

Staploe Medical Centre - News Winter 2014



Flu reminder: Our flu clinics have now finished but for our patients over 65 or in a clinical "at risk" group (including diabetes, chronic respiratory disease, heart disease, liver disease, kidney disease), you can come down between 11.45am and 12.30pm Monday-Friday (no appointment necessary).

Nasal Flu Vaccine is available for all children aged 2, 3 and 4 and can be done between 11.45am and 12.30pm Monday-Friday (no appointment necessary) or ring to make an appointment.

Health Checks - If you are invited for an NHS Health Check you'll be asked a set of standard questions and offered a series of routine tests that will help identify your risk of developing heart disease, stroke, kidney disease, type 2 diabetes and certain types of dementia. **Who qualifies for an NHS health check?** - If you're aged between 40 and 74 and have not already been diagnosed with vascular disease or treated for certain risk conditions, such as high blood pressure or cholesterol, you will be invited for your check every five years. **Why do I need an NHS Health Check?** Everyone has a chance of developing heart disease, stroke, kidney disease, type 2 diabetes or certain types of dementia. The NHS Health Check will help you and your GP or health professional to identify your risk earlier. You will be given advice on what action you can take to lower your risk and improve your chances of a healthier life. If you think you qualify and have not had one, please check with Reception.

Blood Pressure Machine - Please make use of the blood pressure machine in the Waiting Room.

Medical Fund - Over recent years our medical fund has received donations which we have used to purchase:

- **Ambulatory blood pressure machine** - ensures we diagnose high blood pressure accurately, keeping us right in line with the very latest recommendations
- **ECG machine** - enables us to check your heart quickly if you have a possible symptom: we have been able to diagnose and treat more cases of atrial fibrillation as a result
- **Vitalograph** - this lung function machine allows us to make a diagnosis of COPD without waiting for a hospital appointment, ensuring earlier treatment and better monitoring
- **Oxygen saturation monitors** - these little machines are used increasingly to check your blood oxygen level, giving useful information about lung conditions, often helping us decide on diagnosis and management
- **Phlebotomy chair** - invaluable as the number of blood samples taken in the practice, both for diagnosis and for monitoring of long term conditions and medication, continues to increase

THANKS TO ALL WHO HAVE DONATED TO THE FUND!

Patient Participation Group - We are looking for people to be involved with this Group and to attend meetings as required. The PPG's contribution to the practice will become more important as the funding cuts bite - please consider carefully whether you are able to support your practice in this way.

Music - Following the patient survey we have taken notice of patient opinion and music will be returning to the Waiting Room soon.