

# Meadowbridge SURGERY

October 2023



## Highlights

Vaccination Information – find out if you are eligible for Covid, Flu and Shingles

Meet our Team – Dr Kearney, GP Partner, explains his role at the practice

September Statistics – Our practice statistics 'Autumn-matically' add up!

The Little Orange Book – Nappy Rash

In-House Depression Counselling Budget Cut – a message from our Practice Manager, Diane

To register for Patient Facing Services, email [reception.z00382@gp.hscni.net](mailto:reception.z00382@gp.hscni.net) with your full name, date of birth and address and we will send you a registration token with all the instructions you need.

**61.38%** of our patients are already registered. This is **5,644** out of **9195** patients using the service regularly.

Users can request prescriptions, request daily triages (until capacity is full) and send non urgent instant messages.



Why not sign up to receive our bulletin directly to your email address each month?

Go to [www.meadowbridgesurgery.co.uk](http://www.meadowbridgesurgery.co.uk) and on the home page, select the 'News and Notices' option.

Enter your name and email address and each month, to receive a copy packed full of surgery and other information each month.

## Autumn Covid/Flu Vaccination Clinics

Covid/Flu vaccination appointments are now available to book on line through patient services. Over 65 and AT RISK patients are currently being prioritised. For updates, please keep an eye on our website.

The appointment duration is strictly 5 minutes for each patient. Please wear a short sleeve top/shirt to your appointment and ensure coats/jackets are removed before entering the nurses room.

As per the guidance received from Public Health, the Covid and Flu injections will be given together in one appointment, one vaccine in each arm.

The nurse will complete a checklist of questions that require a yes or no answer only. It is not advised to have the vaccines if you are unwell so please contact the surgery to reschedule your appointment if this happens.



## Shingles Vaccination Appointments

The practice is now vaccination those eligible for the Shingles Vaccine.

The eligible cohorts  
Patients aged 65 years old on 1st September 2023 (DOB 2nd September 1957 to 1st September 1958)

Patients aged 70 years old on 1st September 2023 (DOB 2nd September 1952 to 1st September 1953)

Please note those aged 66 to 69 are not eligible this year, they will become eligible in the year they turn 70

Severely immunosuppressed individuals aged 50 years and over. The Green Book definition is the same as severe immunosuppression for COVID-19 vaccination

Appointments can be booked online via patient services or by telephoning the surgery.

# **Patient information to support the 2023 Autumn Flu vaccination programme**

## **Patient General Flu Leaflet**

[Flu is more serious than you think \(English and translations\) | HSC Public Health Agency \(hscni.net\)](#)



# **Patient Information to support the 2023 Autumn Covid vaccination programme**

## **Patient information leaflet**

[A guide to the COVID-19 vaccine autumn programme 2023 | HSC Public Health Agency \(hscni.net\)](#)





# Meet Our Team

## Dr Kearney – GP Partner

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I would like to take this opportunity to introduce myself to those Meadowbridge patients that I have not yet had the chance to meet. My name is Dr Kearney and I am the newest partner of Meadowbridge Surgery having joined in November 2022. Before this I was a GP locum & had been working regularly in Meadowbridge Surgery for a year before I became a partner.

As a locum I worked across a wide variety of practices in inner city Belfast & the greater Belfast area. When Meadowbridge offered me the chance to join the team I must admit I was delighted as it had always been my favourite place to work. It is an extremely well run practice and the staff are very helpful & supportive. I am pleased to say that I have settled in well and am really enjoying being part of a great team.

I have a keen interest in medical education and joining Meadowbridge has allowed me to develop this further. We are very fortunate this year to be hosting both fourth year and final year medical students from Queen's University. In order to facilitate these students we have made some minor alterations to our appointments system. Therefore you may find that you are offered an initial appointment with a medical student. I want to reassure you that this will always be supervised & overseen by one of our regular GPs. This is of course entirely optional and you may decline this appointment type if you wish.

The feedback from students and patients thus far has been overwhelmingly positive. Face to face clinical experience with patients is invaluable for the students' learning and helps to prepare them for the final medical exams in 5th year. As a surgery we are very proud to play a role in shaping tomorrow's doctors and appreciate any help you can offer with this endeavour.



## **PRACTICE STATISTICS FOR SEPTEMBER 23**

**Incoming  
Telephone  
Calls to the  
Practice;  
11,034**

**Appointments  
booked in  
the Treatment  
Room; 1,132**

**Daily Triage  
Slots dealt  
with: 2,263**

**Hospital  
letters  
actioned:  
2,129**

**Prescriptions  
ordered via  
Patient  
Services; 3,886**

**Appointments  
booked and  
not attended;  
432**

# THE LITTLE ORANGE BOOK

## USUALLY MANAGED AT HOME WITH SELF CARE

- Page 30 **Nappy rash**
- Page 31 **Chicken pox**
- Page 32 **Dry skin patches (eczema) | Hand, Foot and Mouth**
- Page 33 **Molluscum contagiosum | Warts**

## WHEN YOU MIGHT NEED TO SEEK HELP FROM YOUR GP OR 111

- Page 33 **Impetigo**
- Page 34 **Scarlet fever | Measles**

## WHEN TO SEEK URGENT HELP

- Page 34 **Meningitis**

To access the full version 'The Little Orange Book' go to [https://meadowbridgesurgery.co.uk/website/Z00382/files/Little-Orange-Book-1%20\(1\).pdf](https://meadowbridgesurgery.co.uk/website/Z00382/files/Little-Orange-Book-1%20(1).pdf)

## Nappy rash



SELF CARE

2-3 DAYS

USUAL LENGTH OF ILLNESS

☐ Y ☒ N

OFF NURSERY OR SCHOOL?

- Nappy rash affects about a third of all babies and appears as patches on the bottom, which can become sore. The skin folds are not affected.
- It is caused by babies' sensitive skin under the nappy being irritated by wee or poo, soaps and bubble bath, or even the nappy simply rubbing on your baby's skin. If the baby's nappies aren't changed often enough, then this can also cause nappy rash.
- Nappy rash usually clears up after a few days of gentle cleaning with water and cotton wool or alcohol/fragrance-free wipes (from front to back), twice daily bathing, exposing their bottoms to the air as much as possible, use of barrier cream and avoiding soaps, bubble bath and talcum powder.
- If the rash doesn't settle or if there are red spots and your baby's skin folds are red, they may have nappy rash or 'thrush'. Speak to your Health Visitor or Pharmacist who may have cream that can help.

IF YOU'RE UNSURE, OR IF THE PROBLEM DOESN'T SETTLE, SPEAK TO YOUR HEALTH VISITOR OR GP



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# In House Depression Counselling Budget Cut

from Diane Lavery, Practice Manager

Meadowbridge will have a reduced capacity for inhouse Depression Counselling sessions due to a reduction in this years budget set by SSPG. We have also been advised that it is unlikely that additional funding will become available during this financial year (up to March 24).

Some patients will now be referred out of practice or directed to alternative on-line support services. This could include an 8 week free NHSCT Stress Control Online course (details are on our website) or to self refer to Beating the Blues.

Please contact us as normal through daily triage if you need clinical advice and support. Further patient support information can also be accessed on our website.

See next page for contact information for patient support





**0808 808 8000**

**24/7 phone support for those in crisis**

**SAMARITANS**

**BELFAST**

**Freephone 116 123**

**24/7 listening ear to those in distress**



**Health and  
Social Care**

**028 9074 4447 (in North and West Belfast)**

**028 9079 6220 (in South and East Belfast)**

**The GP Out of Hours service provides  
care for urgent problems when your  
own GP is closed.**



**028 9080 5850**

**Freephone 0800 088 6042**

**Offers a 'no appointment'  
service for anyone in  
crisis**

**LIGHTHOUSE**

**028 9075 5070**

**Provides accessible support services to  
people who are directly affected by suicide  
and self-harm**



**Bridge of  
HOPE**

**McSweeney Clinic**

**028 9543 8707 or**

**Ashton Clinic**

**028 9022 1022.**

**Offers a range  
of services to support people  
experiencing stress, trauma or anxiety.**

**extern**  
CHANGING LIVES EVERY DAY

**0845 2590520**

**Extern Crisis Response Team  
Offering One to One Support**



**028 9039 1630**

**Offers a  
counselling  
service**

# OCTOBER NEWS



## **2 minutes now could save up to 9 lives!**

Confirm your decision to be an organ donor. It's the best thing you'll do today.

Visit [organdonationni.info](https://organdonationni.info) for more info on facts to help you make your decision

## **Walk and Talk 2023 - Creating hope through action**

The campaign will run from 11th September - 9th October 2023 to mark the period between World Suicide Prevention Day and World Mental Health Day.

Find more info at [www.mindingyourhead.info](https://www.mindingyourhead.info)

## **Whooping Cough for Pregnant Women**

The Public Health Agency (PHA) is reminding pregnant women to get the whooping cough (pertussis) vaccine between 16 and 32 weeks of their pregnancy.

For more information go to [pha.site/vaccinesforpregnantwomen](https://pha.site/vaccinesforpregnantwomen)



# BOOK CHARITY

ATTENTION BOOKWORMS!

We have restarted our book charity library!

We now have a bookcase packed with books located in our reception area. Patients are encouraged to take a book for a minimum payment of £1.

The money raised will be donated to small local charities throughout the year and the charities chosen will be published in our newsletter.

Local charity suggestions are welcome.

Happy reading!

Practice staff are legally bound by confidentiality and are unable to pass on any patient information without written consent from the patient.

This legality applies to any patient aged 16 or over. Practice staff cannot divulge any information to a parent or relative if there is no written consent documented in the patients record.

Practice staff can only speak to a friend or relative without written consent if the patient is present and able to give verbal consent.

# PATIENT CONSENT

Patients can access a copy of the consent form to complete from our practice website  
[www.meadowbridgesurgery.co.uk](http://www.meadowbridgesurgery.co.uk)

Once completed, the consent form can be emailed to our non urgent email address  
[reception.z00382@gp.hscni.net](mailto:reception.z00382@gp.hscni.net)  
or can be dropped in to reception.

Patients can specify on the form, how much or how little they want this person to receive from practice staff and once received, this information will be recorded in the patients notes.

Patients can also withdraw consent at any time. Simply put the request in writing with a signature and send to the practice, were your request will be actioned.



# MACMILLAN CANCER SUPPORT COFFEE MORNING

Our practice staff took part in the Macmillan Coffee Morning on Friday 29th September.

We have raised a grand total of

**£132**

This includes generation donations from patients at reception.  
Thank you to all who contributed to such an important cause!