

The University Health Centre



Autumn Edition 2016

Welcome..

Welcome to the new edition of the Newsletter. For the majority of you it will be the first time you will be meeting staff and using the facilities we provide. We hope you have a good experience whilst you are with us.

Teaching Practice For Students

From the 7th January 2016 the practice has welcomed Medical Students to the team. This means students will be with us on Tuesdays and Thursdays and will be sitting in on some clinics. They will be learning how to take detailed histories from a patient in order to make a diagnosis. Also from October Student Nurses will be joining the team. If you do not wish for these students to be present during your consultation, please let the receptionist know.

My Health Tools

An online tool to support people to manage their long-term conditions and health needs - looking at pain, breathing problems, anxiety, other long term conditions. My Health Tools will support you to assess needs and set goals.

www.myhealthtools.uk

Email:

myhealthtools@kirklees.gov.uk



MenACWY Vaccine (*Meningococcal ACWY Conjugate Vaccination*)

Meningitis and Septicaemia can kill very quickly! As a fresher you are in a high risk group, particularly in the first few weeks of term. **Have you had your Meningitis ACWY vaccine before coming to university?**

YES - Brilliant, the vaccine will protect you against some of the most common causes of bacterial meningitis in the UK. (*You still need to register with us as you never know when you might need us*).

NO - You need to get it NOW! Please come to the health centre to register and if you are 25 or under ask for your Meningitis ACWY vaccine.



MMR Vaccine (*Measles, Mumps & Rubella*)...

If you are aged 16 or over it is important that you have had 2 MMR vaccinations to ensure that you are covered. If you have not been fully immunised (2 x MMR injections) you are at risk! **Please book an appointment with the nurse now.**

Information About The Men B Vaccine & Paracetamol Use

From September 2015, a vaccine has been available as part of the NHS Childhood Immunisation Programme, to help protect against MenB disease. Babies will be offered the MenB vaccine with the other routine vaccinations at two months, four months and 12 months of age. Vaccinating babies at these times helps protect them when they are most at risk of developing MenB disease. Please note fever can be expected after any vaccination, but is more common when the MenB vaccine is given with the other routine vaccines at two and four months. The fever shows the baby's body is responding to the vaccine, although not getting a fever doesn't mean it hasn't worked. Giving Paracetamol will reduce the risk of fever after vaccination. Your nurse will give you more information about paracetamol at your vaccination appointment. Infant Paracetamol should be on your essential shopping list in preparation for your baby's arrival. If you do not have any paracetamol liquid for infants at home you should get some from your local pharmacy or supermarket ready for your two month vaccination visit. If you require any more information, please book an appointment with a nurse.



Zero Tolerance Policy

A zero tolerance policy towards violent, threatening and abusive behaviour is now in place throughout the NHS. Our Practice Staff are here to help you. Our aim is to be polite as possible to all patients. If you consider that you have treated unfairly or inappropriately, please ask the reception staff to contact the practice manager who will be happy to address your concerns. However, shouting and swearing at practice staff will **NOT** be tolerated under any circumstance and patients who are abusive may be removed from the patient list. Please help us to help you.

Seasonal Flu!

The flu season is upon us again. If you are in an 'at-risk' category e.g. diabetic, asthmatic, impaired immune system etc. or a child aged 2,3 or 4 then it is important that you have a flu vaccine. Vaccines can be obtained from the health centre. Please speak to reception or visit our website for further information.



Changes To Repeat Prescription Requests

Following the results of our GP Annual Survey 2015/16 we will no longer be accepting repeat medication requests over the telephone. By changing the way you request your repeat prescriptions, this will free up the phone lines for patients ringing to make an appointment. Don't panic - there are lots of ways to order your medications;

- Online: register for online request of repeat medications and appointments.

- Once you have online access, you can use the patient access app to request your medication. (*Visit our website for our QR code*)
- Written request (posted to the surgery).
- Ordering your request in person, at the reception desk.

(*If you do not have access to the internet you may continue to telephone your repeat prescription request*).

Please allow at least 48 hours for prescriptions to be processed and remember to take weekends and bank holidays into account. For more information please visit our website or call the health centre on 01484 430386 and speak to our reception staff.



Your Online Access

You are now able to book appointments, order repeat prescriptions and update your contact details online. To register for this service, please visit reception and ask for your online access login details to activate your account.

If you experience any problems please ring The Health Centre on 01484 430386.

Blood Test Appointments

If you are required to have a blood test, you can make an appointment with the Phlebotomist, on a Wednesday morning, here at the surgery. Alternatively, you can collect your blood test form from reception and have your blood taken at the hospital; Huddersfield Royal Infirmary (HRI).

Opening Times: 8am – 5pm (Last admission for bloods is at 4:50pm)
 8am – 11.30 am is **very busy**.
 12pm – 2pm is **quiet**.
 2pm – 5pm is **fairly busy**.

There is a late night service every Wednesday 5 – 6.30pm. This service is by appointment only. Patients can make an appointment by telephoning 01484 342552.

Viewing Your Electronic Records Online

You can now see your **FULL** Electronic Health Record via the internet if you have the right equipment (for example a home computer or laptop). This will allow you to see a summary of your diagnoses, allergies, medications, consultations, letters and test results. If you feel that having access to your Electronic Health Record is right for you please visit our website for further details



CASH (Contraception and Sexual Health)

Have you been checked recently?

If not book into our CASH clinic (*Contraception and Sexual Health*). The CASH clinic runs 5 days a week, Monday-Friday and is run by our Practice Nurses with support from the Doctors. The nurses who work in the clinic are fully trained in Sexual Health. It is a confidential free service available to both men and woman. The clinic offers:

- Investigation and treatment of STI's (*sexually transmitted Infections*)
- Contraceptive advice (pills, implants, depo, IUD's etc.)
- Morning after pills (MAP's)
- Free pregnancy testing
- Sexual health advice and promotion
- Blood test and counselling for Hep B, Hep C, HIV and Syphilis.

If you require any more information please contact the health centre.



Car Parking

If you have parked on surgery premises please inform reception upon arrival. Please note parking is only permitted whilst you are in the surgery attending an appointment. Abuse of this service will result in you receiving a parking fine. Thank you for your co-operation.



Morning After Pill

Need the Morning After Pill...?

Are you aware that Superdrug Pharmacy (Huddersfield) do the Morning After Pill for **FREE!**

The service is easy to access at the Pharmacy. The service runs Monday—Friday 9am-5:30pm. It is a walk in service and they will see you straight away.

Communication Needs

Do you have a disability, impairment or sensory loss and need to receive information in a way you can easily understand? For example: large print, braille, via email, hearing impaired or alternative languages. If **YES** please inform us at reception so we can make sure you have access to information you understand.

