

# Barnabas Bulletin



Newsletter of the Barnabas Medical Centre

Issue 28, December 2019



## Christmas & New Year Opening

The Practice will be closed on  
Christmas Day (Wed 25 December),  
Boxing Day (Thu 26 December) &  
New Year's Day (Wed 1 January)

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Please check that you will have enough  
medicines for the holiday period

**If you need a repeat prescription  
please request it no later than  
Friday 13 December**

**Don't need your appointment?  
Can't get to your appointment?  
Then please tell us!**

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## The Value of Immunisation

*By Dr Kooner*

Immunisations, also known as vaccinations, help protect you from getting an infectious disease. Vaccines prevent the spread of contagious, dangerous, and even deadly diseases. These include measles, polio, mumps, chicken pox, whooping cough, diphtheria, and HPV. The first true vaccine discovered was the smallpox vaccine.

Smallpox was a deadly illness a century ago but it was eradicated through vaccination programmes worldwide. It killed 300 million to 500 million people around the world in the 20<sup>th</sup> century alone.

There are now other diseases, including polio and mumps, close to the point of eradication, however, measles and whooping cough are making a resurgence. These diseases still exist in other countries and without the protection from immunisations, and with increasing travel across the globe, these diseases could be imported and could quickly spread through the population, causing epidemics. Non-immunized people living in healthy conditions are not protected from disease. Your body's immune system can fight a disease better and faster if you have had the infection before or if you get immunised. This is why it is very important to have a flu vaccination every year if you are in a risk group, for example if you have a long term condition like heart disease, respiratory illness or diabetes.

Getting immunised is important for at least two reasons: to protect yourself and to protect those around you.

- Vaccinations prevent you or your child from getting diseases for which there are often no medical treatments. These illnesses can result in serious complications and even death.
- A small number of people may be susceptible to diseases, such as those for which impaired immune people may not be able to get vaccinated or may not

*(Continued on page 2)*

## NewsRound

### Global Recall of Zantac

GlaxoSmithKline has issued a global recall of the popular heartburn medicine Zantac due to concerns over contamination with a carcinogenic impurity. As usual, don't stop taking your prescribed medicine but talk to your doctor if you're concerned.  
*Source: The Guardian, 9 October 2019*

### Blood Pressure Medication

Research reports show some blood pressure medication is more effective if taken at night. Researchers don't understand precisely why this is, but it is probably tied up with our internal biological clocks. As always, do not stop taking your prescribed medication, or change your medication routine, without talking to your doctor.  
*Source: The Guardian, 23 October 2019*

### Hillingdon & Mount Vernon Hospitals

A recent NHS investigation found Mount Vernon Hospital is so run down and short-staffed it cannot provide basic elements of treatment – with major concerns over crumbling buildings, out-of-date equipment and staff problems that put patients' safety and quality of care at risk. Hillingdon Hospital is also reported recently as so decrepit that it needs to be completely rebuilt, either on the existing site or a new one.  
*Source: The Guardian*

### GPs to Reduce Home Visits?

Doctors have voted to reduce the number of home visits they do and the BMA will try to negotiate the GP contract to remove home visits as a contractual requirement. However this does not mean GPs will never do home visits; where appropriate they will still be made for elderly, terminally ill, and vulnerable patients.  
*Source: BBC News*

(Continued from page 1)

develop immunity even after having been vaccinated. Their only protection against certain diseases is for others to get vaccinated so the illnesses are less common.

- If exposure to a disease occurs in a community, there is little to no risk of an epidemic if people have been immunised.

There has been some confusion and misunderstanding about vaccines. It is through lack of understanding that some people do not accept that these diseases can be a dangerous illness. Improved sanitation, hygiene, and other living conditions have created a generally healthier environment and reduced the risks for disease exposure and infection, but the dramatic and long-term decrease of diseases is primarily a result of widespread immunisation throughout the world population.

It is much safer to get the vaccine than an infectious disease. Vaccines are the best way we have to prevent infectious disease. A successful immunisation program depends on the co-operation of every person.

As an adult we can make a choice for ourselves, but people who refuse immunisation are putting their family, friends and colleagues at risk; and parents who refuse to have their children immunised are putting the lives of those children at risk. Here in Britain, because so many parents refuse, whether out of obstinacy, ignorance or fear, to allow their children to be immunised, we still have a rise in cases of measles every year.

In Britain, measles cases rose three-fold in 2018 compared to the previous year, and over Europe there were 41,000 cases reported. Thousands will suffer side effects of one kind or another and some will die. When you get vaccinated, you help protect others as well. It really is almost a crime to put someone at risk by refusing to be immunised against life threatening diseases.

## Next PPG Meeting

Dates are currently being arranged and will be posted on the PPG noticeboard in the waiting area when available.

## Organ Donation: The Law is Changing

Every day in the UK, someone dies waiting for a transplant, so the law is changing to help save and improve more lives.

From Spring 2020 organ donation in England will move to an "opt out" system. This means all adults in England will be considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are otherwise excluded. You still have a choice: if you do not want to be an organ donor, you can choose to opt out.

Everyone is being asked to record their organ donation decision on the NHS Organ Donor Register and tell their family and friends their decision. Find more at <https://www.organdonation.nhs.uk/> or talk to your doctor.

## PPG Corner

*Updates from our Patient Participation Group*

### PPG Annual Report

By the time you read this we will have had the PPG's Annual General Meeting, where I presented my Annual Report on our activities. Here is a summary of the major highlights of the last year:

- 5 formal PPG meetings and one social meeting.
- Our largest activity was conducting the Practice's annual patient survey in June.
- My analysis of the 2019 MORI GP Patient Survey data for Barnabas against results for the local area, Ealing, and England showed the Practice is highly regarded by the patients and performing well. We retained our position as the best practice in the immediate area.
- Creation and publication of a list of local facilities. Launched in June and already reprinted twice! Do pick up a copy.
- In April I talked with the CQC Inspectors and emphasised, on behalf of all patients, the overall excellence of the Practice.
- Our June meeting included a very useful Open Forum session on medicines with the Practice's Clinical Pharmacist, Paresh Virji.
- During the year we held around a dozen "Meet the Patients" sessions in the waiting area, where we chat to people, answer questions and can demonstrate various online services. (2020 dates tbc.)
- We continue keeping an eye on the waiting area noticeboards, leaflet displays and magazines.
- We manage the book exchange in the waiting area. Cookery books and children's books are especially popular.
- We continue to manage this quarterly newsletter on behalf of the Practice.

If you would like to read more about our activities, copies of my full Annual Report are on the PPG noticeboard in the waiting area. Do pick up a copy.

Which just about wraps up 2019 for the PPG. It remains for me to wish everyone a peaceful Christmas and a happy & healthy 2020. Plus, of course, a huge "thank you" to everyone at the Practice for another year of excellent healthcare.

*Keith Marshall, PPG Chairman*  
*Email me at [barnabas.ppg@gmail.com](mailto:barnabas.ppg@gmail.com) or leave a note for me with Reception.*

## Stay Well this Winter

As well as getting your flu jab (if you're eligible) it's important to take some simple steps to be ready for winter ailments.

Self Care is about treating common illnesses, so it's useful to have a well-stocked medicine cabinet. Essentials include Paracetamol, rehydration mixture (for sickness or diarrhoea), indigestion remedies, tweezers, scissors, plasters and bandages. Also please make sure you've got enough supplies of your prescription medicines to last you through the holiday season.

The advice is that at the first sign of a winter illness, even if it's just a cough or cold, you get advice from your local pharmacist. Alternatively call 111 (available 24/7) and trained advisers will help you get the care you need.

Other tips include:

- Keep warm. Keep your house temperature at least 18°C if you (or anyone staying with you) is over 65.
- Wash your hands regularly to prevent the spread of flu and other illnesses.
- Look out for other people: talk to your neighbours, friends and family members and see if they are well.

### You said ...

Sometimes I do not need a face to face appointment with my GP, but would like to discuss my medication.

### We did ...

We have a full-time Clinical Pharmacist at the Practice who can discuss and deal with all your medication needs.



## Christmas & New Year Opening

The Practice will be closed on Christmas Day, Boxing Day and New Year's Day.

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If you need a repeat prescription please request it no later than Friday 13 December

## Winter Vomiting Bug

If you have norovirus (winter vomiting bug) please stay at home to avoid passing it on.

Doctors are concerned about the spread of the winter vomiting bug this year and the impact it is having on hospitals and other services.

Over the last couple of weeks hospitals have been forced to close more than 1,100 beds due to the spread of the virus. And visiting your GP or going to work will also spread this highly infectious illness.

Infections rarely require medical treatment and most people will recover from it within a few days. It is, however, highly contagious, and is easily passed on at home, at hospital, or in the local community. Those who have been infected remain carriers for some time.

If you do catch this unpleasant virus do not go back to work or school, or go hospital visiting etc., until at least 48 hours after your symptoms have passed, to avoid passing it on to others.

Data from Public Health England (PHE) show that the number of positive norovirus laboratory reports during the two weeks in the middle of November (11<sup>th</sup> to 24<sup>th</sup>) was 28% higher than the average for the last five years.

And remember, if you are experiencing severe symptoms or are worried about your children advice is available at <https://www.nhs.uk/>, by calling NHS 111, or using the NHS 111 online service, <https://111.nhs.uk/>.

Have You had Your Flu Jab?

If not, it isn't too late!

Contact Reception Today to Book an Appointment

Don't need your appointment?  
Can't get to your appointment?  
Then please tell us!

## Barnabas Medical Centre

Girton Road, Northolt, UB5 4SR  
020 8864 4437

email: [admin.barnabas@nhs.net](mailto:admin.barnabas@nhs.net)  
[www.barnabasmedicalcentre.co.uk](http://www.barnabasmedicalcentre.co.uk)

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Surgery Times  
Mon & Fri: 0800-1300, 1400-1830  
Tue, Wed, Thu: 0800-1830

Pre-booked appointments are also available Tue, Wed, Thu 0730-0800

Phone lines are open  
Mon-Fri 0845-1745

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Out of Hours  
For urgent healthcare outside surgery times please call 111

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Repeat Prescriptions  
Repeat prescriptions must be requested in writing or online. They will normally be ready for collection after two working days.

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Doctors  
Dr Mohini Parmar (f)  
Dr Harpreet Kooner (m)  
Dr Harjeet Bhatoa (f)  
Dr Elizabeth Fong (f)  
Dr Rajee Navaneetharajah (f)  
Dr Alice Blackwell (f)

Practice Nurses  
Henny Shanta (f)  
Anna Wan (f)  
Karen Collett (f)  
Nikki Onoufriou (f)

Clinical Pharmacist & Care Plan Advisor  
Paresh Virji (m)

Practice Manager  
Matthew Edwards

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Patient Participation Group  
Chairman: Keith Marshall  
020 8864 7993  
[barnabas.ppg@gmail.com](mailto:barnabas.ppg@gmail.com)

*This newsletter is a joint production of Barnabas Medical Centre and the Barnabas Patient Participation Group.  
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