

Sheringham Medical Practice



Newsletter

Autumn 2022

**Special Edition: Flu & COVID
Vaccinations**

This Autumn, Sheringham Medical Practice will be providing FREE Flu and COVID vaccinations for eligible patients in a range of clinics.

Our clinics have been arranged to support us inviting patients in clinical priority order as directed by NHS England. It is recommended that practices deliver the vaccines to Residential/Nursing home and Housebound patients first and then those aged 80 years and over

Super Flu/COVID Clinics Scheduled Over 6 days

All Patients eligible for a Flu/Covid vaccination will be invited by Letter, Text or Phone to book an appointment on one of the following dates

Saturday 8 October
Saturday 15 October
Saturday 22 October
Saturday 5 November
Saturday 12 November
Saturday 3 December

Car parking at the Practice will be for drop off and disabled patients only. Alternative parking will be available

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CLINIC DATES

Please see below for our scheduled clinic dates.

Saturday 8 October
Saturday 15 October
Saturday 22 October
Saturday 5 November
Saturday 12 November
Saturday 3 December

If you are unable to attend these clinics, appointments will be available on alternative dates which you will be able to request when you have received your invitation.

The practice will also be vaccinating Residential/Care Home and Housebound Patients in early October.

Co-administration of both vaccines is a safe and efficient method of vaccination. Patients can attend these clinics and decline to have one or the other of the vaccines, however, we would encourage patients to have both vaccines in case we cannot offer separate catch-up clinics at a later date.

Who is eligible?

The practice will be inviting patients in clinical priority order as directed by NHS England

All patients registered with the practice who are eligible for a COVID/Flu vaccine are:

- 65 years of age or over.
- 18-49 years who are clinically at Moderate or High Risk due to COVID
 - **Please note that some patients aged 18-49 years who are in the Flu at Risk groups will NOT be eligible for a COVID booster**
- All patients who are 50-64yr olds

Healthy 50–64-year-olds

Healthy 50–64-year-olds will be eligible for the COVID and Flu vaccine. However, this cohort of patients will not be invited until the priority cohorts of patients have been vaccinated at the end of November.

Childrens' Eligibility for Seasonal Influenza - Healthy 2–3-year-olds and Under 18s in Flu At Risk Groups.

These patients will be invited by letter to book an appointment with the Practice Nurse when we have received the children's vaccines.

The practice will NOT be offering COVID booster to under 18s – those who are eligible will be offered appointments via the National Booking System

Seasonal Flu Eligibility

Seasonal Flu Eligibility remains the same as last year and therefore anyone registered in the following groups will be eligible

- **All those aged 65 and over (including those becoming age 65 years by 31 March 2023)**
- **All pregnant women (including those women who become pregnant during the flu season)**
- **Children aged 2 or 3 years on 31 August 2021 - born between 1 September 2017 and 31 August 2019**
- **All patients who are aged 6 months or over who are in one of the following risk groups:**
- **Chronic respiratory disease and Asthma: Asthma that requires continuous or repeated use of inhaled or systemic steroids or with previous exacerbations requiring hospital admission.** Chronic obstructive pulmonary disease (COPD) including chronic bronchitis and emphysema; bronchiectasis, cystic fibrosis, interstitial lung fibrosis, pneumoconiosis and bronchopulmonary dysplasia (BPD). Children who have previously been admitted to hospital for lower respiratory tract disease.
- **Chronic heart disease:** Congenital heart disease, hypertension with cardiac complications, chronic heart failure, individuals requiring regular medication and/or follow-up for ischaemic heart disease.
- **Chronic kidney disease:** Chronic kidney disease at stage 3, 4 or 5, chronic kidney failure, nephrotic syndrome, kidney transplantation.
- **Chronic liver disease:** Cirrhosis, biliary arthesia, chronic hepatitis
- **Chronic neurological disease:** e.g. Stroke, Transient Ischaemic attack (TIA) Multiple Sclerosis, Motor Neurone Disease, Parkinson's, Huntingdon's

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- **Diabetes:** Type 1 diabetes, type 2 diabetes requiring insulin or oral hypoglycaemic drugs, diet controlled diabetes.
- **Immunosuppression:** If you are receiving chemotherapy or steroid treatment, have no spleen, or if you have HIV/AIDS, your immune system is already considerably weakened
- **Asplenia:** Splenic dysfunction, homozygous sickle cell disease and coeliac syndrome that may lead to splenic dysfunction
- **Morbidly obese:** If you have BMI of 40 or above (adults age 16+)
- **Those living in long-stay residential care homes or other long-stay care facilities where rapid spread is likely to follow introduction of infection** (this does not include people employed by care homes, prisons, young offender institutions, university halls of residence)
Those who are in receipt of a carer's allowance, or those who are the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill or poultry workers. (This should be given on an individual basis and at the GP's discretion in the context of other clinical risk groups in the practice.) NOT for professional health and social care workers who should be vaccinated by their employer.



Flu Eligibility

For full details of this year's flu eligibility please see:

NHS Website:

[Flu vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)

The Green Book: [The Green book of immunisation - chapter 19 influenza \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

Covid Eligibility

For full details of this season's COVID eligibility please see the Green Book guidance

[COVID-19 Greenbook chapter 14a \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

SCREENING SERVICE

If you are over 65 years, you will be offered the chance to have your pulse taken during our flu /COVID clinic this year by a clinician.

An irregular heart beat may mean that you have a condition called Atrial Fibrillation. If you have Atrial Fibrillation, which is not investigated and treated by your GP, it can mean that you are more likely to have a stroke.

During the flu clinic a clinician will take your pulse for 30 seconds. If you are found to have an irregular beat you may be given a heart tracing (called an ECG), either on the day or asked to return to the practice at a convenient time. The clinician will be able to look at the heart tracing and decide, with you, what actions or treatments are needed.

If you think you already have Atrial Fibrillation and are taking some medication for this condition please let the clinician know and they will check your records.

If you do not wish to have your pulse checked please let the clinician know.