

# Patient Newsletter

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We are very pleased to announce the launch of our new and improved practice website at:



[www.rosemarymedicalcentre.co.uk](http://www.rosemarymedicalcentre.co.uk)

Our website has been designed with you in mind and is packed with lots of useful information and helpful tips, including surgery opening times, how to make an appointment and what to do when the surgery is closed. In addition, you can also find out about the practice team and the many NHS and non-NHS services we provide.

We also offer a number of interactive services such as; being able to order your repeat prescriptions online and avoid having to drop them off at the surgery in person or relying on the postal service, and the opportunity to have your say via our patient email feedback service, where you can submit your suggestions direct to our practice manager for improvements to our website or the practice.

So why not logon to our website now and give it a try; we would love to hear your thoughts. We recommend that you save our address into your "favourites" and remember to logon periodically as it is constantly being updated with useful suggestions and feedback on the current issues of the day.



Here is just a small sample of some of the invaluable information you can find out from visiting our website:

## **About the Practice**

In this section you can find out important information such as:

- > how to find us.
- > Information about being a Carer and the support available.
- > How to lodge a complaint and download a copy of our complaints procedure.

## **Services Available**

This section provides a summary of the clinical services available to you at the practice, which includes:

- > Family planning.
- > Cervical screening.
- > Minor surgery
- > Physiotherapy.
- > Non-NHS services such as HGV medicals and insurance reports.

## **Medical Advice**

Here you can obtain useful advice about disease management and preventative solutions such as:

- > Travel immunisations
- > Drug & Alcohol tips.
- > Useful tips for staying fit & healthy.
- > General medical advice and what to keep in your medicine chest.

## **Resources**

Throughout you will find many useful hyperlinks direct to other websites. In addition, this section specifically gives you direct access to:

- > A list of the most important telephone numbers and websites.
- > A link access to NHS Direct.

## **The Practice Team**

This section gives you the opportunity to find out about our practice team, including our practice manager, Mike Mimms and the Reception staff and Admin Staff teams who support the Doctors & Nurses. Also find out more about the District Nursing and Health Visitor teams run by the Primary Care Trust.

# SWINE FLU OR INFLUENZA A H1N1 IS NOW HERE.....



## What is Swine Flu?

Swine influenza is a disease in pigs. The virus currently transmitting directly among people is now generally referred to as swine flu although the origin of the disease is still under investigation. There is no evidence of this strain of the disease circulating in pigs in the UK.

There are regular outbreaks of swine influenza in pigs worldwide. It does not normally infect humans, although this occasionally does occur—usually in people who have had close contact with pigs.

Swine influenza viruses are usually of the H1N1 sub-type. The Swine flu that has spread to humans is a version of this virus.

### What are the symptoms of swine influenza?

The symptoms of swine influenza in people are similar to the symptoms of regular human seasonal influenza infection and include fever, fatigue, lack of appetite, coughing and sore throat. Some people with swine flu have also reported vomiting and diarrhoea.

### If someone who has been to affected areas is feeling sick what should they do?

Anyone who has recently travelled to the affected areas and is experiencing influenza-like illness should stay at home to limit contact with others, and seek medical advice immediately from NHS Direct.

### Is treatment available?

Testing has shown that the human swine influenza H1N1 can be treated with the antivirals oseltamavir (Tamiflu) and zanamivir (Relenza).

Most of the previously reported swine influenza cases recovered fully from the disease without requiring medical attention and without antiviral medicines.

### Is this swine flu virus contagious?

It has been determined that this virus is contagious and it spreads between people, although it is not known how easily.

### What measures can I take to protect against infection?

General infection control practices and good respiratory hand hygiene can help to reduce transmission of all viruses, including the human swine influenza. This includes:

- Covering your nose and mouth when coughing and 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 face or to other people.
- Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product.
- Make sure your children follow this advice.

Remember:

**CATCH IT - BIN IT - KILL IT**

### People will not get swine flu from eating pork or pork products

It is important to stress that swine influenza viruses are not transmitted by food. There is no risk of catching the illness from eating properly handled and cooked pork or

## Important Vaccinations:

**HPV** vaccine (The Department of Health's immunisation programme helping to prevent cervical cancer) was launched in the autumn of 2008 and is routinely offered to all 12 - 13 year old girls in school and annually thereafter. At the same time, a catch-up programme for all 17- 18 year old females was launched. This catch-up programme was extended in April 2009 to include all girls born between 1st September 1991 and 31st August 1993. If you are female and fall between this age group please telephone the surgery or call in and make your appointment with a Nurse as soon as possible.

**MMR** vaccination is offered routinely throughout the UK and you should ensure that you and your children are protected against Measles, Mumps and Rubella. Between 1992 and 2006, there were no deaths from acute measles; tragically, there was one death in 2006 and one other death so in 2008. We are offering a catch-up campaign for patients between 13 months to 18 years of age who have not received any MMR vaccine and those who have received partial vaccination.

Please telephone the surgery or call in to make your appointment with a Nurse as soon as possible.