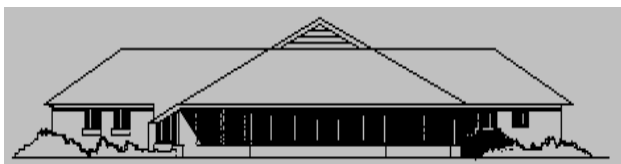


HASSENGATE NEWS



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Flu

As many of you know we are well underway with this year's flu jabs.

There has been difficulty with obtaining sufficient vaccines for those aged 65yrs or over being there is only one supplier and practices are directed to only give that vaccine even if it means delaying the vaccination.



The above having been said, we currently have sufficient supplies and we would encourage all patients who are at risk due to their age or as a result of a long term condition to book their appointment.

You are at risk if aged 65yrs and over; have a long-term condition such as Heart problems / Stroke / COPD / Asthma or are pregnant or care for another.. Please contact reception as soon as possible to book your appointment.

SEPSIS

This topic has been much in the news of late; it is the latest condition that is causing much concern as much because it is another condition that has symptoms very similar to many other conditions, as well as because it can become serious quite rapidly. Sepsis occurs when infection becomes overwhelming.

An easy aide memoire could be:

- S**evere shortness of breath
- E**xtremely cold hands or feet
- P**alpitations / racing heart
- S**lurred speech – “as if drunk”
- I**’ve never felt so bad
- S**hivering uncontrollably

If you are concerned that this might be your problem, you should attend Accident & Emergency without delay.

General Data Protection Regulations

As regular readers are aware the law changed in May 2018. The aim was to better secure your records wherever they are stored. As with any new law we are all currently working through the settling in stage, when what we can / cannot do is actually pinned down.

As things stand today – when a solicitor asks us for copies of your records, having shared your consent, we will write to you to confirm that you are aware that your records from birth are what are being requested.

Found an item of interest? Want to know more? Please ask.

This checking allows you to either agree to full disclosure, to restricted disclosure or to gain online access to your own records from April 2015 – so that you can share what you wish to be shared.

Currently your records are saved in paper and electronic form.

Where the online option is not taken or does not cover the needed period of records we will produce copies and let you know when they are ready to be collected.

Once collected we will leave it with you to have the records delivered to whoever you wish, but would suggest you keep a copy for yourself.

Rest assured we continue to do all we can to keep your records secure. If you require access to a cared for individuals records we will seek a form signed by them to authorise and set the parameters around what can be shared. Any concerns about the security of records please contact the practice manager.

Odds & Ends

MyGP – A mobile telephone App to allow you to make appointments is now available via your android / smartphone. You can also use this App to order your own medications.

Blood tests - Please remember that you now have to book your appointment on line at www.basildonandthurrock.nhs.uk/blood-tests-online or via the telephone on 01702 746065

Welcome to our new Salaried Doctor – Dr Ali, who joined us 24th September, as well as to Pharmacist – Mark who takes over from Amar who has now left us and to

Frank – our nurse who looks after mental health needs, having completed a 3month trial he is now permanently employed here.

Patient Survey

Whilst the outcome has yet to be discussed with our patient group – it remains pleasing that **94%** of those asked who expressed an opinion are satisfied with the service we offer.

Website

We continue to adjust our website, which is at www.hassengatemedicalcentre.co.uk so that you have access to the latest information.

We have links to the Self-Care forum, links to general health guidance, to the Friends and Family test as well as the minutes of the Patient Group meetings.

Prescriptions – we appreciate Christmas is still a little way off, but if you could ensure you have enough of your regular medications to get you through the Christmas / New Year period it would be appreciated.

Christmas / New Year Opening

This practice will only be closed on the 25th & 26th December as well as 1st January.



We will run “book on the day surgeries” from 24th December, with the normal appointment system resuming on the 2nd January 2019.

We wish all our patients a very festive break

Have your say – write to the Practice Manager if you have thoughts / comments or suggestions.