



IT'S FLU SEASON!

By the time you read this, we will be well into the swing of trying to get as many of our **3,531 patients** who are eligible for this year's flu vaccination 'jabbed' (eligible children can now have theirs via a nasal spray). It's always a mammoth task and all of our clinicians work their socks off to make sure as many patients as possible get their jabs before the spread of the flu virus takes hold. We are targeted by the Department of Health to get 75% of eligible patients vaccinated which is not easy, so we really do need everyone's help to hit this. The list of criteria for eligibility is too long and complicated to list here, so **if you think you might be eligible, call us on 01206 250691 to check and book your appointment.** We have flu clinics set up for Friday evenings and Saturday mornings this year which should be convenient to more patients than ever.

Finally, now the nights are drawing in, so come along to **our Patient Participation Group meeting on Thursday 16th Oct at 6.30pm** at the Great Bentley village hall.

Richard – Practice Manager



To improve diabetic services we have started a new process in caring for our diabetic patients across North East Essex.

Most people have busy lifestyles and it can be difficult for them to attend lots of appointments. In view of this we have consolidated the appointments making them more effective. When a diabetic check-up is needed, as usual patients will be sent an invitation to attend a morning appointment to have a blood sample, blood pressure measurement, foot examination; height and weight taken together in one go. These have to be in the morning, as blood samples are only collected once a day at around 11.30 am.

Upon receiving the blood results, patients are sent written details of all their test results. If these results are good the patient does not have to come back for any further appointments. In this instance the results will be accompanied by a letter suggesting a date for the next follow up.

If the results indicate that a consultation is advisable however, a letter will be sent with the results suggesting a time and date for an early follow up. By having full access to all the results before the appointment it is hoped that patients can think of some ideas that might help them improve their condition. We do not want to dictate changes to a patient – but instead want to work **with** them to achieve goals that are both acceptable and achievable for them. Of course even if the results show no early follow up is necessary, if a patient still wants to see a Diabetes Nurse specialist, they still can.

This new way of working has been successfully piloted in other areas of the country. The feedback has been that the care improved dramatically and patients' have become more informed and successful in making improvements to their health.

We hope that our diabetic patients will find this new way of working helps them, but we are always pleased to hear constructive comments for improvements.

Tracy (Diabetic Nurse Specialist at Great Bentley Surgery)