

# Fosse Medical Centre (FMC) Patient Participation Group (PPG)



Newsletter – Spring 2024 Issue 51

## **NEXT WINTER'S FLU VACCINATIONS**

Here's advance information about next winter's flu vaccinations. They will be starting a month later than usual in order to cover patients better over the winter months. The first flu clinic for 65+ will be on the first weekend of October. Some necessary health checks will take place at the same time.

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334 Fosse Road North  
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Tel: 0116 2957100

## **LEICESTER - A MEASLES HOTSPOT**

Government data shows that Leicester has become a "hotspot" for measles due to falling vaccination rates. Up to 15% of children in the East Midlands have not had two doses of the MMR vaccination meaning that more people are likely to become ill with measles.

Mr Rob Howard, Leicester's Director of Public Health states that there have been more than 70 cases in the city, 560 over the Midlands. He says that people have forgotten how horrible the disease is, how contagious it is and the fact that it can be really dangerous and can kill people. He urges people to check their vaccination status at their surgery and arrange an appointment if necessary.

The symptoms of measles include, cold-like symptoms...runny nose, sneezing and coughing; sore, red eyes that may be sensitive to light; a high temperature which may reach 40 degrees; small greyish-white spots on the inside of the cheeks. A few days later, a red-brown blotchy rash will appear – usually starting on the head or upper neck before spreading outwards to the rest of the body.

If you think you, or a family member has measles, please contact the surgery and explain the symptoms. It is likely that an arrangement will be made for the patient to be seen away from the main waiting room and usual consulting rooms in order to isolate the patient.

### **MEASLES IS EXTREMELY CONTAGIOUS.**

A person with measles went to the Accident and Emergency Department at Leicester Royal Infirmary. Once the diagnosis of measles was confirmed, five hundred people, who were in the department at the same time had to be contacted and warned that they might have been infected by that one person. Imagine the time, energy and money that would have cost the NHS.

To protect you and your loved ones from measles please ensure that you are vaccinated, if you develop symptoms keep away from other people and contact the surgery or NHS 111 in an emergency.



## **NEW COVID BOOSTER**

The NHS is preparing for a seasonal dose of Covid-19 vaccine in spring 2024. The people who are eligible are adults aged 75 years and over, residents in care homes for older adults and individuals aged 6 months and over who are immunosuppressed. The vaccination programme begins on 15<sup>th</sup> April and it is hoped that eligible people will be vaccinated by 30<sup>th</sup> June.



## **TRAVELLING ABROAD?**

If you are planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world. You should contact reception 8 weeks before travel in order to ensure that the surgery has the necessary vaccines and also because some vaccines need to be given well in advance to allow your body to develop immunity. In addition, some vaccines involve a number of doses spread over several weeks or months. Some vaccines are available free on the NHS and others need to be paid for. This information will be given before you have the vaccination. Happy travelling!



## **PATIENTS WHO DID NOT ATTEND APPOINTMENTS**

Fosse Medical Centre has an excellent record on enabling patients to make appointments to see the various health professionals who work there, whether the appointments are urgent, same day appointments or non-urgent routine appointments. However, there is always room for improvement and if everyone who decided they no longer needed their appointment cancelled it, a large number of appointments would be freed up for other patients.

Here is the latest data about missed appointments with doctors, the nurse, Health Care Assistants and other healthcare staff.

		<u>Number of missed appointments</u>	<u>Hours wasted</u>
December	GPs	70	19.4
	Nurse/HCA	96	21.5
	Other	25	20.25
January	GPs	198	54.5
	Nurse/HCA	110	23.9
	Other	32	29
February	GPs	100	24.8
	Nurse/HCA	76	16.5
	Other	37	21.3

**Please cancel your appointment if you no longer need it so someone else can have it.**