

# Barnabas Bulletin

We are deeply saddened at the death of Her Majesty Queen Elizabeth II. We join with the rest of the nation in mourning the loss of our monarch who served us all with such dignity, warmth and kindness for more than seventy years.

On behalf of everyone at Barnabas Medical Centre we extend our profound sympathy and sincere condolences to the Royal Family.

## Important Vaccination Update

### Polio Vaccination for Your Child (Age 1 to 9)

Please see important information below about the announcement that all children aged 1 to 9 years in London are to be offered a polio booster vaccine.

The practice will be getting in touch with parents to book their child/children in for their vaccination.

When your child is invited it is important they have the vaccination. Even if they are up-to-date with their vaccinations, please accept this booster when offered as this will further strengthen their protection against the poliovirus.

Nationally the overall risk of paralytic polio is considered low because most people are protected by vaccination. These boosters for children will ensure a high level of protection from paralysis and will help reduce further spread of the virus.

Polio is an infection caused by a virus that attacks the nervous system, which can cause permanent paralysis of muscles. While it is rare, it can be very serious for unvaccinated people.

Traces of poliovirus have been found in sewage in some London boroughs, and the best way to protect your child is to make sure they are fully up to date with their vaccinations. Both the booster dose and routine vaccination will increase your child's protection.

You can find more information about polio and the vaccination programme at <https://www.gov.uk/government/publications/polio-booster-campaign-resources>.

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*71% of Barnabas patients report a good overall experience of the Practice, in line with the national average*

### Barnabas Patient Voices

#### Next Meeting

Wednesday 28  
September

13:30; on Zoom

*No longer need your appointment or telephone call-back? Then please tell us!*

(Continued from page 1)

### COVID-19 Autumn Booster Program

Starting this month people aged 50 years and older, residents in care homes for older people, those aged 5 years and over in a clinical risk group, and health and social care staff will be offered a booster of coronavirus (COVID-19) vaccine.

Appointments are available through the National Booking Service, <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>.

COVID-19 is more serious in older people and in people with certain underlying health conditions.

This winter it is expected that many respiratory infections, including COVID-19 and flu may be circulating at high levels; this may put increasing pressure on hospitals and other health care services. For these reasons, people aged 50 years and over, those in care homes, and those aged 5 years and over in clinical risk groups are being offered an autumn booster of COVID-19 vaccine.

A booster will also be offered to front-line health and social care staff, those who care for vulnerable individuals and families of individuals with weakened immune systems.

The autumn booster is being offered to those at high risk of the complications of COVID-19 infection, who may have not been boosted for a few months. As the number of COVID-19 infections increases over the winter, this booster should help to reduce your risk of being admitted to hospital with COVID-19.

The booster may also provide some protection against mild Omicron infection but such protection does not last for long.

You should be offered an appointment between September and December, with those at highest risk being called in first. You should have your booster at least 3 months after your last dose of vaccine.

If you are eligible for a flu vaccine, you may be able to have that at the same time; if not please go ahead anyway, you can catch up with the other vaccine later.

You will be given a booster dose of a vaccine made by Pfizer or Moderna. You may be offered an updated combination version of these booster vaccines; this combination vaccine includes a half-dose of the previous vaccine combined with a half-dose of a vaccine against the Omicron variant. For a very small number of people another vaccine product may be advised by your doctor.

(Continued on page 3)

## NEWSROUND

### More Winter NHS Beds

The NHS is to create an extra 7,000 beds to tackle expected "substantial" pressures this winter. This comes after advisers and NHS chiefs warned high numbers of beds may be needed for respiratory patients due to combined pressures from Covid and flu.

Source: BBC News



### Home Testing for Bowel Cancer

Home-testing kits which help detect early-stage bowel cancer are being provided to 58-year-olds as the screening programme is expanded. The move is the latest stage in the phased rollout for people aged 50 and over.

People in England aged 58 will be automatically sent a Faecal Immunochemical Test (FIT) once eligible. This test can detect early signs of bowel cancer by detecting any blood in just a tiny sample of faeces.

Around an additional 830,000 people in England will be eligible for the screening test. London, which has the lowest uptake of FIT in the country, is one of the first places to roll out to this age group.

Source: NHS England

WHAT CAN WE  
**IMPROVE**  
ON?



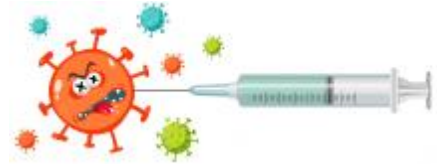
You said ...

*You wanted us to provide more blood test appointments at the Practice, rather than having to go to Ealing Hospital.*

We did ...

*Tracey, one of our reception team, has now trained as a phlebotomist and will be doing two blood sessions a week. We also still have Shereen doing bloods one morning a week; she is also trained to test children. Hopefully these three sessions will provide most of our needs.*

(Continued from page 2)



Both the previous and the combination vaccines boost protection very well, although the combination vaccines produce slightly higher levels of antibody against some strains of Omicron.

As we cannot predict which variants of COVID-19 will be circulating this winter, the Joint Committee on Vaccination and Immunisation (JCVI) have concluded that both types of vaccine can be used in adults, and that no one should delay vaccination to receive combination vaccines. So you will be offered the right vaccine for you at the right time.

Please accept the vaccination that is offered to you as soon as you are able to – it is important to have your booster and build up your protection against severe illness before the winter.

## Flu Vaccination Program 2022/2023

Influenza viruses change continuously and the World Health Organization (WHO) monitors the epidemiology of influenza viruses throughout the world, and makes recommendations about the strains to be included in vaccines. Their recommendations for 2022-23 may be found at <https://bit.ly/3AYIRRG>.

We are pleased that the delivery of flu vaccine to the Practice has been confirmed for 15 September and the Practice will start to run clinics from the week beginning Monday 19 September. This is to allow for any delay in our delivery.

The groups eligible for the influenza vaccine this year are:

- All children aged 2 or 3 years on 31 August 2022
- All primary school aged children (Reception to Year 6)
- Those aged 65 years and over
- Those aged 6 months to under 65 years in clinical risk groups
- Pregnant women
- Those in long-stay residential care homes
- Carers
- Close contacts of immunocompromised individuals.

The practice will be sending out text invites for our clinics and also contacting patients directly to book their appointment.

It is very important that when invited you book your appointment and get yourself vaccinated against the influenza virus as soon as possible.

### Going to University

Many of our younger patients will be going to university in the next few weeks, and moving away from home for the first time. This is a time when you want to be sure to look after your health as you will probably be spending more time at university than at home with your family.

Here are a few things you should do to prevent getting ill, and to be prepared if you do fall ill.

#### Register with a Local GP

You should register with a GP near where you live at university; this may be your university medical centre, or it may be a GP practice. Do not leave this until you are ill, make it a priority in your first few days at university. It is especially important to do this if you have an ongoing health condition like diabetes, asthma or epilepsy.

You may also wish to register with a local dentist and optician (especially if you need a regular supply of contact lenses).

#### Check Your Vaccinations are Up To Date

You will be meeting, mixing and living with lots of new people, from all around the country and even the globe. In this environment infectious diseases spread rapidly, especially as an estimated 1 in 5 new students will have missed some of their routine (childhood) vaccinations. So you should be prepared by ensuring your vaccinations are up to date. Before you leave for university check the following vaccinations – if you're unsure, ask your GP practice.

**MenACWY** to protect against four common causes of meningitis.

**Mumps.** If you've not had your 2 doses of childhood MMR vaccine, then ensure you get vaccinated. This will cover you for measles as well as mumps; both can spread rapidly if they get a foothold amongst unvaccinated students.

**HPV.** This is a very common sexually transmitted disease. Girls have been offered the HPV vaccine at age 12-13 for some years; if you missed yours then it is free on the NHS up to your 25th birthday. Boys are now also offered the vaccine in Year 8 but the first of them won't yet be of university age.

**Flu.** If you have asthma, or are otherwise advised by your GP, then do get your flu jab – either before you go, or as soon as you get to university.

**Covid-19.** Be sure to have all the Covid jabs available to you. This is another disease which spreads quickly given a chance.

(Continued on page 5)

### NEWSROUND



#### Emergency Alert System

Following successful trials, an emergency warning system, allowing alerts life-threatening events to be sent to mobile phones, will go live in October. It is estimated that 85% of people have a smartphone capable of receiving the messages.

The messages, with a distinctive warning tone, will be sent automatically to any smartphone which is switched on. But it will be possible to opt out.

The alerts, which will look and sound different to standard messages, will be able to give highly localised warnings of flooding, fires, extreme weather, and public health emergencies. Other warnings could be added later.

The system sends the messages directly via cell towers, rather than using a list of mobile numbers — so an alert can be sent to a single tower, for anyone in the vicinity to pick up, even if they're only travelling through the area.

Source: BBC News



## NEWSROUND

## Outpatient Initiated Follow-up

NHS outpatient services deliver essential care for patients. However patients sometimes attend routine appointments they don't need as they are well and nothing has changed.

Follow-up appointments are mostly at routine intervals. Some people may need to be seen sooner than their next planned visit but don't know to get in touch with their clinical team. Others may be given an appointment at a time when their condition is stable, causing unnecessary inconvenience.

Patient Initiated Follow-up (PIFU) allows patients to take control of their care; ensures they can, if needed, see a specialist sooner than planned; or avoid an unnecessary trip to hospital if not needed. This also helps clinicians manage their waiting lists safely, but more efficiently and effectively.

For patients, this means more choice and flexibility around when they access care. For clinicians, it means fewer appointments of low clinical value, freeing time to support those most in need.

Using PIFU the target is, by March 2023, to reduce outpatient follow-ups by at least 25% compared with 2019/20.

(Continued from page 4)

## Get Contraception

This means all of you: boys and girls; whatever your gender or sexual orientation. You may not plan to be sexually active while studying, but things change in a new environment and with new people. So it's wise to be prepared. Contraception, including condoms, should be freely available from any GP.

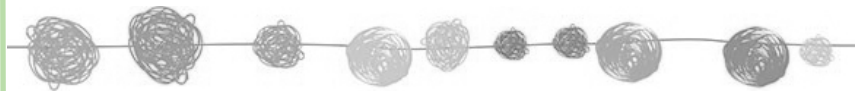
## Disabled Students' Allowance (DSA)

Higher education students in England may qualify for a DSA if they have a disability, long-term health condition, mental health condition, or some learning difficulties (eg. dyslexia).

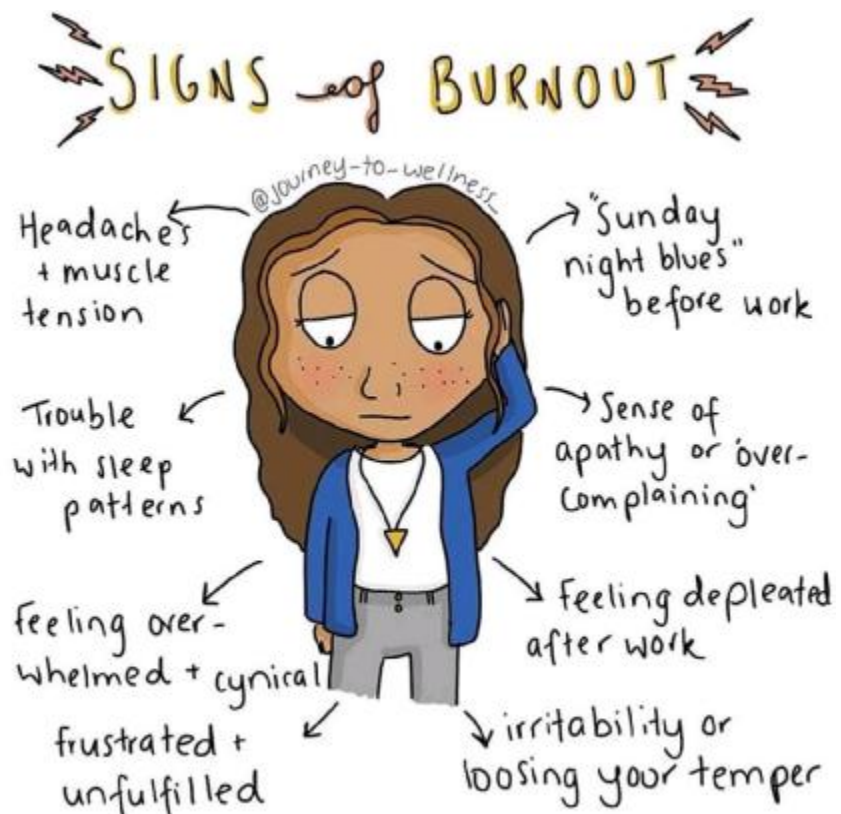
Check this out at <https://www.gov.uk/disabled-students-allowance-dsa>.

## And Finally ...

Having done that, enjoy your student days. University is not just about learning the subject you're studying; it should also be about growing and learning by doing different things, having new experiences and meeting new people. And it should be fun! Good luck!



## Mental Health Corner



# Ealing Children's Speech and Language Therapy

Are you wondering if your child might need  
some support with their speech and language?

They would benefit from a referral if:

They are **18 months old** or older and not yet using any words

They are **2 years old** and have less than 50 words

They are **3 ½ years old** or older and it is difficult to understand what they are saying

They are **2 ½ years old** and not yet putting 2 words together e.g. 'want juice' or 'go park'.

They have been in a **new nursery/school for 6 weeks or longer** and are still not speaking there

Scan the code with your phone camera to watch our workshop 'talking: what to expect when and how to help'



## Get in touch with us!



Call us on **07512 716478** from Monday - Friday 1-4pm (we can call you back with an interpreter if needed)



Find us on Facebook  
[www.facebook.com/SLTEaling](http://www.facebook.com/SLTEaling)



Email us at  
[ealing.sltadvice@nhs.net](mailto:ealing.sltadvice@nhs.net)



Find us on YouTube  
'Ealing Children's Services'

## Barnabas Patient Voices 2-Monthly Meeting Dates

The dates for our full, formal meetings for the rest of this year are:

**Wednesday 28 September**

Wednesday 16 November

All meetings are at 13:30 on Zoom; please ask for details (see contact details below).

## Barnabas Patient Voices Monthly Informal Calls

We also hold monthly, 30 minute, informal calls to enable us to keep in touch and share updates.

Dates for the rest of this year are:

Thursday 6 October, 18:00

Tuesday 1 November, 10:00

Monday 5 December, 12:00

These calls are also on Zoom; please ask for details (see contact details below).

## Barnabas Patient Voices Current Officers

Chairman

Keith Marshall

[chair@barnabasvoices.org.uk](mailto:chair@barnabasvoices.org.uk)

020 8864 7993

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Vice-Chairman

Harsha Mortemore

\*\*\*

Facebook Admin

Keith Marshall

Jacqui Piper

\*\*\*

Historian

Noreen Marshall

[noreen@barnabasvoices.org.uk](mailto:noreen@barnabasvoices.org.uk)

## Barnabas Patient Voices Corner

Updates from our Patient Group

### Patient Satisfaction with GP Services

Early each year Ipsos/MORI run the GP Patient Survey for the NHS. They invite a large sample of patients to provide feedback on GP services. This year about 2.47 million questionnaires were sent out and there was a 29% response rate. The results were published earlier this summer and I've been taking a look. Here's a summary of the responses, nationally and for Barnabas, to some of the key questions:

	National	Barnabas
Good overall experience	72% (down from 83%)	71%
Easy to get through on the phone	53% (down from 68%)	42%
Satisfied with the appointment offered	72% (down from 82%)	75%
Have used a GP online service	55% (up from 44%)	62%
Avoided making an appointment because it was too difficult	26%	33%

Barnabas's result of only 42% saying it is easy to get through on the phone is significantly below the national average. Given the level of dissatisfaction I hear this is not a surprise, and I continue to raise this with the Practice.

Possibly as a result of the problems phoning the Practice we have a higher than average rate of patients avoiding making an appointment as it is too difficult, and we're ahead on the use of online services (eg. requesting repeat prescription), although it is still not possible to book appointments online.

As if this wasn't bad enough, we've been knocked off our top spot amongst the practices in the local area. Part of our role in [Barnabas Patient Voices](#) is to help the Practice regain that top spot – something that would be good for us all.

This is just a brief snapshot of the results; there is so much more in the GP Patient Survey, including various tools and a selection of reports. For anyone interested the survey results are online at <https://www.gp-patient.co.uk>.

Keith Marshall, Chairman, [Barnabas Patient Voices](#)

Keith can be emailed at [chair@barnabasvoices.org.uk](mailto:chair@barnabasvoices.org.uk) or you may leave a note for him with Reception.



## Young People and Healthcare

When can I make decisions about my healthcare?

You can make decisions on your own before 18 years old if your healthcare professional feels that you have a good understanding of the situation (competence).

When can I make my own appointment?

You can make an appointment with a GP at any age.

From 16 you can access GP online services, where you can book & cancel appointments, see test results and order repeat medications.

From 16 years, your parent/carer should only make, change or cancel your appointments if you have agreed (consent).

When can I see a healthcare professional (doctor/nurse) on my own?

At any age.

Everything you tell a healthcare professional should stay confidential unless you give permission to share or your safety is at risk. You should be told before any information is shared

Can I see a doctor/visit a clinic without my parent/carer being told?

Yes. If you don't want your parent/carer to know about a visit, this information should be kept private.

Your healthcare professional might encourage you to speak to your parents (or someone you trust) if they think it would be helpful.

If your healthcare professional is concerned about your safety, they may need to share information with other professionals.

When can I use a pharmacy on my own?

You can ask your pharmacist for advice at any age.

From 16 years old you can collect your own prescriptions and can buy over the counter medications.

Under 16 years you can collect some prescriptions; ask your pharmacist for more information.

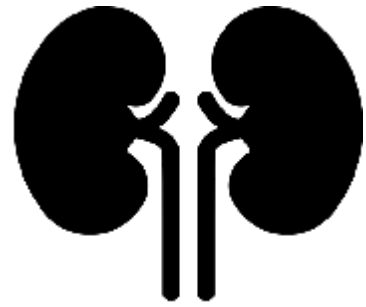
Can my parent/carer still help me when I'm 16 or older (eg. book or accompany me to appointments)?

Yes, when you turn 16 it's your choice how much to involve them.

Source: Connecting Care for Children, Imperial College Healthcare NHS Trust, <https://www.cc4c.imperial.nhs.uk/>.  
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## NEWSROUND



### Possible Kidney Transplant Breakthrough

Researchers have successfully altered the blood type of donor kidneys using a technique that could improve the chances of a match for patients awaiting a transplant. The development could increase the supply of kidneys available for transplant, particularly within minority ethnic groups who are less likely to find a match.

A kidney from someone with blood type A cannot be transplanted to someone with blood type B, nor the other way around. But changing the blood type to the universal O would allow more transplants as this can be used for people with any blood type.

The researchers used an enzyme to flush the kidney and remove the blood type markers that line the blood vessels. This led to the organ being converted to type O.

However there is still a lot of research and testing to be done before the technique can progress to clinical trials.

Source: Guardian; 15/08/2022



## NEWSROUND

### Updated Covid Vaccine

The UK was the first country to approve a dual vaccine to tackle both the original Covid virus and the newer Omicron variant. The new vaccine, made by Moderna, will be part of the Autumn booster campaign (see elsewhere in this issue).

The original Covid vaccines were designed to train the body to fight the original form of the virus which emerged in Wuhan, China at the end of 2019. The virus has since mutated substantially, with many new variants emerging that can dodge some of our immune defences.

The original vaccines still provide strong protection against becoming severely ill or dying, but companies are tweaking them to match the virus as it evolves.

Source: BBC News

### Join the VOICE Global Community

VOICE is an online platform which brings together members of the public, patients and carers who want to influence and inform UK health research and innovation.

Membership is free and will keep you updated with the latest VOICE opportunities. Sign up to VOICE at <https://www.voice-global.org/>.

## eConsult Top Tips

eConsult is an on-line tool to enable you to contact the Practice without having to phone or visit the Medical Centre. eConsult can be accessed through the [blue box](#) on the Practice website.

How Does eConsult Work? There are 4 options to choose from when you click the eConsult tab:

- Children
- Administrative Issues – eg. sick notes, test results
- Common Symptoms – eg. coughs, pain, mental health issues
- General Symptoms – eg. tiredness, weight loss, dizziness

You need to select the appropriate option so that you are asked the relevant questions.

What to Expect? eConsult will ask you a lot of questions and we appreciate this can feel tedious. However, the questions are important because they give the GP as much information as possible to help them make an informed decision.

One eConsult for Each Issue. If you have several issues to discuss, please put each on a separate eConsult. Multiple issues on one eConsult can be more difficult to manage.

Would Photos be Helpful? If you have a skin issue, a rash or something that is visible, and if you are able to, then a photo may be helpful. While it is useful if you send a photo, please make sure it is in focus and the problem area is clearly visible in the picture. Please do not send images of sensitive areas, eg. female breasts, as the photos may be visible to Practice staff other than GPs.

Provide as Much Information as Possible. To allow the GP to make an informed decision about the next steps, it is important you provide as much information as possible in the text box.

An example might be:

"I have suffered from migraine for a number of years. Over the past 3 weeks I have been getting them much more frequently, and have had about 5 in total. I am starting to miss work as a result & was hoping I could get some better treatment and some advice."

The text box is of limited size, so your description needs to be concise.

Troubleshooting. The questions are designed to check whether or not your problem is urgent. If it is urgent you will be directed to go to hospital or call 999.

Follow Up. The GP should phone you, or send an SMS text, as soon as possible, and normally within 48 hours of you submitting the eConsult. You may be asked to reply to a text if the GP needs photos or more information. The GP will then discuss the action plan with you.



**Your  
next  
poo**

**could  
save**

**your  
life**

If you receive a bowel  
screening kit, use it.  
You could stop cancer  
before it starts.

To find out more visit  
[nhs.uk/bowelscreening](https://nhs.uk/bowelscreening)

**Screening  
saves  
lives**

**Help us  
help you**

## NEWSROUND



### Glucose Monitors for Type 1 Diabetes Patients

The NHS has announced that all patients with type 1 diabetes will now be eligible for continuous glucose monitors. The wearable arm gadget sends information to a mobile app and allows diabetes patients to constantly keep track of their glucose levels, without having to scan or take a finger prick test.

These monitors will be life-changing for anyone with type 1 diabetes, giving them greater choice in how to manage their condition. In turn this should mean the best chance of living healthier lives, reducing the risk of hospitalisation, and of illnesses associated with diabetes -- thus reducing pressure on wider NHS services.

Source: NHS In Touch Newsletter



## Do You Find Drug Names Confusing?

Are you confused by the names of drugs? So are many of us!

Generally, and like us, drug names are composed of two parts: a given name and a family name. But unlike us the two parts are used to make a single word. The family name (suffix) normally indicates what the drug does, and as there may be many drugs in a particular category (and with similar structures) the given name is used to distinguish them – just like John Smith and Jane Smith.

Here's a quick guide to the meaning of some of the more common suffixes (family names) with a common example of each.

-afil	phosphodiesterase inhibitor [sildenafil]
-amil	calcium channel blockers (blood pressure control) [verapamil]
-caine	local anaesthetics [lidocaine]
-cillin	antibiotics [amoxicillin]
-cycline	antibiotics [tetracycline]
-dipine	calcium channel blockers (blood pressure control) [amlodipine]
-done	opioid analgesics [oxycodone]
-ide	hypoglycaemics (blood glucose control) [dulaglutide]
-mide	diuretics [furosemide]
-mycin	antibiotics [erythromycin]
-nazole	antifungal [fluconazole]
-lol	beta blockers (blood pressure control etc.) [atenolol]
-oxacin	broad spectrum antibiotics [ciprofloxacin]
-parin	anticoagulant [heparin]
-pril	ACE inhibitors [ramipril]
-sone	steroids [hydrocortisone]
-statin	anti-hyperlipidemics (reduce cholesterol) [simvastatin]
-tadine	antihistamines (for allergies) and some antivirals [loratadine]
-thiazide	diuretics [chlorthiazide]
-rel	female hormone [norgestrel]
-vir	anti-viral [acyclovir]
-zepam	anti-anxiety [diazepam]
-zolam	anti-anxiety [triazolam]



## How Do I Dispose of Unused Medicines?

First of all it is important to stress that **you must not take any medicine which is past its expiry date or which is not yours**.

Doing so could cause adverse reactions, or worse.

It is quite common for us to end up with lots of expired medicines (both prescription medicines and those bought over the counter) in our bathroom cabinets or bedside drawers. It is also very common that when someone dies, especially if elderly, they have stocks of unused and/or expired medicines. So what should you do?

First of all leave everything in its original packet, put them all together in a bag or box and ensure they are kept safely out of the way of pets, children and the inquisitive.

**Unused medicines must NEVER be put in the rubbish bin or flushed down the toilet.** It is possible that they could be recovered from the bin by children or the unscrupulous. And if flushed down the toilet the drugs could well end up finding their way into the environment (especially rivers) and damaging wildlife, only to eventually reappear in our drinking water or food.

The safe way to dispose of these medicines is to take them to your local pharmacy. They are obliged to take unwanted medicines and they will have a process for their safe destruction.

And yes, the drugs must be destroyed; they cannot be reused even if the packet is still security sealed. As soon as any medicine leaves the pharmacy it cannot be reused. This is to ensure everyone's safety as there is no way to know for sure the condition of a returned medicine. Has it been stored properly? Has it been tampered with? How much have the ingredients degraded over time? There is no way of knowing so we have to be safe. That also means your unused drugs should not be donated to poorer countries.

The same rules also apply to surgical appliances and supplies – even to unopened packs of incontinence pads.

**Please turn out your bathroom cabinet & bedside drawer and return unwanted or expired medicines to your local pharmacy for safe disposal.**



## Barnabas Medical Centre

Girton Road, Northolt  
UB5 4SR

020 8864 4437

email: [admin.barnabas@nhs.net](mailto:admin.barnabas@nhs.net)

web: <https://barnabasmedicalcentre.co.uk>

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### Surgery Times

Mon-Fri: 0800-1830

Phone lines are open  
Mon-Fri 0800 to 1800

### Out of Hours

For urgent healthcare outside  
surgery times please call 111

\*\*\*

### Doctors

Dr Harpreet Kooner (m)

Dr Harjeet Bhatoa (f)

Dr Elizabeth Fong (f)

Dr Rajee Navaneetharajah (f)

Dr Rebecca Carey (f)

### Practice Nurses

Henny Shanta (f)

Karen Collett (f)

Nikki Onoufriou (f)

### Clinical Pharmacist

Pareesh Virji (m)

### Practice Manager

Matthew Edwards

### Office Manager

Angela Hemmingway

\*\*\* \*\*

### Barnabas Patient Voices

Chairman: Keith Marshall

020 8864 7993

[keith@barnabasvoices.org.uk](mailto:keith@barnabasvoices.org.uk)

<https://barnabasvoices.org.uk>

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*This newsletter is a joint  
production of Barnabas  
Medical Centre and Barnabas  
Patient Voices.*

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