



## Drs Jeyam & Jesudas Winter Newsletter 2024/25

### Staff Surgery Update

We have recently said goodbye to Dr Chris Charlston – FY2 Dr, our locum nurse Nicole and Cameron, our MSK Practitioner. However we welcome Dr Andy Bayliff - FY2 Dr in his 2<sup>nd</sup> year who will be with us until April 25, Byron Dale our MSK Practitioner, Dr Firas Elherik and our Practice Nurse Janine who has returned to us.

In February we sadly say goodbye to 3 of our trainee doctors

Dr Chris Sefton – GP Registrar

Dr Rizwaan Lakhi - GP ST2

Dr Ronan Pilkington – GPST1

However we will welcome

Dr Boryana Murzova – GP ST3 fully trained in her 3<sup>rd</sup> year – she will be with us until February 26

Dr Safwan Umar - GP ST2 fully trained in his 2<sup>nd</sup> year – he will be with us until August 25

### Practice Facebook Page

Stay connected and follow us on our new facebook page -

<https://www.facebook.com/DrJeyamandDrJesudas>

### Targeted Lung Health Check Programme from January 2025

Our practice is currently engaged in the Targeted Lung Health Check Programme. This is a FREE NHS service to check lung health and this can help to spot any potential problems early when treatment can be much more successful.

If you are aged between 55-74 years old **AND** are a current smoker or ex-smoker, you will be sent an appointment through the post to attend for a screening.

If we have never had a smoking status from you, you may receive a letter inviting you in. Please contact the service on **0161 5290900** to inform them so they can offer the appointment to someone else.

The mobile clinic will be based at Asda, Moss Bank Way, Bolton BL1 8QG.

If you have **NEVER** smoked, you are not eligible for this service. If you have any concerns about your lung health, please consult your GP or visit the NHS website to learn more about lung cancer signs and symptoms ([www.nhs.uk/conditions/lung-cancer/](http://www.nhs.uk/conditions/lung-cancer/))

For more information, please visit [More people in Bolton will be offered a Lung Health Check in 2025 - Greater Manchester Cancer](#)

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## Flu Vaccinations

We only have a few vaccines left so if you have not had yours yet, please contact the surgery.

## RSV Vaccination

Respiratory Syncytial Virus (RSV) Vaccine for pregnant women and 75-79 year olds

### What is RSV?

Respiratory Syncytial Virus (RSV) is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including cough, sore throat, sneezing and runny or blocked nose. It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. There is no specific treatment, and most infections will get better by themselves. Every year thousands of older adults need hospital care for RSV, and some of them will die. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system. RSV infection is common in young children but is most serious for small babies and for older people

From 1st September 2024, NHS England have introduced a RSV vaccine. Almost all older adults will have had several RSV infections during their life. A single dose of vaccine will help to boost protection as you reach an age group at highest risk of serious RSV infection. The vaccine will be offered to patients aged 75-79 years old.

For pregnant women, the vaccine will be offered on or after they are 28 weeks pregnant.

## Baby imms/Preschool imms

It is important that you bring your child for their immunisations. You will be contacted by the surgery who will book an appointment to suit yourself. It is important that you keep these appointments, however if you cannot make it, please contact the surgery and rearrange it.

## Annual Reviews

If you have a long term condition, such as Diabetes, Coronary Heart Disease (CHD), asthma, COPD, chronic kidney disease (CKD), dementia, learning disabilities, history of stroke or mental health, you will be invited in to the practice each year for an annual review and health check with one of our nursing team. During the appointment, we can check how you are managing your condition and how we can support you. We will send you an appointment in your birth month.

**It is really important that you attend your reviews so that we can monitor your condition, carry out physical health checks like blood pressure, blood tests, BMI etc.**

**We will also arrange an annual review with one of our practice pharmacists to monitor any medications that you may take for your condition.**

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## NHS Health Checks, High CVD Risk Reviews and Carer Health Checks

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as - heart disease, type 2 diabetes, kidney disease and stroke. During the check-up we will discuss how to reduce your risk of these conditions. *If you're aged over 65, you'll also be told about symptoms of dementia to look out for.*

If you're aged 40 to 74 and **do not have a pre-existing health condition**, you should have received an invite to an NHS Health Check in the surgery. We do send an appointment self-booking link with the invite so that you can book your own appointment via the link to suit your availability. You will be invited in every 5 years.

**It is really important that we work with our patients to help prevent you developing a long term condition.**

**For more information visit - <https://www.nhs.uk/conditions/nhs-health-check/>**

**If you have not yet responded to our invite, please contact the surgery to make an appointment today!**

### High CVD Risk Annual review

If you have been identified as being at high risk of developing a cardiovascular disease (CVD) – 20% higher risk – you will be invited into the practice every year for an annual health check. The practice will send you an invitation each year. It is important that you attend these annual reviews so we can monitor your risk and help with ways on how to reduce this risk.

For more information on the types of cardiovascular disease, visit -

<https://www.nhs.uk/conditions/cardiovascular-disease/>

### Carers Annual Health Checks

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. **The care they give is unpaid. If you are a carer and have not informed the practice, please contact us to let us know so we can record this in your record and add you to our carer register.**

If you have informed us that you are a carer you will be offered an annual health check and flu vaccination. The health check is about **looking after you as a carer**. It will focus on your own health and wellbeing and whether there are any areas you need support with. It is a chance to talk about your concerns and hopes for the future. The check covers the questions which Carers have told us are important.

**You should have received an invite for a carer annual health check already and if you have not yet had this, please contact the surgery to book an appointment.**

## Medical Students

Being a training practice we sometimes have 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> year medical students sitting in with the clinicians. It is a good learning experience for them to be here. If for any reason you do not want them sitting in when you attend your appointment, please let us know.

## PPG (Patient Participation Group)

We are hoping to start this group up again so if you are interested please inform reception. We will contact the existing members to see if they still wish to be involved.

## Contact Details

It is important that you let us know if you change address contact details.

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