

# Ramsey Health Centre

## Newsletter September 09

REVISED  
OPENING HOURS

AS OF

1 OCT 09

WE ARE OPEN

**Monday**

**Wednesday**

**Friday**

**8 am**

**to**

**6 pm**

**Tuesday**

**&**

**Thursday**

**8am**

**to**

**8 pm**

## What's New?

We are very pleased to welcome our GP Registrar – Dr Himanshu Patel to our team. He will be working with us for the next 12 months. Dr Patel will be supervised during his time with us by Dr Lynda Brown and Dr Simon Brown and he will be able to see patients for consultations.

A GP Registrar is a fully registered medical practitioner being trained in general practice by GP trainers within the approval of the Secretary of State.

We are also very pleased to welcome Dr Amine Boualem who joined our team in August.



**Ramsey Health Centre  
is an accredited GP  
training Practice**

Dr Boualem previously worked as a GP in Cambridge and has a

particular interest in ENT matters.

We sadly say goodbye to Dr Banerjee who is leaving us early in September to join a new practice in Peterborough. We wish him well in his new post.

Dr Nikul Patel has taken over as Diabetic lead within the Practice and along with Sister Knight will oversee the management of our Diabetic patients.

## Dispensary Opening Hours

We are currently recruiting new staff to our Dispensary team.

In the short term this has meant that we have had to restrict the

Dispensary opening hours.

We apologise for any inconvenience caused and hope to be back to full opening hours soon.

**Dispensary  
Temporary  
Opening Hours**

**Mon to Fri  
8am to 6pm**

# 2009 FLU VACCINATIONS



Coughs and Sneezes spread diseases

We are waiting instruction from DoH regarding the Swine Flu vaccination



We begin our Seasonal Flu vaccination programme this month. The vaccination is available to all Ramsey Health Centre patients wishing to have the vaccination.

**Please contact Patient Services on 01487 812611 to arrange an appointment.**

**Can the vaccine cause Flu?** No. The influenza vaccine contains no live

virus and cannot therefore cause flu. Some people may experience mild flu-like symptoms for up to 48 hours after immunisation as their immune system responds to the vaccine, but this is not flu.

**Is there anyone who should not be given a flu vaccine?** There are very few people who cannot receive influenza vaccine. The vaccines should not be given to those who have had a confirmed **anaphylactic** reaction to a previous dose of the vaccine or

any component of the vaccine (including neomycin, kanamycin and gentamicin, **antibiotics** which may be present in tiny amounts).

The vaccines are prepared in hens' eggs and should not be given to individuals with known anaphylactic hypersensitivity to egg products.

If a person is ill with a fever, the immunisation should be delayed until they have recovered.

## PNEUMOCOCCAL VACCINE

Pneumococcal disease is an infection caused by the type of bacteria called Streptococcus pneumoniae. When these bacteria invade the lungs, they cause the most common kind of bacterial pneumonia and can then invade the bloodstream (bacteremia) and/or other tissues and fluids surrounding the brain and spinal cord (meningitis). Another common complication is in-

fection of the middle ear (otitis media).

If you are over the age of 65, are an asthmatic or have another respiratory disease you can now have the pneumococcal polysaccharide vaccine (PPV) - known as the 'pneumo jab' - to protect you against serious forms of pneumococcal infection.

You won't need it each year — it is a one off vaccination.

To have this vaccination or if you would like more information please arrange an appointment with the Practice Nurses.

## Swine Flu

What are the symptoms?

Some of the symptoms are the sudden onset of **fever**, **cough** or **shortness of breath**. Other symptoms include headache, sore throat, tiredness, aching muscles, chills, sneezing, runny nose or loss of appetite.

If you think you might have swine flu please **STAY AT HOME**.

If possible check your symptoms on the nhs website:

[www.nhs.uk](http://www.nhs.uk)

or

call the National Swine Flu Information Line on **0800 1 513513**

Please do not come into the Surgery or local A&E department unless you are advised to do so or you are seriously ill because you might spread the illness to others. Please ask a "flu friend" to go out for you

# District Nursing

The Ramsey District Nurse Team comprises of:

District Nurse Manager:  
Darren Butler

Community Nurses:  
Cheryl Havard  
Sophie Gear  
Marie Warner

District Nurse Assistant:  
Janet Knight

The team is based at Ramsey Health Centre and is on duty from 8.30am to 5pm Monday to Friday. At weekends and public holidays the team works

alongside Warboys District Nurses to provide cover.

The team provides a variety of services to the housebound patient. These include wound care, leg ulcer management, venepuncture, catheter care and support to palliative patients and their families. The members of the team have a variety of different skills and experiences that help contribute to a high quality of service for housebound patients in the Ramsey area.

You can contact the District Nurse team via Ramsey Health

Centre number **01487 812611** or you may leave them a message on their answer machine **01487 710994**



***Need to renew your sick note?***

***Please contact Patient Services on***

***01487 812611***

***or***

***e-mail us***

***via our website***

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

# Insurances, Forms and Medicals

Please hand in any forms that require a Doctor to complete or sign to Reception; you do not need an appointment with the Doctor.

There will usually be a fee for completing paperwork for holiday cancellations, insurance reports and private letters or health declara-

tions as they are classed as Private requests as opposed to NHS work.

We have a list of charges in the Reception area and you will be informed of the cost when handing your forms in

We aim to have the paperwork returned to you within 5 working days.

Our Doctors will also see patients for Medicals including HGV, Taxi and Sports. Again there is a fee for this Service.

Unfortunately Doctors are unable to sign passport forms unless they have known you for 2 years.

# Waiting Room

We have been looking to improve the waiting area to make it a little more comfortable for our patients.

You will notice the introduction of soft music and our Am-screen display. In addition we will shortly be installing a baby changing facility.

We would like to say a very big thank you to our very generous patients that have very kindly donated to the Ramsey Health Centre fund enabling us to make these changes and improvements.

Thank you

It would be very nice to have some bright, cheerful pictures/ paintings displayed on our walls and we would be delighted to receive contributions from local artists (of all ages).



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

Unable to keep your appointment?

You can text us or leave a message on the  
RAMSEY HEALTH CENTRE HOTLINE

**07907 794417**



Please note that this is to cancel an appointment only, please do not use if you have an emergency