

## The latest updates from Chrisp Street Health Centre

Have you had your **FLU Jab** for the 2017/18 Flu Season?

Call now: [020 7515 4860](tel:02075154860)

Book online: [www.chrispstreet.org](http://www.chrispstreet.org)

Follow us on Twitter: [@ChrispStreet](https://twitter.com/ChrispStreet)

Seasonal **INFLUENZA (FLU)** is a serious illness affecting hundreds of thousands of people every year. **Vaccination offers the best protection.** And it is not only people in at risk groups who should have the flu vaccination. If your daily life or your job involves being in contact with people who are in at risk groups, then having the vaccination will not only protect you, but also those around you.

**REMEMBER THAT THE VACCINE DOES NOT GIVE YOU THE FLU AND DO NOT ASSUME THAT YOU ARE STILL PROTECTED JUST BECAUSE YOU HAD THE FLU VACCINE LAST YEAR!**

You do not need an appointment to attend our walk-in flu clinic on **Saturday 7 October 2017 (9:00 – 11:45am).**

We also have plenty of **pre-bookable appointments** for our flu clinics for the whole season. Just call us on [020 7515 4860](tel:02075154860) or book online at [www.chrispstreet.org](http://www.chrispstreet.org).

### I am pregnant. Do I need a flu vaccination this year?

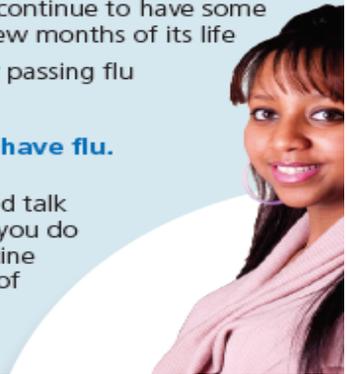
Yes. All pregnant women should have the flu vaccine to help protect themselves and their babies. The flu vaccine can be given safely at any stage of pregnancy, from conception onwards.

Pregnant women benefit from the flu vaccine because it helps:

- reduce their risk of serious complications such as pneumonia, particularly in the later stages of pregnancy
- reduce the risk of miscarriage or having a baby born too soon or with a low birth weight, which can be complications of flu
- help protect their baby who will continue to have some immunity to flu during the first few months of its life
- reduce the chance of the mother passing flu to her new baby

### I am pregnant and I think I may have flu. What should I do?

If you have flu symptoms you should talk to your doctor urgently, because if you do have flu there is a prescribed medicine that might help (or reduce the risk of complications), but it needs to be taken as soon as possible after the symptoms appear.



### Benefits of the flu vaccination:

- Reduces the risk of getting the flu
- Protects against other serious health conditions
- Reduces the risk of flu-related deaths among the elderly
- Protects against more than one strain of flu virus
- Reduces the possibility of pregnancy complications.

### The flu jab is FREE for all of our at risk group patients:

- Over 65
- All 2 & 3 year olds ([nasal spray](#))
- Pregnant women
- Main carers for elderly or disabled people
- People with weakened immune systems
- People who live in a residential or nursing home
- People with long term health conditions.



### Do not forget!

- **Consult your GP online** eConsult enables you to self-manage a minor ailment and consult online with your own GP through our practice website <https://chrispstreetpractice.webgp.com/>. Just fill in a simple questionnaire and a GP will respond to your online consultation request by the end of the next working day! The service is available to patients **aged 18 and above** who are registered with our practice.
- **Use of hub appointments** These are held at four local practices across the borough (Blithehale, Barkantine, East One Health & St Andrews) as follows: Monday to Friday, 6:30pm – 8pm; Saturday & Sunday, 8am – 8pm. Please ask our Reception team for more information about the benefits of using hub appointments.
- **Patient Group Meetings** are held regularly in our Practice – new members always welcome! Ask at Reception for the dates/times of our next PPG meeting. **Your surgery – your views! Get involved – have your say – make a difference!**

### What's new – staff update?

- Dr Bhikha is on maternity leave. Dr Thuraya Muse will be looking after Dr Bhikha's patients until June 2018.
- Dr Khwaja is on sabbatical leave. Dr Emma King will be looking after Dr Khwaja's patients until February 2018.
- A new GP Trainee has joined our Practice in September 2017. Dr Jennifer McArthur will be with us for one year.
- Dr Jim Cole, who has been working as a salaried GP, has become a GP Partner in our Practice.
- Dr Osman Bhatti reduced his clinics at the Practice, with some of his patients being reallocated to other GPs.

## Understanding Self-Care for Life – How to Treat Fever in Children?

**Fever is common** Between around 3 to 7 out of 10 pre-school children develop at least one episode of fever every six to 14 months. Common causes of fever include the common cold, ear infections, stomach bugs, throat and travel related infections. In most cases, fever gets better by itself and your child won't need antibiotics.

### Self-care tips

- Avoid over or under dressing your feverish child (keep your central heating down)
- Offer your child regular fluids. If you're a breastfeeding mother, offer your child as many feeds as she/he will take.
- Check your child at night for signs of serious illness as described below.



### When should I seek medical help?

**Children under six months** Any child under six months of age with a fever should be assessed by a health professional.

Rarely, more serious medical problems may cause fever in children, such as pneumonia or meningitis. Speak to your child's GP if your child's health gets worse or if you have concerns about looking after your child at home. **Also seek medical advice straight away if you notice any of the following:**

**High fever** Usually defined as a body temperature over 38°C in children age 0-3 months or over 39°C in children age 3-6 months.

**Vomiting** Your child vomits repeatedly, or brings up dark-green vomit.

**Skin colour** Your child looks pale, ashen, mottled or blue.

**Activity** Your child doesn't respond normally, wakes only with difficulty, is less active, doesn't smile, appears ill or cries in an unusual way.

**Breathing** Your child breathes much faster than usual. Your child's nostrils flare, and the skin between the ribs or the area just below the rib cage move abnormally during breaths. You notice abnormal grunting.

**Hydration** Your child doesn't eat or drink much and doesn't pass as much urine. Nappies stay dry, her or his mouth and eyes appear dry, or in babies, the soft spot at the top of the head appears sunken or bulges.

**Duration** Your child's fever has persisted for five or more days.

**Rash** You notice a new rash that doesn't fade on pressure (press a tumbler against the rash to see if it disappears).

**Other signs** Your child can't walk for some reason and has developed a swelling or new lump in a limb or joint. Your child has a stiff neck, cold limbs or has had a fit. You notice any other unusual symptoms and signs that you can't explain.

## Do you know the signs of stroke?

You could save your own or someone else's life, or help limit the long-term effects of stroke, by learning to think and act **FAST** – **Face-Arms-Speech-Time** is easy to remember and will help you to recognise if someone is having a stroke:

- **Face** – has the face fallen on one side? Can they smile?
- **Arms** – can they raise both arms and keep them there?
- **Speech** – is their speech slurred?
- **Time** – it is time to call **999** if you see any single one of these signs of a stroke. The faster you act, the better the chance of recovery!



*There are also other symptoms that may occasionally be due to stroke: sudden loss of vision or blurred vision in one or both eyes; sudden weakness or numbness on one side of your body (including your leg); sudden memory loss or confusion; sudden dizziness, unsteadiness or a sudden fall, especially with any of the other symptoms. **Acting FAST saves lives!***

### Appointment Times

### Planned Closures

Monday – 8:30am-6:30pm  
Tuesday – 8:30am-7:30pm\*  
Wednesday – 8:30am-6:30pm  
Thursday – 8:30am-7:30pm\*  
Friday – 8:30am-6:30pm  
Saturday – 9:00am-12:00pm\*

- Switchboard Monday to Friday: 8:30am-6:30pm
- We are Closed Fridays: 1-2pm
- Selected weeks – please ask at reception

Please note that Chrisp Street Health Centre is closed for services in the afternoon on 5 October & 7 November 2017. We are also closed for the whole day on 25, 26 December 2017, & on 1 January 2018. We are sorry for the inconvenience. Thank you!