The Bosmere News – August Edition

Flu Season Approaching!

The practice has ordered flu vaccinations for all eligible patients. These will be available from October.

Appointments are available to book online for our flu clinics, as well as via the telephone line or at the reception desk. If we have a current mobile number listed for you, you will also be sent a text message with a direct booking link. Flu clinics will be held on Saturday 4th and Saturday 11th October. If you are unable to make these dates, you can book an appointment with a HCA or Practice Nurse who will be able to do this for you any time during the week, from Monday 6th October.

When you attend flu clinic, the clinician can also advise you of any outstanding tests or reviews due and if you are eligible for any other vaccinations – these may also be able to be given at the same time as your flu jab.



Let's keep Flu at bay!

Flu – Facts and Fiction

Vaccination remains the best protection against flu and complications of flu – take a look at some of the Facts and Fiction below!

Fiction: The flu vaccine gives you flu.
Fact: The flu vaccine cannot give you flu as it does not contain any live viruses.

Fiction: A healthy diet and Vitamin C with prevent flu.
Fact: Flu is a virus and can affect anyone, no matter how good your immune system is.

Fiction: The vaccine does not work, I still got flu!
Fact: Over the last 10 years, the vaccine has provided good coverage against flu and it is still the best way to fight flu this winter.

Fiction: I've never had flu so I'm not likely to get it.
Fact: The flu virus mutates, so you need to be vaccinated annually for protection.

Fiction: The vaccine is not safe.
Fact: The vaccine is well tested and has an excellent safety record.

Fiction: I'm not in an at risk group.
Fact: Anyone can get flu and pass it on to vulnerable groups – even with no symptoms.

A Training Practice

The Bosmere Medical Practice supports Trainees and Medical Students through the early part of their career by partnering Portsmouth Hospitals Trust and various Universities on the South Coast.

We are currently mentoring three ST3 GP's (GP Registrars), who perform their own clinics, complete patient admin and have a weekly tutorial with their GP mentors.



We also look forward to welcoming our next rotation of fifth year medical students who will join us from September. As part of the student placements, they will be shadowing various clinicians throughout the practice, before hosting their own clinics with their GP mentor on standby to assist if needed. This will help them gain practical experience in the care and treatment of patients.

If you would prefer not to have students present during your consultation, please let a member of the Patient Support Team know when booking your appointment.

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Changes to Asthma Guidelines

This year, the guidelines for treating asthma have changed with blue preventer inhalers slowly been phased out.

This new guidance may mean that you are now not on the best treatment plan to manage your asthma symptoms.

If you are due or overdue your annual asthma review we would advise that you book this, in order to discuss the best options for the ongoing management of your asthma.



If your inhaler has changed recently, or if you feel you may just need a refresh on how to use it, you can find helpful tips and videos by visiting the Asthma and Lung UK website by using the link below:

https://www.asthmaandlung.org.uk/living-with/inhaler-videos

Staff Changes

We look forward to welcoming two new clinical staff members to the team in September: Dr Nicola Wright joins the team as a Salaried GP and Lee Guimaraes joins as a Prescribing Advanced Nurse Practitioner!

We are sorry to say goodbye to Dr Sarah Jamshaid, who left the Practice at the end of last month for pastures new. We wish her all the best with her future endeavours.

Have You Updated Your Mobile Number?



Just a reminder to keep your mobile number updated with us. This will ensure you receive invites, communications from clinicians and any practice announcements as quickly as possible.

Have You Used Our Waiting Room Health Pod?

This is situated in the screened area in the ground floor waiting room, and can be used for a number of checks and reviews.

It is quick and easy to use, and may save you having to attend an appointment with the Nursing Team.

Once you have been identified on the system by inputting your name and date of birth, and have followed the simple onscreen instructions, all information measured will filter directly into your electronic medical record.

The pod can be used for:

- Blood Pressure Check
- Oral Contraceptive Pill Prescription Renewal
- General Health Check
- Height, Weight and BMI
- Smoking Status
- Friends and Family Surgery Feedback



When you have completed the session, your results are automatically saved on your patient records, and if there are any concerns the clinician will contact you to discuss.

Upcoming Practice Closures

- Monday 25th August
- Tuesday 25th November (from 1pm)
- Thursday 25th December
- Friday 26th December

Dr T Chung • Dr D König • Dr B Bracegirdle • Dr Jadhan • Dr Mowlem

www.bosmerepractice.co.uk