



FLU AND COVID BOOSTERS

In early October we started our flu/covid vaccination campaign. Thank you to all our patients who attended the two Saturday clinics and further weekday sessions. It is important we all do what we can to stay well this winter. If you were unable to attend but are eligible for a winter vaccination, you can arrange a flu jab via your local pharmacy and use the National Booking Service online or via 119 to arrange a covid jab.



#teamPMG staff spotlight: Nursing associate

The Nursing Associate (NA) role was created to bridge the gap between HCA and Practice Nurse. Chloe, our first NA, has a varied working day, her roles include: contraception reviews, cervical screening, wound care, asthma reviews and she gives a variety of vaccinations. Chloe has a special interest in women's health and wound care. She likes meeting new patients but also has many "regulars" and really values building trust and rapport. Nursing associates are registered with the NMC and work as part of the nursing team. They are a vital part of #teamPMG.

Severe Mental Illness Reviews

Living with a severe mental illness e.g schizophrenia, bipolar disorder can put you at a higher risk of developing physical health conditions such as diabetes, heart disease or stroke. Our patients with a severe mental illness are invited for an annual health check which involves measuring markers such as blood pressure, weight, blood glucose, cholesterol and asking questions about smoking status and alcohol intake. This gives us an opportunity to detect any signs or risk factors for these diseases early on. We can gather some of this information via text message but you will also be invited to attend an appointment at the surgery in person. We will also review your care plan with regards to your mental health each year. It is important to remember that good mental and physical health go hand in hand.



New ear wax removal service (microsuction)

Primary Care no longer offer ear irrigation (syringing) services, as the gold standard is now microsuction. This is available through a range of private providers and can be accessed via ENT referral on the NHS, primarily for infection, but can include symptomatic wax removal (waiting times are considerable post-pandemic).

There are many local private services including:

- Nimbuscare now offer this service, call 01904 943690 or visit their website <https://www.nimbuscare.co.uk/services/earwax-removal-microsuction/>

Audiologists

- For example: <https://earwaxremoval.uk/clinics/york-clinic>

SpecSavers at certain branches

- <https://www.specsavers.co.uk/earwax/earwax-removal>

PANCREATIC CANCER AWARENESS MONTH

Pancreatic cancer may not have any symptoms, or they might be hard to spot.

Symptoms of pancreatic cancer can include:

- the whites of your eyes or your skin turn yellow ([jaundice](#)), and you may also have itchy skin, darker pee and paler poo than usual
- loss of appetite or losing weight without trying to
- feeling tired or having no energy
- a high temperature, or feeling hot or shivery
- pain at the top part of your tummy and your back, which may feel worse when you're eating or lying down and better when you lean forward

Some of these symptoms are very common and can be caused by other conditions.

Having the symptoms does not definitely mean you have pancreatic cancer, but it's important to get checked by a clinician. For more information, see the NHS website.

If you use sharps bins for medication at home, these need to be disposed of safely via City of York Council. You can contact the council directly to arrange a sharps collection, which must be presented in a sealed yellow sharps box. We cannot dispose of these for you via the surgery.

Call 01904 551551 or email ycc@york.gov.uk

