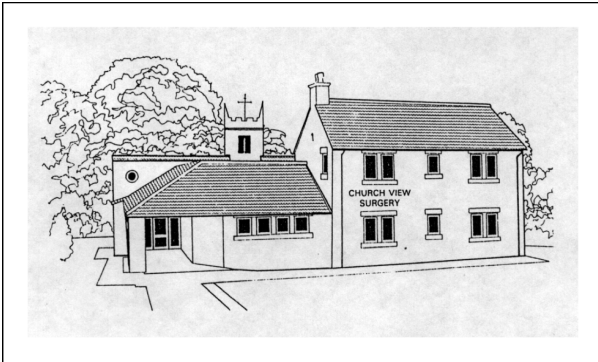


COLLINGHAM CHURCH VIEW SURGERY AND THORNER SURGERY NEWSLETTER

Autumn/Winter 2024

Drs. Toogood, Hance, Eyre, Trigg & Fearnley



bronchiolitis and pneumonia, which may result in hospitalisation.



Winter Vaccination Campaigns & Eligible Patient Groups

RSV Vaccinations

- All adults turning 75 years old on or after 1/9/24.
- A one-off catch up campaign for those already aged 75-79 years old on 1/9/24
- Patients who are at least 28 weeks pregnant on 1/9/24

Flu Vaccination

1st September

- Pregnant women
- All 2 and 3 year olds
- Primary & Secondary school children
- All children at clinical risk

3rd October

- Those >65 years of age
- Age 18-65 years in clinical risk group
- Carers
- Healthcare workers

Covid Boosters

- All patients >65 years of age
- All patients at clinical risk
- Healthcare workers
- Pregnant patients

RSV Vaccine

Respiratory syncytial virus (RSV) is one of the common viruses that causes coughs and colds in winter. RSV is transmitted by secretions from contact with an infected person.

Infants under one year of age and the elderly are at greatest risk of developing severe disease. Whilst most RSV infections usually cause mild illness, infants aged less than 6 months frequently develop the most severe disease such as

All our eligible patients will be invited to book their vaccinations at the practice. If you feel you are eligible but haven't received an invite please call the practice.

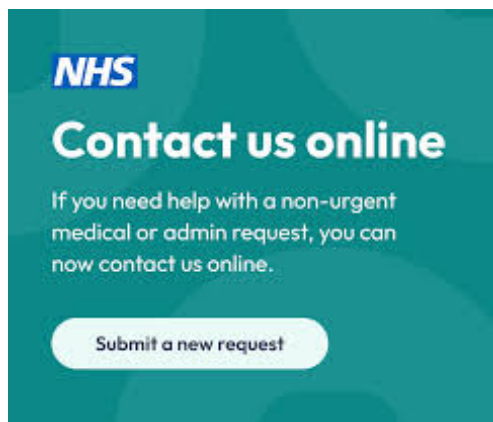
Total Triage

Traditionally, patients would book appointments to visit the practice in person. More recently, we have been offering telephone appointments too (which some patients prefer). However, the demand for appointments has increased hugely in recent years, and General Practice must address the issue of capacity in order to maintain patient safety and satisfaction.

Total Triage is a new approach recommended by NHS England, to improve accessibility to Primary Care services. The main objectives are to enhance the quality of care our patients receive, to ensure that they are given the most appropriate appointment or advice to meet their needs and that this is done in a timely way.

We request that most patients begin to

contact us via our website where they will be asked to complete a short online questionnaire when making a request. If you are unable to complete the online questionnaire then our trained reception staff can help you to do this on the telephone.



All requests submitted before 1pm will be reviewed that day by one of our experienced GP's. The doctor will decide which member of our healthcare team is best

placed to help, the most suitable timeframe for the appointment and whether this is best suited to be via telephone or in person at the practice. Where necessary, we might ask you to answer a few additional online questions to help our GP prioritise the patients who need more urgent care.

After 1pm each day URGENT requests will be forwarded to the on call GP but we will ask that for NON URGENT issues an online form is submitted the following day.

We understand that change can sometimes be difficult, but we are confident that Total Triage will bring many benefits to you our patients e.g.

- **Improved access to Care:** total triage has been shown to reduce waiting times by freeing up appointments for those patients who actually need them.
- **Convenience:** using digital communication is often more convenient. If you haven't already then please download the NHS App
- **Enhanced Patient Experience:** we are committed to providing you with the best possible care. Total Triage improves communication and ensures you see the right person best able to help you, in a timely manner.
- **Embracing Innovation:** as healthcare technology advances, we are committed to staying at the forefront of these innovations. Total Triage will enable us to adapt and evolve with the changing landscape and ensure that you benefit from the latest advances in medical care.

What if I have trouble using the new system ? Our skilled reception team will of course provide additional support to any patient who is unable to use online resources.

Self Administration of B12 Injections

If you currently have regular B12 injections and think it may be more convenient to self administer these at home please speak to our nursing team at your next appointment to assess your suitability for this new option.

Extreme Sports

As a practice we are no longer able to sign insurance paperwork for diving or extreme sports.

This paperwork is not part of core NHS general practice and the liabilities involved require our GP's to pay for individual specialised indemnity cover.



Fear of Flying

The GMC (General Medical Council) has issued guidance explaining that medical practitioners should NOT prescribe sedatives to patients with a fear of flying. The reasons for this are:

- Sedatives can impair your judgement and ability to mobilise in an emergency
- Sedatives put you into an unnatural sleep with decreased movements which increases your risk of blood clots (DVT).
- Some people can become aggressive and disinhibited with these medications which is extremely dangerous on a flight.
- Diazepam (benzodiazepine) is not licensed for phobias in the UK
- In several countries diazepam is illegal and would be confiscated.

You can speak to a private travel clinic for a prescription or most airlines offer 'Fear of Flying' courses which are known to be very successful in managing symptoms in most cases.

Migraine Awareness Week

23rd-29th September



1 in 7 people live with migraines consistently. Often being thought of as 'headaches', migraines are actually a neurological disorder. Migraines can affect not just your head but also your vision, awareness and ability to complete day-to-day tasks. Migraines can also affect your stomach and cause vomiting and nausea. Migraines are painful and there isn't really a cure, but taking pain medications can help.