



Welcome to the third edition of the Patient Newsletter. Each month we hope to include a short item by a member of the Patient Reference Group. This month's article was written by Mr. Sean Hall.

RAISING AWARENESS OF FIBROMYALGIA

"Many people are still not aware of fibromyalgia and the devastating effects it can have on people with the condition and their families.

It is estimated that 2%-4% of the population could have fibromyalgia and many of these will have spent years suffering pain and fatigue before being diagnosed.

People with fibromyalgia typically have a range of symptoms which can change from day to day. These include muscle pain and stiffness, fatigue, specific tender points, disturbed sleep, depression and poor concentration to name but a few.

People with fibromyalgia often feel very isolated; when diagnosed they have never heard the word fibromyalgia before and do not know any other person who has it.

The more you find out about it the easier it is for you, your family, friends, associates and employers to cope with. There are no quick fixes, but help and support is out there in your community.

Meeting others with fibromyalgia not only adds an element of social interaction but encourages you to get out of the house and become less isolated, more proactive and positive."

*For more information contact: North Norfolk Coastal Fibromyalgia Social Group
Email: gspikeuk@yahoo.com*

Editorial comment:

Many thanks to Sean for his helpful and informative article. We hope to highlight other medical conditions in future issues of our Newsletter.

EDSM - Electronic Data Sharing Model

EDSM is a way for patients to decide what information is seen by different healthcare organisations. It is up to you as a patient how much of your health record is accessible across the NHS; this includes services such as hospitals, smoking clinics, district nurses.

At Mundesley Medical Centre we use a computer system called SystemOne which allows the sharing of full electronic records across different healthcare services.

If you would like some more information about your electronic patient record and the sharing of information please ask at the Reception desk for a leaflet and a form.



Online Access

Did you know that with the flu season rapidly approaching once you have received your invitation you can either book an appointment or decline this online.



We offer a variety of information via our website: www.mundesleymedical.co.uk

By logging in, using your unique information, you can access a variety of services. These include ordering repeat prescriptions, booking and cancelling appointments.

We also have questionnaires which you can complete and will be entered onto your patient record. These include a carers and travel questionnaire.

Medical Students

From the end of August through until the end of October we will have 4 medical students with us from Cambridge University. They will be seeing patients alongside the Doctors who will review their progress as they go.

Patients will have the option not to see the medical students if they would prefer.



Did you know?

You can book a telephone consultation with doctors & nurses

This gives you the opportunity to discuss any queries you may have which do not require examination.



Shingles Vaccine

A new vaccine to prevent shingles, a common, painful skin disease, will be routinely offered to older people from 1st September 2013.



The shingles vaccine will be given as a single injection when you reach 70 years.

For anyone over 70 years (but under 80) there will be a catch up campaign starting with patients aged 79. Unlike the flu jab, you will only need to have the vaccination once.

If you are eligible, we will contact you when the vaccination is available.

Dementia Assessments

As part of a new NHS initiative, if you are aged over 60 years you may be offered an assessment for dementia. Early diagnosis can help you and your family plan and enhance your quality of life. The assessment is carried out by one of our healthcare assistants or nursing team and only takes a few minutes.

If you are not invited to have an assessment but have concerns or worries about possible signs of dementia please book an appointment either for an assessment with one of our nursing team or with a GP to discuss your concerns.

Crab Tales

As a practice the doctors decided that they would like to write articles for the free magazine 'Crab Tales'. They will be addressing issues such as heart disease, menopause and dementia. The first article was published in Issue 016 and we will contribute an article monthly.



Bank Holiday Opening Times

We will be closed on Monday 26th August for the August bank holiday.

Please make sure you will not run out of medication during the holiday.

For emergency treatment while the surgery is closed, please phone 111.

ORDERING REPEAT PRESCRIPTIONS OVER THE AUGUST BANK HOLIDAY

Medication requested on	Collection date
21st August	23rd August
22nd August	27th August
23rd August	28th August

