

STAG LANE MEDICAL CENTRE

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INTRODUCTION

Welcome to our newsletter to inform you of practice news and healthcare related information. Please use the suggestion box to let us know about subjects you want to see in the next newsletter.

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1. Online Access to Patient Records
2. Thank you and Seasons greetings
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The purpose of this newsletter is to provide information to you about the practice and health related matters



ONLINE ACCESS TO PATIENT RECORDS



Online Access to Patient Records

Many of our patients are enjoying the benefits of EPS: ELECTRONIC PRESCRIPTION SERVICE and we also have online access to making appointments, ordering prescriptions but now also access to your medical record e.g. immunisations and medicines, allergies, test results.

Please ask at reception for more details and information leaflet.

Please remember to keep your online login details and password secure.



Season's Greetings to all

Thank you for your generous Diwali and Xmas cards and presents already arriving.

Wishing all our patients and volunteers a Healthy and Happy New Year.

[Please order your prescriptions in plenty of time](#)

Keep safe

Drink-drive campaigners are targeting female motorists this Christmas after statistics highlighted the number of women driving while over the limit!

EBOLA



Ebola is a viral infection. There is no vaccine or cure for Ebola. Over half of all infected people die as a result of the infection. However, the risk of becoming infected with Ebola in the UK is very small. Ebola is only spread by close contact with an infected person. The risk of Ebola is therefore for people who have had close contact with someone already infected with Ebola, either by:

- Travel to a country affected by Ebola or
- Close contact with someone who has returned from an infected country and has Ebola infection

Ebola is much harder to catch than some other viral infections such as flu. You need to have close contact with a person infected with Ebola to be at risk of infection

How can Ebola infection be prevented?

Any person suspected of being infected with Ebola should be isolated to prevent any contact with other people. Anyone in contact with an infected person should:

- Wear face masks, goggles (face visors may be preferred), gowns and gloves.
- Carefully and frequently wash hands with soap (or alcohol hand rub) and water
- Wash disposable gloves with soap and water after use, dispose of them carefully and then wash hands.

What are the symptoms of Ebola? An infected person will usually develop a high temperature (fever), severe headache, joint and muscle pain, sore throat, and severe muscle weakness. These symptoms begin suddenly, and start between 2 and 21 days after becoming infected (usually after 5-10 days).

An infected person may then develop diarrhoea, sickness (vomiting), a rash, stomach pain and reduced kidney and liver function. Bleeding inside the body and also bleeding from the ears, eyes, nose or mouth may occur.

What if I think I might have Ebola in the UK? If you feel unwell with any of the symptoms mentioned above within 21 days of coming back from any infected area of the world (but especially West Africa), you should:

- Stay at home; and
- Immediately telephone 111 (or 999 if it is an emergency) and explain that you have recently visited that country

CHANGES TO THE PRACTICE

Dr Lynsey Selman Female GP does two days a week. Dr Sandeep has left to concentrate on his research work.

Miroslava has now been recognised as a Nurse and provides phlebotomy and nursing services alongside Nurse Indu who is our Practice Nurse.

Dr Upma Shah apologises to all patients who wanted to see her personally over the last couple of weeks as she has been unwell but will be back to form in the New Year. We have had good locum doctors helping us. Thanks for your patience and forbearance during this time.

PATIENT REPRESENTATIVE GROUP

THE NEXT MEETING IS ON 15.2.2015 AT 6.30PM. NEW MEMBERS ARE ALWAYS WELCOME.