

# The Bedford Park Surgery

## WINTER

### newsletter



Dear Patients

It really has been a terrible season for coughs, colds, fevers, viral and bacterial infections. The poor children have been suffering from ear infections, sore throats, coughs and high fevers in the last 3 months. The slight promise of warmth yesterday shows sign of Spring but the chill is still in the air. Please do note that not all coughs and colds are going to be treated with antibiotics. A general fever can take up to 4 days to clear and it's only a bacterial infection that will be attacked by the famous antibiotics. Viral infections cannot be treated with antibiotics and need time to clear out of the system. Here's hoping that Spring and Summer will bring some sunshine to eradicate these horrendous demons that have been attacking us all, myself included....

Illness	Usual cause		Antibiotic needed
	Virus	Bacteria	
Cold / runny nose	✓		NO
Bronchitis / chest cold (in otherwise healthy children & adults)	✓		NO
Influenza (Flu)	✓		NO
Strep throat (sore throat caused by bacteria - identified by GP)		✓	Yes
Sore throat (except Strep)	✓		NO
Fluid in the middle ear (otitis media with effusion)	✓		NO
Urinary tract infection (water infection)		✓	Yes

#### **SMEAR TESTS**

There are times when a patient would like to have a smear test done privately because they are having the smear outside of the 3 or 5 year protocol governed by the NHS.

We do have a company called TDL who we can use for private smears. We would send the sample to the private laboratory to be tested and this is quite useful for the private patients. However there is a fee to pay for this of £70. If anyone wants to book any private smears then its best to speak directly to the Practice Manger by email on [Sangeeta.kathuria@nhs.net](mailto:Sangeeta.kathuria@nhs.net) or calling the surgery on 020 8994 3333. The cost of the private smear will be passed on to the patient.

## **MEN B VACCINE**

Please see below a response letter from NHS England in response to the high level of queries related to the Meningitis B vaccine. Please note that if you want to have your child vaccinated privately you can call this number (01753 66 22 44) which is a mobile vaccine unit working in Chiswick and can help with your query.

Following the recent media coverage about the death of a young girl from invasive meningococcal disease caused by Men B, many practices have had queries from parents about availability of Men B immunisation.

This information is taken from Public Health England publications and the GOV.UK website.

### **What is the national policy for Men B immunisation?**

The Men B immunisation programme started on 1 September 2015 for babies aged 2 months, i.e. babies born on or after 1 July 2015. There was a limited catch-up programme for babies born on or after 1 May 2015. The routine schedule is for immunisation to be given at 2 and 4 months with the primaries, with a booster at 12 months.

Delivery of the Men B immunisation programme in our locality is in line with national policy.

### **Can I vaccinate children born before 1 May 2015 if parents request it?**

No. The national stock of Bexsero® should only be used to vaccinate children who are eligible for NHS vaccination.

### **Can I vaccinate children born on or after 1 May 2015 who have not yet been vaccinated?**

Yes. All children in the eligible cohort (i.e. born on or after 1 May 2015) remain eligible for Men B immunisation until the age of two years.

This surgery does not offer the vaccine privately and the nurse will not vaccinate any child who is not eligible as we are governed by the above guidelines. We therefore request for mothers to not ask us to do this and seek alternative methods to obtain the vaccine privately.

## **ANTE NATAL APPOINTMENTS**

Please can all patients who book in for ante natal checks let the reception staff know that this is the reason for their appointment. Ante natal appointments need time and the staff need to book a double appointment for the patient. Recently we have had a few mums to be booking appointments but not letting reception know that it's for an ante natal and hence, they do not benefit from a good well timed appointment as they have been allocated a routine 10 minute appointment slot. Therefore if you are booking for your ante natal checks, please tell reception.

## **HEP A TRAVEL VACCINE**

There is a national shortage once again for another travel vaccine from the suppliers. The Hepatitis A vaccine is in short supply and is only being sent to surgeries on a staggered order. We are trying to negotiate orders with the suppliers however it has proven to be quite difficult. Therefore when you come in for your travel vaccines, please be aware that you may need to go elsewhere for your Hep A vaccine if this is required, as we don't have a stock in house of these. We hope that this will not be a long term problem and will be sorted in due course. We apologise for this to our travelers.

## **WHOOPING COUGH AND BCG VACCINES**

We have had many mums presenting to the surgery after having their baby in hospital, and asking for us to administer the BCG vaccine or the Vitamin K jab which is always done at the hospital. However due to recent shortages in the hospital of this vaccine, they have had to ask mums to come back to the hospital when it's available.

We do not administer either of these vaccines for mums so we will not be able to book appointments for the baby to have this done. Both these vaccines are to be administered in the hospital and Queen

Charlottes will or should call the patient as soon as the stock is back in circulation to administer the vaccine. If not, the next best thing is to go to the Acton Health Centre where the health visitor can help. However they too are having current stock problems with the BCG vaccine.

For expectant mums please remember that you should come in to the surgery and book an appointment for your **whooping cough vaccine**.

Young babies with whooping cough are often very unwell and most will be admitted to hospital because of their illness. When whooping cough is particularly severe, they can die.

Pregnant women can safely help protect their babies by getting vaccinated – ideally when they are 28-32 weeks pregnant, although they may be given the vaccine up to 38 weeks of pregnancy.

The only way you can help protect your baby from getting whooping cough in their first few weeks after birth is by having the whooping cough vaccination yourself while you are pregnant.

After vaccination, your body produces antibodies to protect against whooping cough. You will then pass some immunity to your unborn baby.

**PLEASE MAKE YOUR APPOINTMENT AT RECEPTION AT THE CORRECT TIME OF YOUR PREGNANCY!**

### **IAPT (IMPROVING ACCESS TO PSYCHOLOGICAL THERAPIES)**

For patients who are suffering from various forms of psychological problems and need to know what to do, please read below. The GP will offer you the chance to be referred by them or to self refer.

For self-referrals the contact details are as follows:

Self Referral Line: 0203 313 5660 or submit a self referral form via our

Website: [www.ealingiapt.nhs.uk](http://www.ealingiapt.nhs.uk)

### **What is an IAPT service?**

IAPT is the Improving Access to Psychological Therapies (IAPT) service. Each borough has an IAPT service. The service is for adults (and older adults) over 18 years of age, registered with a GP in the borough, who have Anxiety and/or Depression, and who are likely to benefit from brief psychological therapy.

Please note this is not a crisis service

### **What does the IAPT service offer?**

Individual and group psychological therapies (e.g. Cognitive behaviour Therapy) and counselling in accordance with the NICE guidelines for common mental health problems.

All referrals to service are screened to confirm this is the most appropriate clinical service at this time.

If screened as appropriate, the Client is offered an assessment with one of our staff either on the phone or face-to-face.

### **Who does IAPT see?**

People with mild to moderate mental health issues, generally in Case Clusters 1-3, including the following:

- Depression
- Panic Disorder
- Generalised Anxiety Disorder
- Health Anxiety and Medically Unexplained Symptoms
- Social Phobia
- Specific Phobia
- Single incident PTSD

- Obsessive Compulsive Disorder (OCD)
- Adjustment Disorder
- Insomnia
- Low Self-Esteem
- Anger (where there is NO history of actual physical violence to others)
- Anxiety/ depression in people with long term conditions
- Anxiety/ depression in carers
- Post natal anxiety/depression

**People are required to be:**

- Motivated to attend and engage in regular psychological therapy
- A low level of risk to self and others

**Who IAPT does not see?**

IAPT services **CANNOT** offer treatment for people with the following difficulties as they are unlikely to benefit from the brief, structured interventions we provide:

- Active risk of harm to self/ current suicidal intent or recent suicide attempt or still in crisis.
- Active risk of harm to others or recent history of violence.
- Ongoing, active, or relapsing symptoms of SEMH/ psychosis or manic / hypomanic episodes,
- A diagnosed Personality disorder or personality traits that would make engagement in a brief psychological intervention likely to be ineffective, unhelpful and contravene NICE guidance
- Complex needs requiring multi-disciplinary input or longer-term psychological input e.g. severe OCD, chronic agoraphobia, complex PTSD (i.e. repeated/ongoing trauma; victims of significant torture).
- Drug and alcohol misuse as a primary problem, or level of misuse likely to prevent engagement in regular psychological therapy.
- Significant psychosocial or physical health factors which prevent engagement in regular psychological therapy and/or requiring MDT input (e.g. where there are ongoing physical health investigations or legal cases).
- Where ongoing home visits are required.

**EASTER WEEKEND OPENING HOURS**

The surgery will be open as follows during the Easter break weekend

Good Friday 25 March – CLOSED  
 Easter Monday 28 March – CLOSED  
 Back to normal hours on Tuesday 29 March 16



***Please note that our practice nurse is away for two weeks from 23 March to 7 April. We do have a cover nurse working on Mondays however, there may be restricted appointments for blood tests. If you wish to have a blood test asap and cannot wait for the nurses return please go to one of the walk in clinics in Acton Health Centre. The receptionists will help you with the information for this.***