

AUTUMN 2019

STAY WELL
THIS WINTER

www.nidirect.gov.uk/stay-well

EASTSIDE SURGERY

STAFF TRAINING CLOSURES: 17th Oct & 11th Dec (from 1 pm)

FLU CLINICS:

Wed 16th October 2pm–5 pm

Wednesday 17th October 9am–11am

Wed 6th November 2pm–5 pm

ALL “at risk” patients 18yrs to 64 yrs.

ALL patients over 65yrs .

All children born between

2/7/15–1/9/17

You can also get your Flu vaccination during
a Nurse or HCA appt. Mon–Fri - 9am–11am



Dr Mc Farlane joined the
Eastside team in August
2019.



Dr Mc Farlane is a fully qualified doctor
training to be a GP. As part of her training
she is required to spend time working in a
GP practice. It is great to have her on
board our strong and hardworking team.
She will be with us until Feb 2020 .

We are sure you will welcome her.

PROTECTING YOUR CHILD AGAINST FLU

The annual vaccination programme includes all
children aged 2–11 yrs. A nasal vaccine
(Fluenz) will be offered.

All pre school children born between 2/7/15
and 1/9/2017 will be offered the vaccine at the
surgery .

All primary school children will receive their
vaccination at school.

Phoning to speak to a Doctor

If you need to speak to a doctor,
please phone the surgery

Before 11AM

Phoning to speak to a Nurse

Test results will be given by the nursing team. If
you need to speak to a nurse, your name and
details will be added to the nurse telephone list,
the nurse or HCA will phone you back

after 11.30 am

FLU VACCINATIONS 2019

The flu vaccination programme will
begin on **1st October 2019**
or when vaccines are delivered to the
Surgery. All patients over 65years and
“**at risk**” patients (including pregnant
women at any stage of pregnancy)
should be vaccinated against flu.
It is important that you get your flu
vaccination in October or November to
be ready to fight off infection.

6mths - under 18yrs Nasal (Fluenz)
18yrs - 64yrs Intramuscular (QIVe)
65yrs + intramuscular (aTIV)

PLEASE REMEMBER

Your prescription will be ready in
48 working hours

Shingles vaccination

Those aged 70 or 78 yrs. of age on 1/9/2019 are eligible for the vaccine .

It is also available for those who previously missed immunisation , this includes anyone aged 71,72,73,74,75,76, or 79 on 1/9/2019.

Anyone aged 77 on 1/9/2019 will be eligible for the vaccine next year .

People aged 80yrs + are **NO LONGER** eligible. This is because the vaccine is less effective as people get older

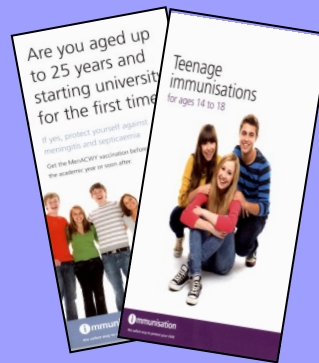
Pregabalin

Over the next number of months we will be reviewing all patients within the practice who are taking a drug call Pregabalin. It is used for the treatment of epilepsy, nerve (neuropathic) pain and for a type of anxiety called Generalised Anxiety Order (GAD) Unfortunately this drug has the potential to lead to abuse/misuse and dependence.

Get the MenACWY Vaccination

Protect yourself against Septicaemia. Meningococcal disease is a rare but life threatening disease caused by a meningococcal bacteria. The most common are

A,B,C,W and Y. Infants, young children, teenagers and young adults have the highest risk of meningococcal disease.



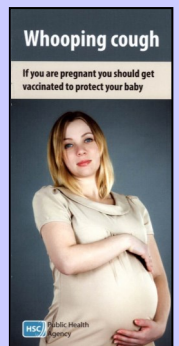
USEFUL TELEPHONE NUMBERS

The Arches Centre	90563303
Ulster Hospital	90484511
Belfast City Hospital	90329241
Royal Victoria Hospital	90240503
Musgrave Park	90902000
Mater Hospital	90902000
Ulster Ind Clinic	90741211
Out of Hours	90796220
Reception	90451000
Repeat Prescription Line	90451212
Emergency lunchtime number	0743 5760079

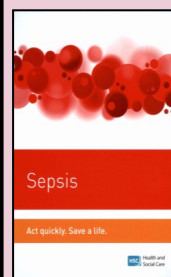
Whooping Cough vaccination

The best time to be vaccinated to protect your baby is from 16weeks of your pregnancy .

If you are 16 weeks + you can receive your vaccination from your GP. If you are in the later stages it is still beneficial to receive the vaccine.



What is Sepsis?



Sepsis is a life threatening organ failure caused by infection . Sepsis is a medical emergency, like a heart attack or a stroke . **DON'T DELAY** in seeking medical attention. If treatment starts early, the outlook is good. Across NI medical and nursing staff will implement a plan called the “sepsis six” (A series of 6 steps that should be carried out within 1 hour of diagnosis)



Pick up a leaflet in reception