

EAGLESCLIFFE MEDICAL PRACTICE NEWSLETTER

Autumn/Winter Edition



Welcome to the Autumn/Winter edition of the Eaglescliffe Medical Practice newsletter! As the days grow shorter and the temperature drops, we're here to help you and your family stay healthy and well through the colder months.

Jab Well Done: Protect Yourself and Others

As we approach the flu season, it's important to stay protected. Vaccination campaigns for Flu, COVID-19, and [RSV \(Respiratory Syncytial Virus\)](#) are starting soon. Eligibility will be based on age, health conditions, and other factors. The practice will reach out to eligible patients when appointments are available.

The roll out of flu vaccines this year won't be until October, find out why here: <https://bytespcn.nhs.uk/2024-flu-vaccinations>

Don't Let Winter Knock the Wind Out of Your Lungs

Autumn brings colder weather, which can exacerbate respiratory conditions. Managing asthma, COPD, and other respiratory issues is crucial as temperatures drop. Learn more about [protecting your respiratory health](#) this season, including tips on avoiding triggers and when to seek medical advice.

Seasonal Affective Disorder Awareness

As the seasons change, so too can our mental health. It's important to be mindful of conditions like Seasonal Affective Disorder (SAD). If you think you may be affected, you can find more information on diagnosis, symptoms and treatments via the NHS [Seasonal Affective Disorder resources](#).

Homework for Parents: Back to School Health

With children heading back to school, it's essential to ensure they stay healthy. From managing minor illnesses to understanding when to keep your child at home, [the NHS guide](#) offers practical advice to help you make the best decisions for your child's well-being. Encourage good hygiene, balanced diets, and sufficient sleep to keep them thriving throughout the school year.

Warm and Community Spaces

Winter is just around the corner, and it's time to start thinking about the well-being of vulnerable neighbours and family members. Checking in on them can make a big difference. Additionally, warm and community spaces are available to provide a safe and comfortable environment during colder months. Find more information about these spaces [here](#).

Practice Updates:

Chronic Kidney Disease (CKD)

We have been doing some work on Chronic Kidney Disease (CKD). This is a common condition, often associated with getting older. You may have noticed an entry on your online record, which is us updating your CKD code. By coding correctly, we can ensure the correct monitoring and treatment is in place. You can find more information on the following links, or you can book an appointment with our practice pharmacist to discuss this.

Dr Hindmarsh - CKD What you need to know:- EMP:

https://www.youtube.com/watch?v=zBSXuxz_MzU

NHS choices info:

<https://www.nhs.uk/conditions/kidney-disease/>

National Kidney Foundation info:

<https://www.kidney.org/kidney-topics/chronic-kidney-disease-ckd>

Welcome to the Team, Hannah.



I'm Hannah, the new Advanced Practitioner at Eaglescliffe Medical Practice. I am a Nurse by background, I have come from another GP practice where I worked as an Advanced Practitioner. Prior to working in Primary Care, I have worked in Urgent/Emergency Care Centres around the Northeast, and I also worked for NEAS as an Advanced Practitioner.

I hope to bring some new skills to the surgery, I have an interest in clinical research and have been involved in several studies at my previous surgery and minor surgery which I was the lead for in my previous practice. Some of you may also have seen me in H&SH GP extended access clinics, as I do shifts within this local service too. I look forward to seeing you all and helping develop the Advanced Practitioner role at Eaglescliffe.

We'll Miss You, Dr Kirk!



A huge thank you to the staff and patients of Eaglescliffe for your kindness and support during my partnership.

I will be moving on this September to follow my passions of remote and rural medical in Scotland and Humanitarian work, where needed, across the globe. I hope to keep in touch and perhaps provide some locums in the future.

RSV Vaccine: <https://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv/>

COVID Vaccine Booking: <https://www.nhs.uk/nhs-services/covid-19-services/>

Back to School Health: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

SAD Awareness: <https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview/>

Respiratory and Winter:
<https://www.england.nhs.uk/blog/penny-woods/>

Community Spaces:
<https://www.stockton.gov.uk/community-spaces>

Find more information about our practice, team, and services on our website: www.eaglescliffmedical.co.uk