

The North London Health Centre
Broomfield Avenue
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London N13 4JJ

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Seasonal flu



Team development

- Elizabeth Saunders is a welcome addition to our reception team, starting in June 2014.
- Dr Elizabeth Stratford and Dr Matthew Thomas have both joined the surgery for 4 months. They have both had several years experience in hospital and want to gain experience specifically within a GP surgery.
- Dr Gillian Fraser has joined the surgery as a trainee GP. She will go on maternity leave

A flu vaccine is available free on the NHS for:

- pregnant women
- children aged 2-3
- children or adults with a long-term health condition (eg asthma, COPD, Diabetes, heart disease, kidney disease, liver disease, neurological disease)
- aged 65 or older
- people with a serious medical condition
- healthcare workers or carers
- people living in a residential or nursing home

Why should you be vaccinated?

If you are in one of these groups, you are more vulnerable to the effects of seasonal flu and could develop more serious illnesses, such as bronchitis and pneumonia, which could result in hospitalisation.

Flu can also make existing medical conditions worse. Even if you have already had a flu jab in previous years, you need another one this year.

The flu jab may only protect you for a year as the viruses that cause flu are always changing.

Children can have a nasal spray instead of the injection. The vaccine is given as a single dose of nasal spray squirted up each nostril. Not only is it needle-free (a big advantage for children), the nasal spray works even better than the injected flu vaccine with fewer side effects.

Top GP surgery in Enfield!

We are extremely proud to say that we have recently been recognised as the top performing surgery in Enfield in the GP Initiative report 2014.

To access the full governmental report and for further details, please look on our website.

Shingles vaccine

Shingles, also known as herpes zoster, is a painful skin rash caused by the reactivation of the chickenpox virus in people who have previously had chickenpox.

It begins with a burning sensation in the skin, followed by a rash of very painful fluid-filled blisters that can then burst and turn into sores before healing.

Often an area on just one side of the body is affected, usually the chest but sometimes the head, face and eye.

You can be vaccinated against shingles on the NHS if you are aged between 70 to 71 & 79 to 80 years old.

It is a single vaccination given at the top your arm.

The vaccine will protect you for 3 years.

Update on Dementia

Dementia is one of the key priorities of the Royal College of GP's for 2014-2015. The drive is aimed to ensure that we accurately diagnose patients with dementia and therefore provide them with the support and resources that they and their families require. Certain patients may be asked some simple screening questions in their next consultation. Please bring it up with you doctor if you have any concerns.

Family and Friends test

The NHS family and friends test is an important opportunity for you to provide feedback on the care and treatment that you receive and to improve our service to you.. There is a computer screen in reception on which you can answer several questions and leave feedback if you wish . You may also be contacted by text message. The results will be rapidly collated and acted on as required. We would greatly appreciate your honest feedback in order to provide the best service available.

Patient Participation Group

We are keen to ensure that our patients are actively involved in deciding how the GP practice is run and how we can best provide for our community. We have set up a Patient Participation Group to give patients, GPs and practice staff an opportunity to exchange ideas and information and then to take action.

If you are interested in joining this group, please ask at reception or fill in a form on our website.

Staying healthy this winter

- **Colds** – regularly wash your hands. This destroys bugs that you may have picked up from touching surfaces used by other people. Use disposable tissues instead of cloth handkerchiefs to avoid constantly re-infecting your own hands.
- **Sore throat** – almost always caused by a virus. One remedy for a sore throat is to gargle with warm salty water. It won't heal the infection, but it has anti-inflammatory properties and can have a soothing effect. **Note: antibiotics will not help for a viral infection.**
- **Asthma** – cold air is a major trigger for asthma so stay indoors on cold, windy days. If you do go out, wear a scarf over your nose and mouth. Be extra vigilant about taking your regular medications, and keep rescue inhalers close by.
- **Norovirus** – infectious stomach bug which is very common in winter, particularly in hospitals and schools. If you have vomiting and diarrhoea, drink plenty of fluids. To prevent dehydration, drink oral rehydration fluids (available over the counter from pharmacies).
- **Painful joints** – symptoms of joint pain and stiffness often gets worse in the winter (joints are not damaged by cold weather). Many people get a little depressed during the winter months and this can make them perceive pain more acutely. Daily exercise can boost a person's mental and physical state. Swimming is ideal as it's easy on the joints.
- **Dry skin** – a common condition and is often worse during the winter when environmental humidity is low. Moisturise after a warm shower and before bed to lock in the moisture.
- **Flu** – get vaccinated (see article on previous page)
- **Cold sores** – usually occur when you are run down or stressed. Do relaxing activities every day to prevent them.

