

Meadowbridge

SURGERY

FEATURES

Meadowbridge Website Analytics

Find out how many of you are online and how it's being used.

July Practice Statistics

Practice figures on workload generated throughout the month of June.

RSV Vaccination Programme

A new vaccination programme aimed at protecting newborns and older adults against the Respiratory Syncytial Virus

Managing Asthma Tips


Five tips on how to better manage your Asthma



Patient Test Results

If a test is completed in the surgery, the result will be sent back to the GP who requested it. Any tests that are completed in the hospital or requested by a consultant, the result will be sent back to the hospital and it is up to the requestor to action the result. GP's cannot comment on a test result that they have not requested.


Blood tests, urine samples and swab results normally take 48-72 hours to return to the surgery, however this may vary depending on when they are returned from the lab. Once a GP has commented on the result, a staff member from the surgery will be in contact with any action required. Please note that patients will not be contacted if their blood test result is normal.



JOIN US ON FACEBOOK!

We've gone live on Facebook with our very own surgery page! Log in, follow us and share the page with your friends and family.

With our new page up and running, we aim to support our patients as well as helping those in the community with advice and support posted daily.



CONNECT NORTH

Connect North Link Worker Kavita will be at Carrickfergus Market on Thursday 8th August from 10am - 2pm, to chat about how Connect North can help support your journey to wellbeing.

For further information, please contact the Agewell Office on 02825 658 604

#MEAAPNI #ConnectNorth



NEW – Respiratory Syncytial Virus (RSV) vaccination programme

RSV is a common respiratory virus that can cause serious lung infections. While RSV infection can occur at any age, the risk and severity of RSV and its complications are increased in older adults and in neonates and small babies, and it has a considerable impact on individuals and NHS services during the winter months. The peak for RSV infections is November to February.

All adults turning 75 years old on or after 1 September 2024 will be eligible for the routine programme and are offered a single dose of the RSV vaccine on or after their 75th birthday.

Please book an appointment on line or via reception from mid August 24. Clinics will start at the beginning of September. This will be a year-round programme with individuals becoming eligible once they have their 75th birthday.

In line with JCVI guidance, individuals will remain eligible until the day before their 80th birthday.

A one-off catch-up campaign for those already aged 75 to 79 years old on 1 September 2024 will be undertaken from the start of September 24. Eligible individuals in this cohort will remain eligible until the day before their 80th birthday.

People turning 80 in the first year of the programme will have until 31 August 2025 to get vaccinated.

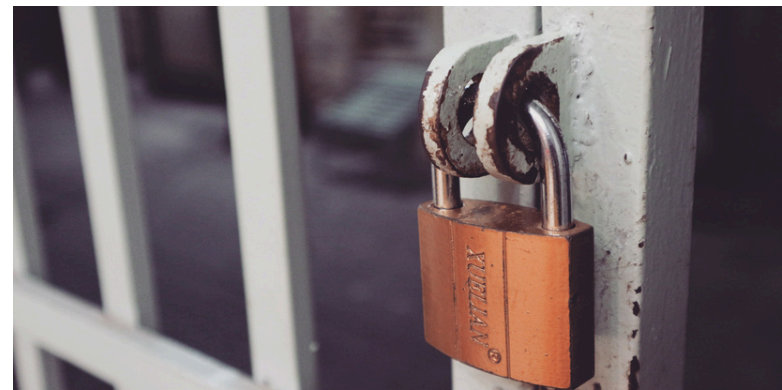


Patient Advice and Support

FURTHER INFORMATION TAB

Find advice and patient support available on the further information tab, located on our website, covering a range of conditions.

WWW.MEADOWBRIDGESURGERY.CO.UK



Practice Closure

MONDAY 26 AUGUST 2024

The practice will be closed on Monday 26th July 2024. Please ensure medications are ordered in a timely manner and please allow 72 hours for prescriptions to be delivered to your nominated pharmacy. The practice will reopen on Tuesday 27th August 2024.

PRACTICE STATISTICS



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10,426

Incoming Telephone
Calls to the Practice

4,291

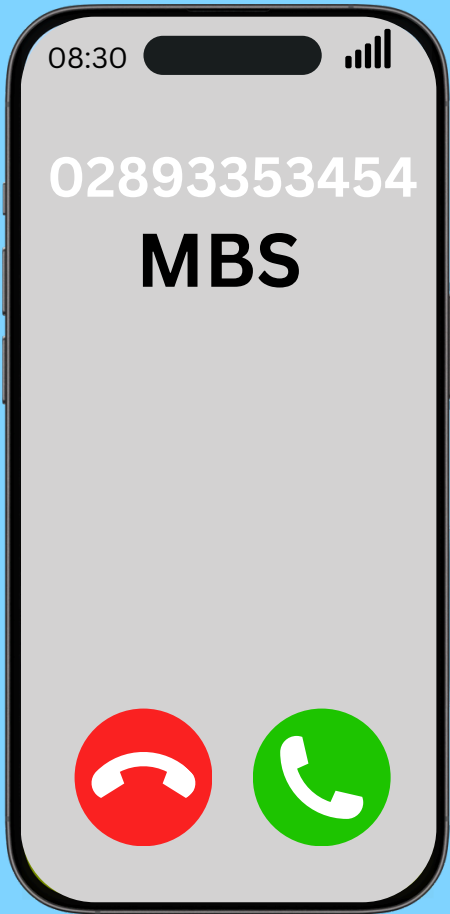
Prescription Items
Requested

16,663

General Administration
Tasks

3,535

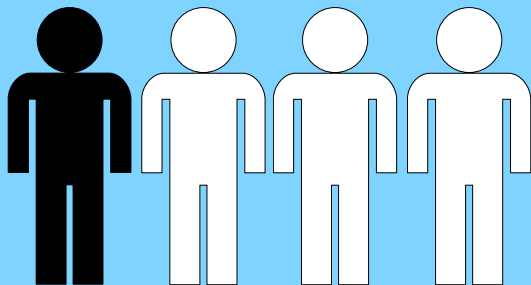
Patient results
reviewed



2 minutes

41 seconds

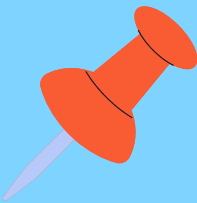
Average patient waiting time
on Incoming Telephone Lines



394

Appointments booked, not
attended and wasting the
opportunity of being offered to
another patient.

PRACTICE STATISTICS



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3,048

Face to Face Surgery
consultations

433

Triage Telephone
calls to Patients

1,274

Appointments booked in
the Treatment Room

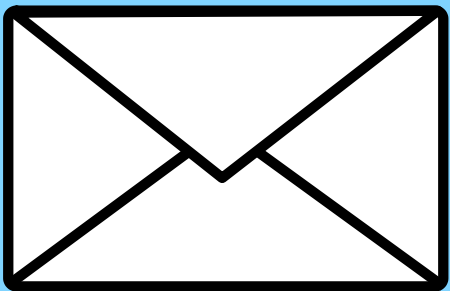
2,143

Daily Triage Slots actioned
by a Clinician



41

Home Visits by a GP



2,268

Hospital letters
actioned by Practice
staff

DID YOU KNOW?

↓ **READ MORE** ↓



YOU CAN SIGN UP FOR OUR NEWSLETTER

Go to our home page and select Surgery News.
Scroll to the bottom of the page, where you will be asked to provide an email
address.

www.meadowbridgesurgery.co.uk

Stress Control Online

August 2024



Stress is a normal reaction to the rapidly changing and uncertain times we are all living in at the moment.

If you are feeling a bit more stressed than usual and would like to learn some great ways, free-of-charge, to deal with common problems like anxiety, depression, panicky feelings, poor sleep and poor wellbeing then come along to our online Stress Control class.

'Stress Control' is a six-session cognitive-behavioural therapy class used extensively in community-settings by the NHS (UK) and HSE (Ireland) and across the world. You can find out more here: <https://ni.stresscontrol.org/>



Stress Control will come to you and live stream the sessions.

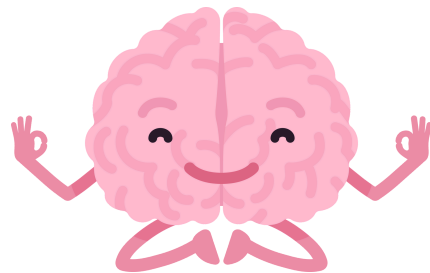
Each session will be available on the YouTube channel from 9am and will remain available until 8am the morning of the next session. E.g. Session One will be available from 9am Monday 29th July and will be taken down at 8am Monday 5th August, Session Two will then premiere at 9am.

The sessions will be led by Dr Jim White, consultant clinical psychologist, who created the class and who has taught most of the NHS (UK) and HSE (Ireland) trainers who would normally be running classes across the country.



Step 1

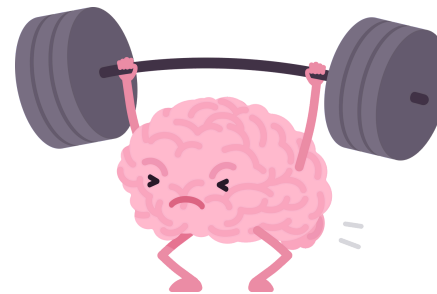
Go to <https://ni.stresscontrol.org/> where you can learn more about the class and get the dates. Everything you need to successfully complete the class – the booklets, self-assessment, relaxation and mindfulness – can be found in the 'Free zone'. If you can, please read, and start working on, the booklets in the 'Preparing for the course' section before Session 1.



Step 2

On the homepage, click on the 'Stress Control Online' link to access our YouTube channel where the classes will be available to view at the scheduled times. If you click the 'Subscribe' button on our YouTube page (free), you will receive notifications when a new session is available. You can also follow this link:

<https://www.youtube.com/channel/UCdCfzKgmXbB30baWlv6L5-g>



Remember

The session will begin exactly on time, so make sure you are there from the start. Sessions run for about 90 minutes and there will be a 10-minute break in the middle.

Each session is one piece of the jigsaw in tackling your Stress. By coming to each class, the jigsaw will form, and the big picture can emerge, making you better able to handle your stress. This is cognitive-behavioural therapy so it is crucial you practice the skills you will learn between sessions.

Session 1: What is Stress?

Monday 29th July
9am
(available until 8am Monday 5th Aug)

Session 2: Controlling your body

Monday 5th Aug
9am
(available until 8am Monday 12th Aug)

Session 3: Controlling your thoughts

Monday 12th Aug
9am
(available until 8am Monday 19th Aug)

Session 4: Controlling your actions

Monday 19th Aug
9am
(available until 8am Monday 26th Aug)

Session 5: Controlling panicky feelings Getting a good nights sleep

Monday 26th Aug
9am
(available until 8am Monday 2nd Sept)

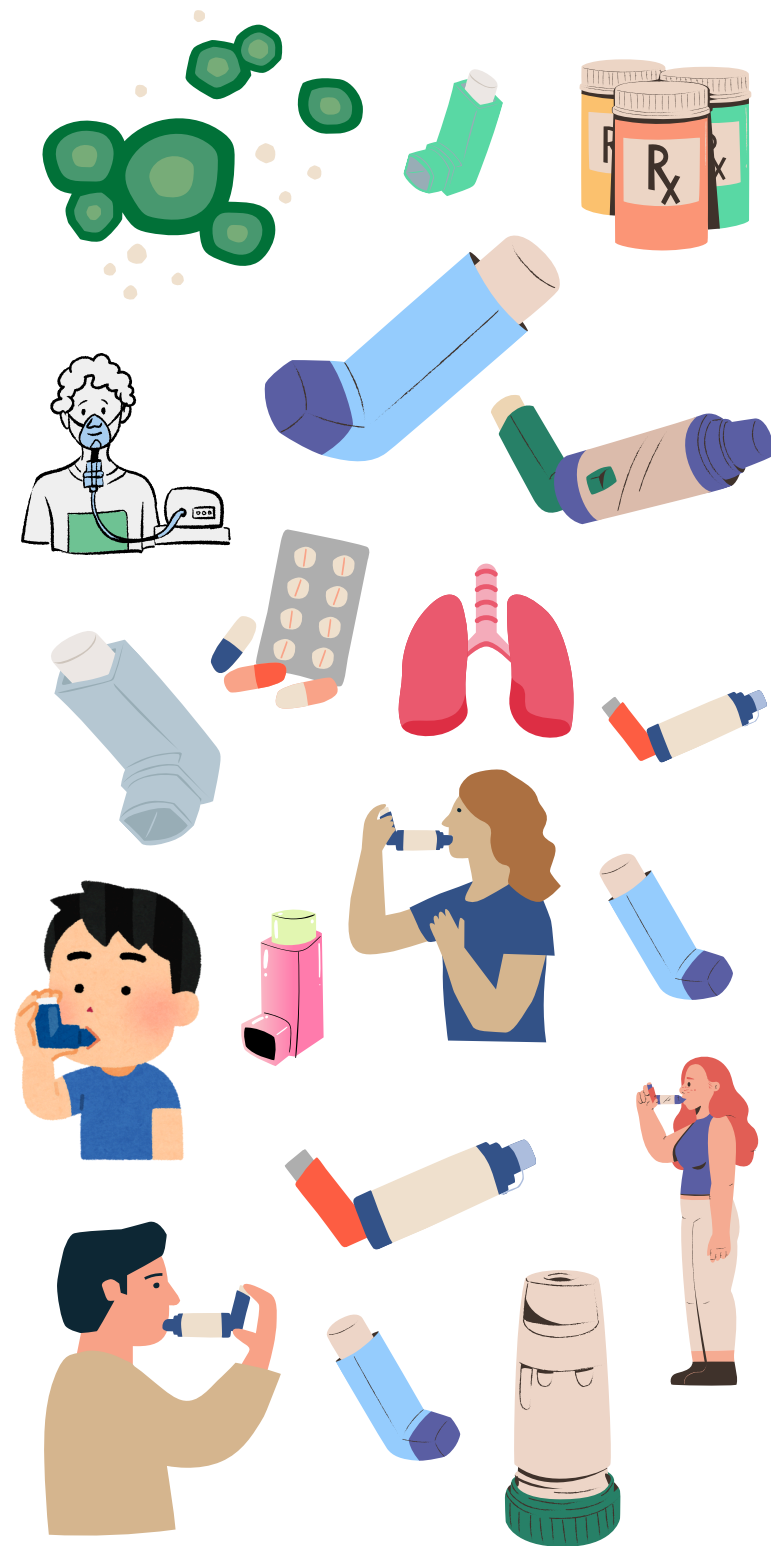
Session 6: Boosting you wellbeing Controlling your future

Monday 2nd Sept
9am
(available until 8am Monday 9th Sept)

How to Better Manage your Asthma

- Be aware of your symptoms.
- Cough, wheeze and difficulty breathing are all signs that your asthma is not well controlled.
- Identify and avoid your triggers.
- Know your inhalers.
- Use a spacer.
- Take back control

Book an annual Asthma Review (in your birthday month) with our Practice Nurse.





Health Benefits of Breastfeeding for your baby

Breastfeeding has long-term benefits for your baby, lasting right into adulthood.

Any amount of breast milk has a positive effect. The longer you breastfeed, the longer the protection lasts and the greater the benefits.

Breastfeeding can help to reduce your baby's risk of:

- infections, with fewer visits to hospital as a result
- diarrhoea and vomiting, with fewer visits to hospital as a result
- sudden infant death syndrome (SIDS)
- obesity
- cardiovascular disease in adulthood

Giving nothing but breast milk is recommended for about the first 6 months (26 weeks) of your baby's life.

After that, giving your baby breast milk alongside solid foods for as long as you and your baby want will help them grow and develop healthily.

Breast milk adapts as your baby grows to meet your baby's changing needs.

The PHA is reminding people about food safety during the summer, as undercooked and mishandled food can cause a number of illnesses.



During barbecue season here are some top tips to reduce your risk of food poisoning:

- Ensure that you barbecue meat until it is piping hot, particularly poultry, as this will kill off any bacteria.
- Avoid cross-contamination: keep cooked food away from raw food, keep all cooking preparation surfaces and equipment including barbecues, utensils and chopping boards clean, and don't use the same chopping board for vegetables and meat.
- Wash your hands thoroughly before preparing food and after handling raw meat, and before eating.

Top tips to protect your skin



Stay in the shade



Cover up



Wear sunglasses with
100% UV protection



Wear a broad brim hat



Use sun protection with at
least SPF 30 and UVA 4
stars



MEADOWBRIDGE SURGERY

DAILY TRIAGE SYSTEM

- Triage is available weekdays from 8.30 am until capacity is reached or by 10.30 am each day, whichever occurs first. The Triage GP is the person who decides when capacity is reached ensuring sufficient time remains to accommodate urgent matters that may arise during the remainder of the working day.
- Please remember that community pharmacists can offer treatments and advice for many minor ailments and illnesses.
- Lots of self help, advice and information is also available through our monthly bulletin, website and face-book page.



- At this point it is the sole decision of the patient as to whether their medical issue can wait until the next day or needs to be added to the triage as an urgent matter.
- A GP will assess the triage and the patient will be contacted before the end of the day with the GP's decision on when and if the patient can be consulted.



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