

## Pulmonary Rehabilitation

Many people with a lung condition become short of breath whilst carrying out their daily activities. Pulmonary Rehabilitation is designed to help people manage this breathlessness, improve fitness and ability to carry out daily activities.

To take part in a rehabilitation course your GP can refer you to the Somerset BOC Community Respiratory Service. The course is a six week programme of exercise and education, led by a Respiratory Physiotherapist or Nurse.

The sessions include:

- A graded exercise programme
- Educational talk covering all aspects of your lung condition, such as breathing control, panic and anxiety management, relaxation, nutrition and more

**In Bridgwater, the course takes place at Wembdon Village Hall, The Green, Homberg Way, Bridgwater.**

**If you have any questions please contact BOC Healthcare on 0800 0121 858**

## Do you need any travel Vaccinations?

Travel abroad for a variety of purposes, including holidays, business and visits to friends and relatives, increases all the time.

### Pre Vaccination

- The patient needs to complete a Travel Health Questionnaire which is in the appendix of the travel leaflet. These are obtained from reception and the patient must complete a separate form for each person travelling in the party and return it to reception within **six** weeks of travelling.
- If a patient approaches the practice for last minute advice or vaccinations they may be referred to private travel clinics.
- Receive a Travel Information Leaflet from reception
- Reception will pass the questionnaire to the Practice Nurses who specialise in travel health for assessment by putting it into their post tray,
- Practice Nurse will assess the form, consult the National Travel Health Network and Centre website (NaTHNaC) to ascertain what/if any vaccinations are advisable, then will contact the patient to book an appointment and also inform the patient of any payment that is required. Payment must be made before the patient has their appointment, either by credit/debit card or cash. Some vaccines, the less common ones such as Japanese Encephalitis, are not ordered until the patient has paid for them.

### Nurse Appointment

The Practice Nurse will do a risk assessment with the patient which will include asking:

- Which countries are to be visited
- Their itinerary in the countries-coastal, rural, cities
- Reason for travel
- Method of travel-backpacking, camping, hotel
- Advice on what vaccinations are needed and that it is the patients choice if they have them
- Ascertain if there are any adverse reactions to any vaccines
- Ascertain if there are any allergies
- Ensure the patient signs the consent form
- List on the form the vaccines that are given
- Ensure, before administering the vaccine that it has been paid for, if necessary.

Reception: 444666  
Prescriptions: 446006  
[www.eastquaymedicalcentre.com](http://www.eastquaymedicalcentre.com)

Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141

## Stop norovirus spreading this winter

Norovirus, sometimes known as the 'winter vomiting bug', is the most common stomach bug in the UK, affecting people of all ages. It is highly contagious and is transmitted by contact with contaminated surfaces, an infected person, or consumption of contaminated food or water. The symptoms of norovirus are very distinctive – people often report a sudden onset of nausea followed by projectile vomiting and watery diarrhoea.

Good hand hygiene is important to stop the spread of the virus.

People are advised to:

- Wash their hands methodically using soap and water and drying them after using the toilet, before preparing food and eating
- Not rely on alcohol gels as these do not kill the virus

An infection with norovirus is self-limiting and most people will make a full recovery in 1-2 days. It is important to keep hydrated – especially children and the elderly.

Do not visit either A&E or GPs with symptoms as this may spread the virus.

Further information and advice is available from NHS 111, including an online symptom checker at [nhs.uk](http://nhs.uk).

## Whooping Cough and pregnancy

Help protect your baby

There is a lot of whooping cough around at the moment. Babies are at most risk, especially in their first weeks of life.

Expectant mothers can help protect their baby by getting themselves vaccinated against whooping cough, usually after their twenty week scan.

Don't take the risk. Act now to protect your baby from whooping cough from birth.  
Ask at reception for an appointment

**Do you need local, private, health treatments?**

**At East Quay Health we provide a range of private treatments at affordable prices, to include vasectomy and the removal of lumps and bumps**

**We provide full pre and post-operative information so you know exactly what to expect**

**We also offer Private Counselling at East Quay**

For more details please contact Karen on 01278 440409 or look at our website

[www.eastquayhealth.co.uk](http://www.eastquayhealth.co.uk)