



IMPORTANCE OF VACCINATIONS FOR PREGNANT WOMEN

Patient News

Issue 3 - July 2016

Key vaccinations for pregnant women

Pregnant women are urged to ensure they protect both themselves and their baby from developing complications, by being up-to-date with their vaccinations.

Flu vaccination

Pregnant women have a higher chance of developing complications if they get flu, particularly in the later stages of pregnancy.

One of the most common complications of flu is bronchitis, a chest infection that can become serious and develop into pneumonia. Other complications are not common, but include otitis media (middle ear infection), septic shock (blood infection that causes a severe drop in blood pressure), meningitis (infection of the brain and spinal cord) and encephalitis (inflammation of the brain).

If you have flu while you are pregnant, it could mean your baby is born prematurely or has a low birthweight, and may even lead to stillbirth or death in the first week of life.

Whooping cough vaccination in pregnancy

Whooping cough is a serious infection that causes long bouts of coughing and choking, making it hard to breathe. The whoop is caused by gasping for breath after each bout of coughing, though babies don't always make this noise.

Pregnant women can help protect their babies by being vaccinated, ideally at 20 weeks, after the foetal scan, and up to 32 weeks pregnant.

Young babies with whooping cough are often very unwell and most will be admitted to hospital because of their illness. When whooping cough is particularly severe, they can die.

If for any reason you miss having the vaccine, you can still have it up until you go into labour. The immunity you get from the vaccine will pass to your baby through the placenta and provide passive protection for them until they are old enough to be routinely vaccinated against whooping cough at two months old.

For further information, please contact your GP practice or midwife and/or visit www.nhs.uk

Hepatitis B vaccine

You can get infected with hepatitis B if you have contact with an infected person's blood or other body fluids. Babies born to mothers infected with hepatitis B are also at risk of becoming infected.

People at risk of hepatitis B and who should consider vaccination are:

- those who inject drugs or have a partner who injects drugs
- those who change their sexual partners frequently
- men who have sex with men
- babies born to infected mothers
- close family and sexual partners of someone with hepatitis B
- anyone who receives regular blood transfusions or blood products
- people with any form of liver disease
- people with chronic kidney disease
- people travelling to high-risk countries
- male and female sex workers
- people who work somewhere that places them at risk of contact with blood or body fluids, such as nurses, prison staff, doctors, dentists and laboratory staff

The hepatitis B vaccination is not routinely available as part of the NHS vaccination schedule. It is only offered to those thought to be at increased risk of hepatitis B or its complications.

- prisoners
- families adopting or fostering children from high-risk countries

How to get vaccinated against hepatitis B

Ask your GP to vaccinate you, or visit any sexual health or genitourinary medicine (GUM) clinic for the hepatitis B vaccination.

Hepatitis B vaccination in pregnancy

Hepatitis B infection in pregnant women may result in severe complications for the mother and chronic infection for the baby, so it is advised that a pregnant woman should have the hepatitis B vaccine if she is in a high-risk category.

Travelling outside the UK

Patients who are due to travel outside of the UK should find out whether they will need to be vaccinated against serious diseases including yellow fever, typhoid and hepatitis A.

Steps to take include:

- obtaining advice at least eight weeks before you are due to travel
- phoning or visiting your GP or practice nurse to find out if your existing UK jabs are up-to-date and obtaining general travel advice on vaccinations

- visiting a local private travel vaccination clinic for your UK boosters and other travel jabs

The following travel vaccinations are usually available free on the NHS:

- diphtheria, polio and tetanus (combined booster)
- typhoid
- hepatitis A (including when combined with typhoid or hepatitis B)
- cholera

You are likely to have to pay for travel vaccinations against:

- hepatitis B when not combined with hepatitis A
- Japanese encephalitis and tick-borne encephalitis
- meningitis
- rabies
- tuberculosis (TB)
- yellow fever

Further information is available via:

- NHS <http://www.fitfortravel.nhs.uk/destinations.aspx>
- <http://nathnac.net/>

Clean sweep for GP practices

Quality and consistency in the services provided to patients has led to all eleven of *gtd healthcare's* GP practices being rated 'Good' by the Care Quality Commission (CQC).

Dawn Swards, *gtd healthcare's* head of governance and clinical leadership, said the reports highlight good leadership from both the practices and head office and how working together has achieved positive outcomes.

"Working jointly with the practices is really important," she said.

"By combining their knowledge and skills with a good

infrastructure, head office expertise and support for areas such as human resources, complaints, incident management and clinical reviews to demonstrate quality improvement, has ensured safe and high quality care is a priority."

gtd healthcare is a values driven organisation and we are passionate about providing the best possible healthcare for our patients.

The CQC monitors, inspects and regulates services to ensure they meet fundamental standards of quality and safety in the NHS.



Preventing the development of diabetes

Pre-diabetic patients can benefit from lifestyle coaching thanks to a new pilot service in North Manchester.

YouFirst held a roadshow at *gtd healthcare's* Simpson Medical Practice in Moston with the aim of supporting the practice's pre-diabetic patients to make lifestyle changes to help prevent them from developing the disease.

Seventeen patients signed up to YouFirst and now have the opportunity of having one-to-one or group sessions to help them make changes to their lifestyle around areas such as weight, smoking, alcohol, physical activity, social activity, low mood and feeling more motivated.

YouFirst representatives are due to visit Charlestown Medical Practice at the end of July. Patients should contact the practice for further information. In the meantime, all patients who are at risk of developing Type 2 diabetes should contact their GP practice and ask for a HbA1C blood test.

Type 2 diabetes is a leading cause of preventable sight loss in people of working age and is a major contributor to kidney failure, heart attack, and stroke.

You are more at risk of Type 2 diabetes if you:

- are overweight or have a high Body Mass Index (BMI)
- have a large waist (more than 80cm/31.5 inches in women, 94cm/37 inches in men or 90cm/35 inches in South Asian men)
- are from an African-Caribbean, Black African, Chinese or South Asian background and over 25
- are from another ethnic background and over 40
- have a parent, brother or sister with diabetes
- have had high blood pressure, a heart attack or a stroke
- have a history of polycystic ovaries, gestational diabetes or have given birth to a baby over 10 pounds/4.5kg
- suffer from schizophrenia, bipolar illness or depression, or you are taking anti-psychotic medication

Educating children to lead healthy lives

Primary school children have been exploring the benefits of healthy living as part of a GP practice awareness raising initiative.

gtd healthcare's Millbrook Medical Practice in Stalybridge visited Millbrook Primary School as part of an exercise to educate pupils on the importance of healthy living.

The event included the practice nurse and manager delivering a health awareness talk during the school assembly, followed by four to seven-year-olds visiting the GP practice for a presentation and activities.

Pauline McGonigle, practice manager at Millbrook Medical Practice, said the event was a success.

"It was such a great opportunity to educate the children about the work we do at the practice and how we can all contribute to our health and wellbeing by taking simple steps, such as eating fruit and vegetables and exercising," she said.

Millbrook Medical Practice is passionate about engaging with and meeting the needs of its local community. The practice recently organised basic life support training for St Raphael Primary School in Millbrook and has received a Gold Pride in Practice Award in recognition of staff commitment to strengthening and developing the practice's relationships with their LGB patients.

Staying safe this summer

Those at most risk during periods of hot weather include:

- older people, especially those over 75
- babies and young children
- people with a serious chronic condition, especially heart or breathing problems
- people with mobility problems
- people with serious mental health problems
- people on certain medications, including those that affect sweating and temperature control
- people who misuse alcohol or drugs
- people who are physically active

Tips to help everyone keep cool and reduce health risks in hot weather:

- shut windows and pull down the shades when it is hotter outside
- stay out of the sun particularly between 11am and 3pm if you are vulnerable to the effects of heat
- keep rooms cool by using shades or reflective material outside the windows
- have cool baths or showers, and splash yourself with cool water
- drink cold drinks regularly; avoid tea, coffee and alcohol
- monitor the weather forecast
- plan ahead to make sure you have enough supplies, such as food, water and any medications you need
- identify the coolest room in the house so you know where to go to keep cool
- wear loose, cool clothing, and a hat if you go outdoors
- check up on friends, relatives and neighbours who may be less able to look after themselves

News in brief

Lindley Medical Practice and John Street Medical Practice

- Two new services are operating from the practices. Eligible patients can access the Paediatric Asthma Service, which focuses on providing personalised asthma care plans for children and asthma control tests, and the over 75's health check including frailty assessment. Please book an appointment with the appropriate clinician by contacting the reception at your practice.

Simpson Medical Practice.

- A warm welcome to Claire Parmley and Lorraine Taylor, who join the team as receptionists.
- A new lung health scheme for smokers and ex-smokers aged 55-74 is underway. Patients who fall into this category will receive a letter from the lung cancer screening research fellow at Wythenshawe Hospital offering them a free lung health check spirometry (a small machine attached by a cable to a mouthpiece, which measures how much air you can breathe out in one forced breath), and a CT scan. Uptake from patients has been extremely positive.
- A blood pressure machine has been installed in reception and we are actively encouraging patients to use this.



We are passionate about putting our patients first and providing great quality care. As such, we want to ensure patients have an opportunity to provide feedback on the services we provide, whether this is, for example, via the patient participation group, commenting via email, taking part in a consultation or receiving information updates. If you are interested, please speak with a member of the reception team.

Our locations:

Ashton GP Service

Old Street
Ashton-under-Lyne
Gtr. Manchester
OL6 7SR

☎ 0161 342 7050

Birtle View Medical Practice

George Street
Heywood
Lancashire
OL10 4PW

☎ 01706 261 823

Charlestown Medical Practice

Charlestown Road
Blackley
Gtr. Manchester
M9 7ED

☎ 0161 741 2060

City Health Centre

2nd Floor, Boots
32 Market Street
Manchester
M1 1PL

☎ 0161 839 6227

Droylsden Medical Practice

1-3 Albion Drive
Droylsden
Manchester
M43 7NP

☎ 0161 342 7777

Guide Bridge Medical Practice

Guide Lane
Audenshaw
Gtr. Manchester
M34 5HY

☎ 0161 344 2609

John Street Medical Practice

1 John Street
Oldham
Gtr. Manchester
OL8 1DF

☎ 0161 785 7030

Kirkholt Medical Practice

Queens Drive
Rochdale
Gtr. Manchester
OL11 2NP

☎ 01706 261813

Lindley Medical Practice - ICC

New Radcliffe St.
Oldham
Gtr. Manchester
OL1 1NL

☎ 0161 785 7520

Millbrook Medical Practice

Hollybank
off Grove Road
Stalybridge
Gtr. Manchester
SK15 3BJ

☎ 0161 304 2470

Simpson Medical Practice

361 Moston Lane
Moston
Gtr. Manchester
M40 9NB

☎ 0161 203 5550