

# PORT ISAAC POST

www.portisaacpractice.co.uk

The practice has already purchased and reserved 'flu vaccinations for all of our eligible patients. This year the practice is offering two different vaccinations, based on the latest guidance from the Joint Committee on Vaccination and Immunisation, who advise the NHS on which immunisations to provide.

We will be offering the Fluvad® vaccination to all patients aged 65 (*on or before 31<sup>st</sup> March 2019*), as this has shown to be most effective for this age group.

For all patients who are not in this age group, and are eligible, we will be offering the Quadrivalent Influenza Vaccination® which offers protection from four different strains of flu: Michigan, Singapore, Colorado and Phuket; this is based on the World Health Organisation's recommendation for the 2018/19 flu season.

In order to accommodate the vast majority of our patients we will be running the following flu clinics:

**Bridge Medical Centre - 6th October 2018**

**St Kew Medical Centre - 20th October 2018**

**Port Isaac Practice - 17th November 2018**

**To make an appointment for a flu jab, please contact the surgery on 01208 880222 or ask your GP at your next routine appointment**

If you wish to decline the vaccination, please contact the surgery and we will update your record.



Order repeat prescriptions with

**Patient access**

Minimise your trips to the practice by requesting your prescriptions online

- ✓ View
- ✓ Request
- ✓ Check progress

Manage your prescriptions on the move with the free Patient Access app

Ask at reception for details and visit

**www.Patient.co.uk/access**

emis

## Order your repeat prescription online

The Practice is pleased to provide patients with a repeat prescription order service via a Secure Web Interface.

To use EMIS Patient Access you will need a Practice ID number and Access ID number which is obtained from the practice, and, in conjunction with a password, will be unique to you.

All information that is sent to your surgery via EMIS Access is secure. Your personal details are encrypted and protected using the highest standard internet security, so it cannot be intercepted. Only you and your GP surgery are able to see this information.

## DESMOND

Support for people newly diagnosed with Type 2 diabetes

Kernow CCG is introducing an education course for people newly diagnosed with Type 2 Diabetes. The DESMOND course has been introduced in many other parts of the country and has been very successful over a number of years.

DESMOND- stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed.

It is a way of finding out more about Type 2 diabetes. It is a resource to help manage the changes that diabetes will bring to a person's life and is an opportunity to meet and share experiences with others.

Sessions will usually be for up to 10 people, who are newly diagnosed with Type 2 diabetes, and they can invite a friend/partner to attend with them. Most sessions are for approximately 6 hours and will be facilitated by trained nurses.

The course will be run throughout the county. Dates and venues will be confirmed.



### Online/mail order pharmacies

You may have received a leaflet in the post inviting you to get your repeat prescriptions from an online or mail order pharmacy.

Here are some important facts about these companies which we feel you should know:

- These pharmacies have nothing to do with us.
- They are distance selling (internet only) pharmacies often based on an industrial estate.
- As a patient, you cannot have any face-to-face contact with these companies. Distance selling pharmacies like this are only allowed to deal with patients by post, telephone or internet, not in person.
- Prescriptions from many of these companies are delivered by Royal Mail, unlike your medications handed to you in the dispensary by a member of our team or delivered to our collection points.
- In October 2015, one company was fined £130,000 for selling its patients' details to marketing companies including an Australian lottery. The Information Commissioners Office subsequently found that this data was used by the marketing companies to deliberately target elderly and vulnerable patients.
- Over Christmas 2015, one company failed to send out prescriptions for three weeks, leaving thousands of patients stranded without their essential medicines.
- In February 2017, the Care Quality Commission inspected one company and found that it was "not safe, effective or well led".

We believe that internet businesses like these pharmacies are no substitute for your local dispensary.

Please support us to continue caring for you and your family by ignoring any correspondence from these companies and obtaining your prescriptions here at your local NHS dispensary.

We have a practice pharmacist Kathryn employed by the practice 3 days a week who is happy to deal with any queries you may have about your medication

### PORT ISAAC PRACTICE WEBSITE

Our website has been designed to make it easy for you to gain instant access to the information you need. As well as specific practice details such as opening hours and how to register, you will also find a wealth of useful pages covering a wide range of health issues along with links to other relevant medical organisations. You can also

subscribe to receive this newsletter automatically by registering online [www.portisaacpractice.co.uk](http://www.portisaacpractice.co.uk)

