

SUMMER NEWSLETTER

Ramsey Health Centre

Summer
June 2010

Dr Simon Brown

Inside this issue:

<i>Pneumonia Vaccination</i>	2
<i>Young Persons Clinic</i>	2
<i>Nurse Team News</i>	3
<i>Yellow Fever</i>	3
<i>Chlamydia</i>	3
<i>Cancelling appointments</i>	4
<i>Promote Your Practice</i>	4

Patient Participation Group

Joining a PPG is a way in which you as a patient can take an active interest in your own health care.

Through regular meetings the PPG engages in activities which benefit your Practice, enhances the work of your Practice and acts as a useful sounding board for change within your Practice.

If you are interested in joining Ramsey Health Centre PPG please leave your details with a member of staff or call us on 01487 812611

Closure

- The Practice will be closed for Staff Training from 1 pm on Wednesday 21st July 10.



Pneumonia: do I need a vaccine?



Pneumonia is an infection in your lungs. It can be very serious, especially if you are older or in poor health. So, for some groups of people, doctors recommend vaccination to help prevent it.

The pneumococcal vaccine is designed to protect against the most common type of pneumonia. The bacteria in the vaccine are dead and can't harm you. The pneumococcal vaccine can't give you pneumonia or any other illness however your arm may be a little sore where you have the injection.

As a side effect, a few people get a temperature and joint or muscle pain.

You only need the pneumococcal vaccine once.

Vaccination is recommended if:

You are aged 65 or older

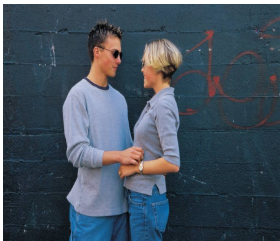
You have a long term illness, such as diabetes, heart disease, kidney disease, liver disease, sickle cell disease or a problem with your spleen.

You have a lung condition, such as emphysema or severe asthma.

You have a weak immune system (ie you are having chemotherapy or steroid treatment)

Please make an appointment with one of our Practice Nurses if you meet the above criteria and would like to have this vaccination.

Young Persons' Sexual Health Clinic



The Young Persons Sexual Health Clinic has a new team of nurses and receptionist.

We are friendly, approachable, non-judgmental and professional.

Carol is the new receptionist. She has worked for Contraception and Sexual Health (CASH) for many years at the Huntingdon and St Ives clinics and has a

wealth of experience.

The new nurse team are Jane, Sue and Lynne. They all hold a certificate in family planning and sexual health.

The clinic provides free of charge:

Under 25s Health Clinic
Emergency Contraception
Condoms

Pregnancy testing

Free contraception

Sexual health advice

Testing for sexually transmitted infections

The clinic offers a confidential service to all our patients, including under 16s. Please drop in any time between 3 and 5.30pm on Wednesday afternoons.

Dispensary News



The Dispensary Manager, Mrs Margaret Edwards and her team — Jo, Laura and Shelly, would like to thank patients for their understanding and patience over recent months whilst the Dispensary have been short staffed.

Unfortunately there is a shortage of trained Dispensers at the moment and we are still actively looking for a qualified

Dispenser to join the team.

Despite the ongoing staff shortages the Dispensary does remain open as follows:

Monday, Tuesday, Thursday & Friday

08:00—12:30

14:30—18:00

Wednesday

08:00— 12:30

As always, please allow 48 hours (2 working day) for your repeat medication requests to be processed.

Thank you.

Nurse Team News

Helen Heritage joined the Nurse team in April 2009 as a phlebotomist. Over the past 6 months Helen has undertaken the Health & Nursing NVQ Level 3 and passed with flying colours in May of this year.

So as well as seeing Helen for your blood tests you can now see her for:

Dressings and , wound care
Removal of sutures
Blood Pressure Checks
ECGs
Ear Examination & Syringing
B12 injections

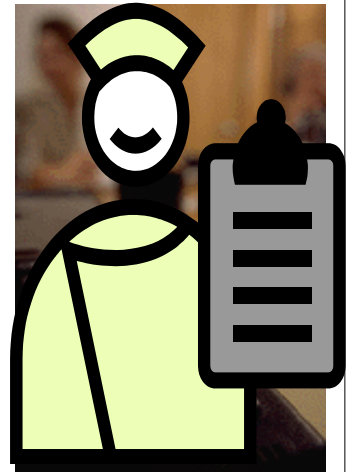
Flu vaccinations
Weight management



The Nurse Team also offer appointments for:

Diabetes
Asthma
COPD
Spirometry
Cryotherapy
Travel
Baby Clinic

Well Woman
Well Man
New Patient Checks
Ear Syringing
Travel Vaccinations
Smoking Cessation
Contraception
Medication reviews
Blood Pressure
Cervical Screening



Practice Nurse appointments are available Mon—Fri from 8.20am to 5.30pm

VACCINATIONS

If you are traveling to any of the countries in the Southern Hemisphere this year it is advised by the Department of Health that travellers receive a vaccination to protect them from the H1N1 virus (Swine Flu).

Please contact the Ramsey Health Centre for travel vaccine information. Travel Clinics are held on Tuesday evenings by appointment.

Yellow Fever vaccinations are currently available locally through Parkhall Surgery, Somersham. Their contact number is 01487 842483



Chlamydia Testing

Chlamydia is a sexually transmitted infection (STI) caused by tiny bacterium, Chlamydia trachomatis.

Chlamydia is the most common STI in the UK. It affects both sexes, although young women are more at risk. Chlamydia can be treated but it often has no symptoms in either men or women so remains undetected. Infection may only be diagnosed

once Chlamydia has led to complications - when treatment can sometimes be too late to stop permanent damage.

Chlamydia is almost always transmitted through sexual intercourse, so the likelihood of having the infection depends on your sexual behaviour. If you have had sex and not used a condom, you are at risk of Chlamydia.

There are testing kits available from Ramsey Health Centre. They are FREE and come with full instructions for you to follow. The test is confidential—you do not need to give your name and you will be informed of the result by text message.

To get a testing pack simply ask at Reception or book an appointment with a Practice Nurse.



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If you are unable to attend for your appointment please let us know. So that we can offer it to another patient.

We have a dedicated number that you may leave a voicemail message on or send a text to cancel your appointment.

07907 794417

Alternatively you can call the Surgery on

01487 812611

In May this year 135 appointments were lost through non attendance, so please let us know if you are unable to attend.

Thank you

Promote your Practice

We, at Ramsey Health Centre, are constantly aiming to achieve the highest possible standard of care for our patients.

When we fall short of this standard we invite our Patients to raise their concerns with us and always endeavour to learn from our mistakes and improve our standards.

However we also receive many laudatory comments from our Patients of which we are very proud and grateful.

In today's NHS we are constantly being asked to meet targets and achieve certain quality standards. Ramsey Health Centre is no exception and the comments and observa-

tions that you make on NHS Surveys regarding our quality of care and facilities has a direct affect on how we are scored alongside other Practices within Cambridgeshire PCT.

Those people who have a strong opinion (either positive or negative) are the most likely to complete such Surveys.

We know from many of our patients that we are meeting their needs and that they are very satisfied with the Practice but as is often the case the positives are overshadowed by the negative.

We therefore ask that **all** patients who receive Surveys regarding Ramsey Health Cen-

tre complete and return them and express their views and opinions.

NHS CHOICES

NHS Choices is a web page showing GP Practices and hospitals in your local area. On this site you can rate your Practice. If you wish to post a comment on this web page please visit: www.nhs.uk

