

# HASTINGS HOUSE MEDICAL CENTRE

## SURGERY NEWSLETTER

### February 2024



As you may remember, the Patient Participation Group (PPG) conducted a patient survey in the Autumn. The information has been collated and you can find an article in this months Wellesbourne and Walton News with our findings. Results will also be published on the Website in due course.

If you would like a copy of this newsletter emailed to you each month then please let the reception team know and make sure we have your correct email address and we will send you a copy.

### Spotlight on shingles and the vaccination programme

Shingles is a viral infection that can occur at any age, but the risk and severity of shingles and its complications increase with age and is higher in individuals who have a severely weakened immune system.

You CANNOT CATCH Shingles. At least 9 in 10 adults are already infected with the virus that causes Shingles, (having had chickenpox as children) and around one in four people will go on to develop shingles in their lifetime – the risk of this increases with age.

For some, the pain caused by shingles (Post Herpetic Neuralgia) can last for many years. It can really affect your life, stopping you from doing all the things you usually enjoy.. Each year 14,000 people go on to develop this pain with over 1400 people being admitted to hospital due to it.

The most effective way to reduce the incidence of shingles and its complications is to have the shingles vaccine. It has been shown to reduce the risk of developing shingles, lessen the severity of the cases that do happen and boost immunity against further shingles attacks

All patients between the ages of 70 and 79 years of age have been eligible for many years but the programme has recently been extended to include those between the ages of 60-69. HOWEVER this is being introduced on a 10 year rolling programme.



Year one which is our current year is for those born between 1st September 1953- 31st August 1954 and between 1st September 1958 and 31st August 1959.

If you are between 60 and 69 and your date of birth does not fall between these dates please see the following information regarding when you become eligible. The chart can be found at *Shingles vaccination – all year round! Eligibility poster* (publishing.service.gov.uk)

Only patients with a weakened immune system are eligible from the age of 50

**Please do not try to book an appointment for a shingles vaccine unless you fall into the criteria** as it is not possible for our team to give the vaccine outside of this criteria.

The surgery will contact you when you become eligible


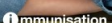



### Eligibility for shingles vaccine

If you have a severely weakened immune system (as described in the Green book chapter) you will be offered the shingles vaccine from 50 years of age

If you are over 70 years of age and have not had shingles vaccine before you remain eligible up to your 80th birthday

ELIGIBLE FROM (YOUR BIRTHDAY)	DATES OF BIRTH	PROGRAMME START DATE	PROGRAMME YEAR
CATCH UP STAGE 1 70 <sup>th</sup>	1 September 1953 – 31 August 1954	1 September 2023	Year 1
	1 September 1954 – 31 August 1955	1 September 2024	Year 2
	1 September 1955 – 31 August 1956	1 September 2025	Year 3
	1 September 1956 – 31 August 1957	1 September 2026	Year 4
	1 September 1957 – 31 August 1958	1 September 2027	Year 5
CATCH UP STAGE 2 65 <sup>th</sup>	1 September 1958 – 31 August 1959	1 September 2023	Year 1
	1 September 1959 – 31 August 1960	1 September 2024	Year 2
	1 September 1960 – 31 August 1961	1 September 2025	Year 3
	1 September 1961 – 31 August 1962	1 September 2026	Year 4
	1 September 1962 – 31 August 1963	1 September 2027	Year 5
	1 September 1963 – 31 August 1964	1 September 2028	Year 6
	1 September 1964 – 31 August 1965	1 September 2029	Year 7
	1 September 1965 – 31 August 1966	1 September 2030	Year 8
	1 September 1966 – 31 August 1967	1 September 2031	Year 9
	1 September 1967 – 31 August 1968	1 September 2032	Year 10
ROUTINE 60 <sup>th</sup>	1 September 1968 – 31 August 1969	1 September 2028	Year 6
	1 September 1969 – 31 August 1970	1 September 2029	Year 7
	1 September 1970 – 31 August 1971	1 September 2030	Year 8
	1 September 1971 – 31 August 1972	1 September 2031	Year 9
	1 September 1972 – 31 August 1973	1 September 2032	Year 10
	on or after 1 September 1973	1 September 2033	Year 11 onwards

## New changes to the Mirena Coil

As a surgery we provide the service to fit and remove Mirena coils. The Mirena coil has historically held a 5 year license for contraceptive use, for heavy menstrual bleeding and for HRT.

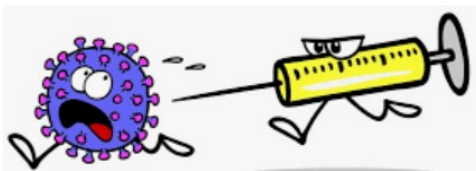
The Faculty of Sexual and Reproductive Healthcare (FSRH) and Bayer, who manufacture the Mirena, have recently informed healthcare providers that the licensing for the Mirena coil for contraception purposes has changed. The Mirena coil is now licensed for, and effective for, 8 years for contraceptive use. This means it can stay in for 8 years in total irrespective of when the coil was fitted. For heavy menstrual bleeding it is licensed for 8 years IF the individual is not experiencing any vaginal bleeding. If bleeding is occurring then it needs to be changed at 5 years BUT if no bleeding is experienced it can again remain in for 8 years in total.

The licensing for HRT has not changed and the Mirena coil needs to be changed every 5 years.

If you currently have a Mirena coil in situ for contraceptive purposes we will automatically change your recall date to 8 years from the date it was fitted in line with the new guidelines. If you have already spoken to myself about a coil removal and refit I will be contacting you individually to discuss this change in licensing.

There is information available regarding this licensing change on the Bayer website online. <https://www.mirena.co.uk/> Please note this licensing change is not related to the Copper Coil.

Sophie Noon  
Nurse Prescriber & Contraception Lead



**We still have flu vaccines available, Flu season is not over yet!! Give the surgery a call to book in. Don't forget, that also includes children who are not yet school age.**

## Staff Training dates 2024

Please be aware that practices across South Warwickshire will be closed from 12.30pm on the following dates (until 8am the following day) for staff training:

- Wednesday 28th February
- Thursday 21st March

Out of hours info will be available on our phone system

## Useful Contact Numbers

Hastings House	01789 840245
Out of hours service	111
NHS Direct 24/7	111
Mental Health Helpline	0800 616 171
Warwick Hospital	01926 495321
UHCW	02476 964000
Ambulance Transport	01926 310312
VASA	01789 262889
District Nurse	01926 600818

## Contact us online

There are many ways of contacting the surgery without having to call or visit in person, saving travel and time.

Complete an eConsult/on line consultation on our website.

Repeat medication can be ordered on our website, or via the NHS App direct to your choice of pharmacy.

The NHS App will also allow you to view your immunisations and test results.

For admin queries please email: [swg-tr.admin.hastings@nhs.net](mailto:swg-tr.admin.hastings@nhs.net)