




# Boultham Park Medical Practice

## Newsletter


### Autumn Edition 2024

#### Editorial



Welcome to this Autumn 2024 edition of the Boultham Park Medical Practice newsletter which we encourage you to read as it contains useful information, some of which you may not be aware of. You are welcome to take a copy home with you. However, an electronic copy is also available on the Boultham Park Medical Centre webpage for you to download. We also hope you had a pleasant Summer and were able to have some sort of holiday break.


#### National Pilot Project



We are thrilled to announce that our Primary Care Network (PCN), which includes Woodlands Medical Practice, Birchwood Medical Practice, Richmond Medical Centre, and Boultham Park Medical Practice, has been selected to participate in a National Pilot program. This initiative aims to enhance general practice, ensure sustainability, and address population health management. Being one of the chosen PCNs across the country, we look forward to contributing to this important project in shaping the future of general practice and making a positive impact on our community's health and well-being.

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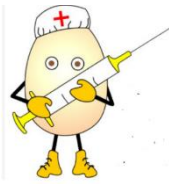


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#### Seasonal Flu and COVID Vaccinations



We commenced our seasonal flu vaccination clinics from the beginning of October 2024. Invites are being sent to all eligible patients. Those patients with smart phone/mobile device access will be sent individual booking links and will be able to book directly into our clinics once they are published. Bookings using our online service saves you from having to call the reception team and saves time and increases capacity for them to be able to help patient with other health problems:

A flu vaccine is given to people who:

- are 65 and over.
- have certain health conditions.
- are pregnant.
- are in long-stay residential care.
- receive a carer's allowance or are the main carer for an older or disabled person who may be at risk if you get sick.
- live with someone who is more likely to get a severe infection due to a weakened immune system, such as someone living with HIV, someone who has had a transplant, or is having certain treatments for cancer, lupus or rheumatoid arthritis.

#### COVID -

We are not participating in this Autumn's Covid Vaccination campaign apart from in our designated Care Homes. Our Housebound patients will be contacted by the ICB Home Visiting vaccination team for their vaccinations. All other eligible patients should use the national covid booking service or call 119 to book an appointment.



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#### Focus on Vaccinations



If we're not vaccinated  
we're not protected

ARE YOUR CHILD'S VACCINES UP TO DATE?  
BOOK NOW AT THEIR GP PRACTICE

Why vaccination is important and the safest way to protect yourself and your family.

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year.





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Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus, that used to kill or disable millions of people, are either gone or are now very rarely seen.



Other diseases like measles and diphtheria, have reduced to a very low number of cases each year since vaccines were introduced. These cases are often related to travel.

However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again.

#### **Things you need to know about vaccines.**

##### **Vaccines do:**

- help to protect you and your child from many serious and potentially deadly diseases.
- protect other people in your family and community – by helping to stop diseases spreading to people who cannot have vaccines, such as babies too young to be vaccinated and those who are too ill to be vaccinated.
- undergo rigorous safety testing before being introduced – they're also constantly monitored for side effects after being introduced.
- sometimes cause mild side effects that will not last long – you may feel a bit unwell and have a sore arm for 2 or 3 days.
- reduce or even get rid of some diseases – if enough people are vaccinated.

##### **Vaccines do not:**

- overload or weaken the immune system – it's safe to give children and adults several vaccines at a time and this reduces the number of injections needed.
- contain mercury (thiomersal)
- contain any ingredients that cause harm – only ingredients essential to making them safer and more effective and only in very small amounts.
- cause autism – studies have found no evidence of a link between the MMR vaccine and autism.



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#### Be aware of anti-vaccine stories.

Anti-vaccine stories are often spread online through social media and offline. Always get your vaccine and health information from trusted sources, such as the NHS or World Health Organisation (WHO).

The vaccine information on social media may not be based on scientific evidence and could put your child at risk of a serious illness. All the current evidence tells us that getting vaccinated is safer than not getting vaccinated.

#### How vaccines work

Vaccines teach your immune system how to create antibodies that protect you from diseases. It's much safer for your immune system to learn this through vaccination than by catching the diseases and treating them.

Once your immune system knows how to fight a disease, it can often give you life long protection.

#### Herd immunity

Having a vaccine also benefits your whole community through "herd immunity". If enough people are vaccinated, it's harder for the disease to spread to those people who cannot have vaccines. For example, people who are ill or have a weakened immune system.

#### Vaccine safety

All vaccines are thoroughly tested to make sure they will not harm you or your child. It often takes many years for a vaccine to make it through the trials and tests it needs to pass for approval.

Once a vaccine is being used in the UK it's also monitored for any rare side effects by the [Medicines and Healthcare products Regulatory Agency \(MHRA\)](#). It is also carefully monitored to make sure it still works.

Anyone can report a suspected side effect of vaccination to the MHRA through the [Yellow Card Scheme](#).



## Side effects of vaccination

Most of the side effects of vaccination are mild and do not last long. The most common side effects of vaccination include:

- the area where the needle goes in looking red, swollen and feeling a bit sore for 2 to 3 days.
- feeling a bit unwell or developing a [high temperature](#) for 1 or 2 days
- older children and adults may feel faint
- feeling tired, having a headache, mild fever, or flu-like symptoms

Some children might also cry and be upset immediately after the injection. This is normal and they should feel better after a cuddle. Common side effects usually pass after a few days.

## Allergic reactions

It's rare for anyone to have a serious allergic reaction to a vaccination. If this does happen, it usually happens within minutes.

The person who vaccinates you or your child will be trained to deal with allergic reactions and treat them immediately. With prompt treatment, you or your child will make a good recovery.

## Measles and Mumps

[Measles](#) and [mumps](#) are starting to appear again in England, even though the MMR vaccine is the best protection against both diseases.

This is serious as measles can lead to life-threatening complications like meningitis, and mumps can cause hearing loss.

## Symptoms of measles

Measles symptoms include:

- high fever
- sore, red, watery eyes



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- coughing
- a runny nose
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears after the first symptoms

#### Protecting yourself from measles

To protect yourself and those around you from measles:

- Make sure your children get two MMR vaccines on time – the first at 12 months of age and the second at 3 years, 4 months
- if you or your children missed these vaccines, it's not too late – ask for the free vaccine from your GP if you or your children aren't up to date

#### If you think you have measles

- If you have symptoms of measles, stay at home and phone your GP or call NHS 111.
- **Do not attend GP surgeries and A&E departments without informing them that you think you have measles before you visit** – you could spread the illness to others.

## Important

If 95% of children receive the MMR vaccine, this would stop measles spreading completely.

However, measles, mumps and rubella can quickly spread again if fewer than 90% of people are vaccinated.

Everyone should be up to date with their routine vaccinations to give them the best protection.

## Respiratory Syncytial Virus (RSV)

From 1 September 2024, a new respiratory syncytial virus (RSV) vaccination programme will be introduced. RSV is a viral pathogen known for causing respiratory infections, predominantly affecting the lungs and airways. It often causes a mild cough and cold but, in some people, can trigger pneumonia or bronchiolitis, characterised by inflammation in the airways.

The Practice will in due course contact patients to invite them to attend appointments.



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#### Fighting Fit

- Supporting people living with or recovering from cancer in Lincolnshire.

[Fighting Fit | Cancer Rehabilitation | Charity | Lincolnshire](#)



#### Co-Production in Cancer

- The group works with people with lived experience to positively shape services by using their personal experiences to influence change.

[Cancer Co-production Group - Every-One](#)







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#### Social Prescribing

Social Prescribing has helped over 330 patients from across the Apex Primary Care Network and nearly 100 of them from Boultham Park Medical. We have got over 200 positive outcomes for clients. These could be from helping people to find new groups, found support for people with long term illnesses, got people the carers support they need or got people through to the right places to help achieve their goals.

Around Boultham Park alone, there are organisations supporting people with Dementia, Craft afternoons, Mindfulness classes, Citizens Advice Bureau drop-ins, Wellbeing Walks, Warm Spaces, Fellowship Cafes, Dancing groups, Men's Groups, fitness groups or all abilities. Just to name a few.

Also, along with colleagues helped create a new hub in the Community at the Moorland Community Centre, a place for the community to gather and take part in new activities, learn new skills. There is also a space for Professionals to meet with clients / patients / other professionals.

There is a Social Prescribing Drop-in at the Moorland Methodist Church on Skellingthorpe Road on the second Tuesday of each month from 10am till 12.30pm. Please come in and talk to one of the Social Prescribing Link Workers about how we can help, or you can ask at the Surgery about Social Prescribing search the link below to learn more.

<https://lincscvp.org.uk/social-prescribing/>



**Lincolnshire Community  
and  
Voluntary Partnership**





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### StreetSafe

Help us make the streets **safer**

Is there an area in Lincolnshire you don't feel safe?

Tell us where and why using **StreetSafe**



Visit [police.uk/streetsafe](https://police.uk/streetsafe) or scan the QR code



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#### NHS App

During the early part of the summer, the PPG presented a number of training sessions for patients on how to use the NHS App on their mobile phones. For those who attended, they found it useful and gave them the confidence to use the App for obtaining information and for ordering repeat prescriptions. In fact, most people had difficulty with setting up the App, but once set up they found the App easy to use.

This App will eventually replace the 'System Online' that has been around for some time so it is a good idea to familiarize yourself with it. More training sessions are planned so keep your eyes peeled on the noticeboards at the Practice.

In addition to the NHS App, guidance was also given on the 'Contact Us' function available on the Practice webpage. This is a useful tool to use when reporting non urgent medical issues or for other administrative purposes.

There has also been a video made by the NHS which can be viewed using this link:

[introduction to the NHS account and the NHS App](#)



#### Patients Experience Survey

- Patients are our best witnesses of healthcare. Being centre of the healthcare process, you observe almost the whole process of care, meaning that you can provide invaluable insights into the quality and delivery of care. By telling us about your experiences it can help improve services for both you - the patient, and those delivering services.
- EXPERIENCES OF USING NHS SERVICES
- Have you or someone you cared for recently used NHS services?
- We would like to hear from patients and groups from all communities, towns and villages across
- Lincolnshire to help us understand your experiences in using NHS services.

[Complete survey here](#)



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## Healthwatch

Healthwatch Lincolnshire are the independent champion for people who use health and social care services. Healthwatch Lincolnshire make sure that those running services, put people at the heart of care.

Their sole purpose is to understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf.

We focus on ensuring that people's worries and concerns about current services are addressed.

We work to get services right for the future.

Tell us about your own experiences of health or social care services

[Complete survey here](#)

For further information about Lincolnshire Integrated Care Board – go to this web page

[Lincolnshire ICB - Supporting healthcare for the population of Lincolnshire](#)








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#### Prostate and PSA Testing



There has been a lot in the news recently about screening for prostate cancer. Unfortunately, there is no perfect test for this. If you are a man over 50 you can request a check. Men deemed at risk, such as those with a family history of prostate cancer, may request a check sooner following discussion.



What a check usually involves:

- A prostate specific antigen (PSA) blood test first
- An examination of the prostate during a rectal examination.

It is important a patient is counselled prior to having a check as many things can cause your PSA to be temporarily raised (including exercise, infection, or recent sexual activity within 48 hours).

Not all men wish to have an examination of their prostate during a rectal examination, however, about 15% of PSAs can be falsely reassuring when in fact there may still be a cancer, and 75% of patients with raised PSAs go on to have a normal prostate after tests.

Therefore, physical examination can help work out if there are any features about your prostate that may be more or less worrisome, even if the PSA is reassuring.

If you are concerned about whether you may have a problem with your prostate then speak to our reception team who will book you in with a clinician to discuss.

For more information about prostate cancer [Click Here](#)