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## Useful Phone Numbers:

Carronbank  
Medical  
Practice  
01324 822382

NHS 24  
08454 242424

*We are hoping to get the practice website up and running again soon!  
Keep checking - [www.carronbank.co.uk](http://www.carronbank.co.uk)*

## Flu vaccinations

A free flu vaccination is offered to everyone over the age of 65 and those under 65 with a chronic medical condition. If you suffer from chronic obstructive pulmonary disease (COPD), asthma, diabetes, heart disease, chronic kidney or liver disease, have suffered a stroke or take prescription drugs that affect your immune system you may be eligible to receive the vaccination.

This year the eligibility criteria have changed and not everyone who has previously been vaccinated will receive the vaccination.

**It is important that those who are most at risk are vaccinated** and therefore only those who are invited will be given the vaccination. If you are on the list you should by now have received a letter of invitation!

Patients over the age of 65 will also be offered a free pneumococcal vaccination. This is a vaccination to protect against infections like pneumonia and meningitis and will be given at the same time as the flu vaccination. It is usually given only once so if you have already had one you will not need it again.

## Why does my nurse or doctor ask me if I am depressed?

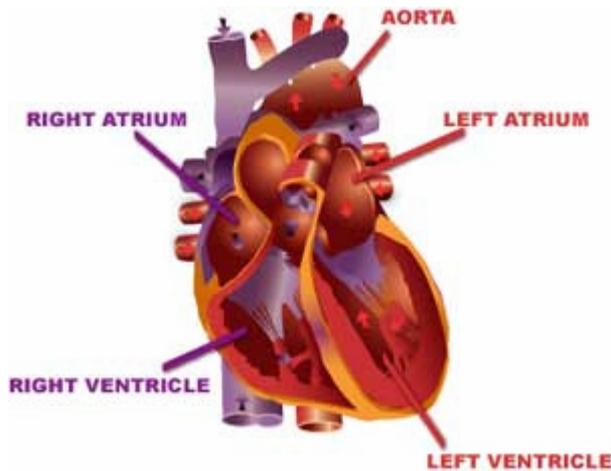
Over the past few months, the nurses and doctors have been asking people that we know have heart disease or diabetes a couple of questions around how they are feeling. This is to see if patients with these diseases have depression. Research shows that people with these conditions are more likely than other people to be depressed. So now we are going out of our way to see if we can spot depression, maybe even before the patient is aware of it, so it can be treated if needed.

We are also now using a questionnaire which helps us to work out if patients have mainly anxiety or depression problems. It also gives us an idea of just how bad the depression is. So if you are asked to complete one of these forms, it is for your own benefit. Help us to help you.

## APPOINTMENTS

Appointments are available to be booked up to 4 weeks ahead. If your condition allows please book your appointment in advance, as you are more likely to get the doctor or nurse of your choice. However, we are always happy to give you an appointment 'on the day' if this suits best but cannot always give you your first choice doctor or nurse.

## What is cardiovascular disease?



Cardiovascular disease (CVD) is a term which describes diseases of the heart and blood vessels. The common types include angina, heart attack, diseases of the heart valves, heart failure, stroke and pain from poor blood flow to the legs.

Cardiovascular disease is a major cause of premature illness and death in Scotland. Smoking, high blood

pressure, obesity, family history of CVD and diabetes, and co-existing conditions such as diabetes and previous CVD, contribute towards a higher risk for the individual. Many of these risk factors can be modified and reduced by medical interventions as well as by lifestyle changes by the patient.

For more information see the practice nurse - or [www.bhf.org.uk](http://www.bhf.org.uk)

*"it is important to be aware of the major risk factors."*

## What is the major cause of cardiovascular disease?

The single most common cause of these diseases is "hardening" of the arteries (called atherosclerosis). This can be prevented to a large extent and because of this, it is important to be aware of the major risk factors.

These include tobacco smoking, high blood cholesterol levels, high blood pressure (hypertension), diabetes, being overweight and physical inactivity. Those

with more than one risk factor are at highest risk. High blood pressure or cholesterol by themselves do not cause symptoms, and adults should have their levels checked.

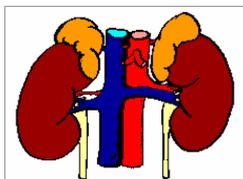
If you are over 45 years old, and have not been seen at the surgery for a long time, you will be invited to attend at a convenient time for a health check, at which your blood pressure, family history and other

risk factors will be discussed. We can arrange to get your cholesterol checked, and give you advice about a healthy diet, and stopping smoking.

### Physical activity helps improve your blood cholesterol levels!

Regular physical activity seems to raise HDL cholesterol (the 'protective' cholesterol), but does not affect LDL cholesterol levels.

## Kidney problems



Many patients will have had routine blood checks done on their kidneys over several years. This is called the "U and Es" test (urea and electrolytes). We now have access to a more accurate test of how your kidneys are doing. The new test is called the

eGFR (estimated glomerular filtration rate). This has meant that we are now much more able to detect kidney problems at an early stage when we can make changes to try and protect the kidneys from any further damage. This might mean stopping

some tablets that are not so good for the kidneys or it might mean having treatment for high blood pressure. If your doctor or nurse mentions mild kidney problems, be reassured it is better to know about this early so that the correct treatment can be started.



## Childhood immunisations

All children starting the immunisation programme at 2 months of age will follow the schedule below:

When to immunise	What is given	Vaccine & how it is given
Two months old	Diphtheria, tetanus, pertussis, polio and Haemophilus influenza b	One injection
	Pneumococcal vaccine	One injection
Three months old	Diphtheria, tetanus, pertussis, polio and Haemophilus influenza b	One injection
	Meningitis C (MenC)	One injection
Four months old	Diphtheria, tetanus, pertussis, polio and Haemophilus influenza b	One injection
	Pneumococcal vaccine	One injection
	Meningitis C	One injection ,
Around 12 months	Haemophilus influenza b, Meningitis C	One injection
Around 13 months	Measles, mumps, rubella (MMR)	One injection
	Pneumococcal vaccine	One injection
Three years four months to five years	Diphtheria, tetanus, pertussis and polio	One injection
	Measles, mumps, rubella (MMR)	One injection
Thirteen to 18 years	Tetanus, diphtheria and polio	One injection

## Catch up programme

There has also been a catch up programme for the new pneumococcal vaccination affecting all children under the age of 2 years from September 2006. This immunisation protects against serious illnesses such as pneumonia, meningitis and blood poisoning. Your child will be called shortly, and if you have missed an appointment, please contact the surgery to rearrange it. For more information, speak to one of the Health Visitors or Practice Nurses.

### Can I take my baby swimming after their jabs?

Babies can be taken swimming at any age. It doesn't matter if they haven't yet completed their course of immunisations. The management of some leisure facilities suggest that babies shouldn't go swimming until they have had all of their jabs. This advice dates back to the time when polio was common, and people were concerned it would spread in busy places like public swimming pools.

Sometimes babies experience minor side effects after the MMR vaccine. These are generally quite mild, and should not prevent you taking your baby swimming.

*"Babies can be taken swimming at any age.."*



## Patient Focused Booking

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*“This will involve patients being able to make their own appointment.”*

### What is it?

If you have been referred to hospital for an out-patient appointment you may be allocated an appointment in a different way now. An initiative is underway in some departments to reduce the waiting times by cutting the number of patients who do not attend. This will involve patients being able to make their own appointment.

### How will it work?

- Your GP will send a referral letter to the hospital.
- The hospital will send you a letter to let you know they have received it. They will also tell you the current waiting time for the Consultant or department.
- The hospital will contact you again 4 – 6 weeks before the proposed appointment date.
- You will be requested to phone the hospital to arrange a suitable date and time for your appointment.
- You will be sent a letter of confirmation.

## Your Emergency Care Summary

The Emergency Care Summary is a summary of basic information about your health which might be important if you need urgent medical care when your GP surgery is closed, or when you go to an Accident and Emergency department.

It means all NHS staff looking after you can get important information about your health, even if they cannot contact your GP surgery.

*Your Emergency Care Summary contains the following information:*

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*“NHS staff can look at your Emergency Care Summary if they need to treat you when your GP surgery is closed..”*

- **Your name**
- **Your date of birth**
- **The name of your GP surgery**
- **Information about any medicines prescribed by your GP surgery**
- **Any bad reactions you’ve had to medicines that your GP knows about.**

### Who can look at my Emergency Care Summary?

NHS staff can look at your Emergency Care Summary if they need to treat you when your GP surgery is closed. They must ask you if you agree to this before they look at your information.

If you agree, the staff listed here will be able to look at your Emergency care Summary:

- Doctors, nurses and receptionists in out-of-hours medical centres
- Staff at NHS 24 who are involved in your care
- Staff in hospital Accident and Emergency departments.

For more information, phone the NHS Helpline on 0800 224488

