

DR DASARI'S SURGERY NEWSLETTER

Introduction

Welcome to our Newsletter, we want to take a moment to thank you for being part of our community here at Dr Dasari's Surgery. 2024 has been one of growth, collaboration, and care, and we're delighted to continue serving you.

In this edition, we'll be sharing updates on our services, tips for staying healthy, and important reminders for the year ahead.

We also focused on the results of the last GP Patient Survey with a comparison on how we compare with other surgeries plus an overview of the results of the Friends & Family Test.

Baby Buddy Birmingham for expected mothers



Parents in Birmingham! You can now access a bespoke local services feature on the Baby Buddy app to find support near you – whether that's searching for a hospital to give birth, or finding an infant feeding support group in your area Download today for free here:

<https://qrco.de/bfTHRN>

Influenza Vaccination

We are coming towards the end of our Flu and vaccination campaign. If you are eligible and have not yet had your vaccination, please contact the surgery to book an appointment.

In the coming months we will continue to provide vaccinations to at risk groups for Pneumonia, Shingles and RSV (Respiratory syncytial virus)

The shingles Vaccine, Shingrix - is a non-live vaccine that protects against shingles. It's recommended for adults 50 and older, and for adults 19 and older with weakened immune systems.

Eligibility

- You're eligible if you're 50 or older

- You're eligible if you're 19 or older and have a weakened immune system
- You're eligible if you're 70–79 years old and haven't received the vaccine **yet**. You'll usually need two doses, at least six months apart.
- If you have a weakened immune system, your second dose should be at least eight weeks after the first.

The RSV vaccine - is an injection that protects against respiratory syncytial virus (RSV). It's recommended for pregnant people, infants, and adults over 60.

Pregnant people

- The vaccine is given as an injection into the upper arm
- It's recommended to get the vaccine during every pregnancy
- The vaccine is offered from around 28 weeks of pregnancy
- The vaccine helps produce antibodies that pass through the placenta to protect the baby
- The vaccine can be given at the same time as other pregnancy vaccines, like the flu and whooping cough vaccines

Infants

- The best way to protect babies from RSV is for the mother to get the vaccine during pregnancy
- Infants can also receive an RSV antibody after birth

Adults

- The vaccine is recommended for adults 75 and older
- It's also recommended for adults 60–74 who are at high risk for severe RSV
- Older adults only need one dose, which can protect them for several years

Pneumococcal vaccine - The pneumococcal vaccine helps protect against serious illnesses like pneumonia and meningitis. It's recommended for people at higher risk of these illnesses, such as babies and adults aged 65 and over.

What the pneumococcal vaccine is for

The pneumococcal vaccine helps protect against some types of bacterial infections that can cause serious illnesses like:

- [meningitis](#) (an infection in the brain and spinal cord)
- [sepsis](#) (a life-threatening reaction to an infection)
- [pneumonia](#) (an infection in the lungs)
- It can also help protect against other illnesses such as sinusitis and ear infections.



Request for Copy of Full Medical Records

We have noticed a significant increase in requests for full medical records so that patients can provide them to Private Health Care Providers, particularly for weight loss medications. This takes up a significant amount of administrative time as well as Doctor's time as the notes need to be read in full. We work within strict data protection guidelines on how we look after your personal information and would encourage you to consider what is happening with your information when it is passed on from us. A **clinical summary** is a more abbreviated list that can give you the important parts of your medical history and can be time saving as well as keeping your health details more secure.



How are you really feeling?

It's a question you may often ask other people, but how often do you stop to check in with how you are really feeling?

Feeling unable to cope, worried you may hurt yourself or somebody else and/or experiencing suicidal feelings? If your life - or someone else's life - is in immediate danger, call 999 or go to A&E.

Or Call NHS 111 and select the mental health option

Or Call the Samaritans Day or Night on 116 123



About our PPG (Patient Participation Group)

- The overall aim of this group is to develop a positive and constructive relationship between Patients, the Practice, and the Community it serves.
- Discuss the services we offer and how improvements can be made for the benefit of Patients and the Practice.
- Collect Patient's opinions and experiences to help the practice to evaluate its services.
- Encouraging patients to take greater responsibility for their own and their family's health.

All registered patients are welcome to join. If you are interested in joining, please ask a member of staff for an application form.

We are also looking for a patient who would be willing to act as a Chairman for the PPG to work alongside the Practice Manager to run the PPG we currently have.

Presently the PPG is virtual via emails, but the practice would be happy to develop a zoom or face to face group, if you are interested in being a part of this, please speak to the Practice Manager on 0121 523 7500 or 0121 357 9009.



AGE UK - Top tips for keeping warm and well this winter

For more information you can visit the AGE UK website – click on the link below:

<https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/stay-healthy-in-winter/>

The website has advice on how to keep warm, financial support etc. You can also call them on:

0800 169 6565



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