGLES from 1 September 2016



ROUTINE

From 1 September 2016 shingles vaccine should be offered to:

Patients aged 70 years at any point between

1st September 2013 & 1st September 2016 (inclusive)

Date of Birth Range 02.09.1942 – 01.09.1946

CATCH UP

Patients who are aged 78 or 79 (but have not reached the age of 80 years) on 1st September 2016.

PNEUMONIA VACCINE

The vaccine is available to all patients over the age of 65 and it is also available to patients with certain chronic diseases.

NEW MENINGOCOCCAL ACWY VACCINATION PROGRAMME

Men ACWY vaccine is now available at the surgery for all 17 and 18 year olds plus anyone up to the age of 25 attending University for the first time. Meningococcal Disease is a rare but life threatening bacteria with teenagers and young adults in the higher risk group. Please contact the surgery to make an appointment with the nurse.

OVER 75 HEALTH CHECK

The practice is pleased to be able to offer an annual health check to all patients aged 75 and over. This initiative has been funded by the Calderdale CCG for all patients in the area.

The aim of the health check is to improve the care and support given to the over 75 population to ensure that every step is put in place to avoid any potential health issues in the future, thereby helping you lead a long and healthy life. If you are aged 75 and over and have not had a health check after the 1st April, please contact reception to make an appointment with the Health Care Assistant or Practice Nurse.

DNA

May = 12 hrs 44 mins

June = 13 hrs 23 mins

July = 17 hrs 25 mins

Please can we try and avoid this by cancelling your surgery appointment

SKIN CANCER

Diagnosing skin cancer early saves lives, so it's vital to know what to look for – and it's vital to take action to protect yourself from skin cancer too.

THE BASICS. There are two different categories of skin cancer – melanoma and non-melanoma. Melanoma starts in skin cells called melanocytes and usually affects moles. Non-melanoma cancers (which are more common in general but less common in young people) start in other types of skin cells. Both types can be caused by exposure to the sun.

PROTECT YOUR SKIN. Looking after your skin now can help you avoid skin cancer in the future. So follow these five simple steps to prevent skin damage (and to prevent the lobster look...)

- **Cover up** – think long-sleeves, sarongs and long shorts
- **Slap on the sun cream** – water resistant and at least factor 30
- **Wear a hat or cap** – cowboy, straw, baseball, bowler – whatever you fancy
- **Slip on your shades** – your eyes need protection too
- **Chill out in the shade** – especially between 11am and 3pm.

WARNING SIGNS

Melanoma usually but not always causes changes to moles. It's always worth getting checked out if you have a mole that:

- gets bigger
- changes shape
- has a blurred, rough or jagged outline
- gets darker or red
- has more than one colour in it
- gets itchy or painful
- gets crusty or bleeds.

Non-melanoma skin cancer is extremely rare in young people but is usually fairly easy to recognise. Look out for:

- spots or sores that don't heal, even after a few weeks
- spots or sores that are itchy, sore, scabbed or bloody for several weeks
- ulcers that last for several weeks without any obvious cause.

You're more likely to get skin cancer – particularly a non-melanoma skin cancer called basal cell carcinoma – if you had radiotherapy when you were younger. Cancers tend to develop in the skin that was treated with radiation

HOW IS IT DIAGNOSED. There are two main tests used to identify skin cancer. A specialist might oil the area you're worried about and then look at it using a dermatoscope – which magnifies the area. You might need to have a biopsy, when a skin sample is taken, usually under local anaesthetic, and then examined under a microscope for signs of cancer.

HOW IS IT TREATED. Surgery is usually the only treatment you need if you have non-melanoma skin cancer. The affected cells are removed along with a surrounding area, to make sure no cancer cells are left behind. There's also photodynamic therapy, when cancer cells are killed by bright light after you've taken a drug that makes your skin more sensitive to light. And radiotherapy is also sometimes used instead of or as well as surgery. Chemotherapy creams and injections are options too.

The treatment for melanoma depends on how advanced it is. Catch it early, and the mole is usually removed, along with a surrounding area. More advanced melanoma might be treated using chemotherapy, radiotherapy, biological therapy (where drugs are used to shrink melanoma) or surgery.



HOLIDAY TIME

HAY FEVER

The hay fever season will soon be here. It can be a miserable condition with nasal blockage, sneezing, itchy eyes, cough and occasionally wheeziness. Symptoms can start at any time from March to September depending on what pollen, grasses etc you are allergic to.

Simple measures like not opening windows or going out when grass mowing is taking place can help you. Your bodies' reaction to the allergy is to produce histamine from certain cells in your body. Hence treatment is directed at blocking the action of the histamine or stopping the histamine from being released. Treatments such as antihistamines, eye drops and nasal sprays are available for sale over the counter. Please speak to your local pharmacy for advice. It is usually better to treat yourself before symptoms become too bad.

PROTECT YOURSELF FROM THE SUN

The sun does have health hazards and there has been a rapid rise over the number of skin cancer and skin conditions that can lead to skin cancers. These relate to the amount of sun exposure that an individual has over the years. Obviously sun exposed areas are most affected e.g. your face, legs and backs of hands.

Remember to cover up and use a high sun protection factor 30+ (SPF)

HOLIDAYS

For those who have plans for summer holidays, remember that if you need vaccinations for protection against various diseases, you need to plan in advance. It is advised to have immunisations 6 weeks before you travel to give you best protection

Please ask at reception for a holiday vaccination form which needs to have all family members who will be travelling with you.