

PPG Newsletter- December 2019

MMR Vaccinations

The MMR Vaccinations which are offered by the NHS help to protect against three diseases: measles, mumps and rubella or german measles. People who have not been vaccinated with 2 doses of MMR vaccine are more likely to catch these diseases. Children do become ill when they catch them, but so do adults.

All three diseases can be very serious. They can make adults very ill and cause problems for women who are pregnant and people who have weakened immune systems (and can't fight infection well). Measles is a serious illness that is highly infectious. To be protected from measles and other infections including mumps and rubella, you need to be immunised with 2 doses of MMR vaccine.

What is measles?

Measles is caused by a very infectious virus causing a rash and high fever; it can be very serious. Measles is highly infectious – a cough or a sneeze can spread the measles virus over a wide area. If you come into contact with it and are not protected, the chances are that you will be infected.

If you think you have measles, call your GP or walk in centre before you visit. This is important - if you spend time with someone who has a weak immune system they can easily catch it and become seriously ill. So if you have symptoms of measles, call ahead and get advice.

Someone with measles usually has to spend about five days in bed and may be off school or work for ten days. The illness can be more severe in adults and can last for longer. Adults are also at higher risk of complications.

Complications of measles can include ear and chest infections, fits, diarrhoea, encephalitis (infection of the brain), and brain damage. About one in 5000 individuals with measles is likely to die. There have been three deaths from measles in England since 2006.

What is mumps?

Mumps can cause viral meningitis, a very unpleasant condition. Painful complications of mumps can include inflammation of the ovaries or testicles, and in rarer cases, the pancreas.

- If you have missed your MMR there's a good chance that you may catch mumps if you come into contact with someone with the disease. You need two doses of MMR to be fully immunised.
- The only effective way to prevent mumps is to have two MMR vaccinations.

What is rubella?

Rubella (german measles) is a viral infection that's now rare in the UK. It's usually a mild condition that gets better without treatment in 7 to 10 days. Rubella is more serious for pregnant women. Symptoms of rubella include:

- a red-pink skin rash made up of small spots
- swollen glands around the head and neck
- a high temperature (fever)
- cold-like symptoms such as a cough and runny nose
- aching and painful joints – more common in adults

The symptoms of rubella usually only last a few days, but your glands may be swollen for several weeks.

For more information visit www.nhs.uk/measles or you can phone NHS on 111.

PPG2019(1)

Preparing for the UK's exit from the European Union

A great deal of preparation, planning and testing has already been carried out to make sure that health and care services continue to run smoothly after our exit from the EU.

All NHS organisations, Kent County Council and Medway Council are working together with NHS England, the Department of Health and Social Care, other government departments, as well as our partners and suppliers to make sure the NHS can continue to provide high quality care.

Planning for different scenarios has taken place and all organisations have arrangements in hand to deal with events that could disrupt services.

The government has been working hard to make sure patients can continue to receive the medication they need after the UK leaves the EU.

You can find more details about the government's preparations for medicine supply [here](https://www.england.nhs.uk/eu-exit/medicines/), <https://www.england.nhs.uk/eu-exit/medicines/>

Analysis by the Kent Resilience Forum suggests that in Kent there may be the added challenge of potential delays on our roads, as it may take longer for freight and tourist traffic leaving the UK to get through cross-channel border controls.

As part of our comprehensive preparations for our exit from the EU the local NHS, alongside many organisations across Kent, has prepared for the impact on staff and patients of any traffic disruption.

What you can do to prepare for the EU Exit in Kent and Medway:

Make sure that your contact details, including mobile numbers and email addresses if you have them, are up to date with the services that care for you so they can get in touch if they need to.

You will continue to receive the medication and medical supplies that you need for your care and do not need to make any extra arrangements. Speak to the doctor or nurse caring for you if you have any concerns.

If you need to travel to an appointment and the roads are busy, keep up to date with the local situation by checking the [Traffic England website](#), traffic bulletins on local radio and the #BrexitKent hashtag on social media.

Make sure that you are using the service that is right for your needs. Visit [nhs.uk](#) to check out symptoms and [www.nhs.uk](#) or [kent.healthhelpnow.nhs.uk](#) for advice and details of services. If you are concerned you need urgent medical help, phone NHS111.

If you use social media, keeping up to date on NHS services in Kent and Medway by following the hashtag #HelpUsHelpYouK&M

Helpful links

- [111.nhs.uk](#): Check out symptoms and identify where you can get the care you need
- [NHS](#): Health advice for patients and members of the public
- [Preparing for the EU Exit if you live in the UK](#): The official government website's guidance on leaving the EU.
- NHS England: [How the NHS has prepared](#)
- Kent and Medway STP: [How the NHS has prepared in Kent and Medway](#)

Highways England:

- [Operation Brock \(M20 traffic management plan\) website – giving advice to road users during Operation Brock](#)
- [Traffic updates](#)

Dover Council: Due to the ferry port, Dover is considered to be an area that may potentially experience a greater impact from EU exit, [find out more here](#)

[Health Help Now](#): An online tool for some Kent residents to locate where to go for NHS treatment or advice.

Friends and Family Test Results

The data below shows how likely our patients are to recommend our practice to friends and family. If you wish to fill out a Friends and Family Test Questionnaire a form can be obtained from reception.

	September 2019	October 2019	November 2019
Extremely likely	34	39	37
Likely	6	8	7
Neither likely nor unlikely	2	0	3
Unlikely	1	0	0
Extremely Unlikely	3	0	2
Don't know	0	0	0

DNA Data

The data below shows how many appointments were wasted due to patients not attending. If you're unable to attend your appointment please let the surgery know so we can offer the appointment to someone else.

September 2019: 3hrs 15m (20 appointments)

October 2019: 10hrs 0m (60 appointments)

November 2019: 6hrs 20m (38 appointments)

**Orchard Family Practice PPG
December 2019**