

We would be grateful if you would answer the following questions and help us to update your medical record. WHEN COMPLETED, PLEASE PUT THIS IN THE BOX AT RECEPTION OR HAND TO THE DOCTOR OR NURSE

Surname	First Names
Date of Birth	Telephone No

CARERS		
Do you, without payment, provide help and support to a partner, child, relative, friend or neighbour, who could not manage without your help? This could be due to age, physical or mental illness, addiction or disability.	Yes / No	
HEIGHT & WEIGHT		
What is your height?	
What is your weight?	
BLOOD PRESSURE		
If you are over 40 years old, have you had your Blood Pressure taken within the last 12 months? If NO, please contact reception to make an appointment.	Yes/No	
MEDICATION		
Do you buy Aspirin from a pharmacy or shop?	Yes/No	
SMOKING		
I have never smoked	Yes/No	If you would like advice and help to stop smoking, please see attached leaflet
I used to smoke but gave up in	
I currently smoke	Yes/No	
FLU VACCINATION		
<p>The flu campaign will start at the end of September. If you are eligible to have an NHS flu vaccination, please phone the surgery at that time to make an appointment.</p> <p>Please see attached leaflet</p> <p>After reading the leaflet and you do not wish a flu vaccination it would be helpful if you would telephone us to let us know so we don't contact you.</p>		
ALERGIES		
Have you any allergies?		

THANKYOU FOR YOU HELP

INFLUENZA IMMUNISATION

You should have a 'flu-jab' each autumn if you are at increased risk of developing complications or problems if you get flu (influenza).

What is influenza?

Influenza (flu) causes a high temperature (fever), muscle aches, cough, and various other symptoms. Each year a different strain of the flu virus causes a winter outbreak of flu. If you are normally well, flu usually lasts a few days and then goes as your immune system clears the virus.

However, some people who have flu develop serious complications such as pneumonia. Many people in the UK die each year (mostly elderly people) from the complications of flu.

The immunisation

Flu immunisation (the 'flu-jab') gives good protection against flu, and lasts for one year. The vaccine is normally ready by the autumn each year. It is made from the strain of flu virus that is expected in the coming winter. You need a yearly immunisation to keep protected.

Flu immunisation does not prevent other virus infections which can cause coughs and colds. It protects only against the influenza virus that is expected in the coming winter. The flu immunisation does not *cause* illness. It is a coincidence if you develop a cough or cold shortly after having a flu immunisation.

Who should be immunised against flu?

The aim is to protect people who are more likely to develop complications from flu. You should be immunised against flu each autumn if you:

- Are aged 65 or over.
- Have a chronic (ongoing) lung disease. For example: chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis, asthma which requires regular use of inhaled steroids or steroid tablets (or if you have previously been admitted to hospital because of asthma), cystic fibrosis, interstitial lung fibrosis, pneumoconiosis, etc.
- Are a child who has previously been admitted to hospital with a lower respiratory tract disease such as pneumonia.
- Have a chronic heart disease. For example: if you require regular medication or follow-up for ischemic heart disease (angina, heart attacks, etc), congenital heart disease, chronic heart failure, hypertensive heart disease (not uncomplicated high blood pressure that is controlled with medication).
- Have a serious chronic kidney disease. For example: nephrotic syndrome, kidney failure, if you have had a kidney transplant.
- Have chronic (ongoing) liver disease such as cirrhosis.
- Have diabetes which requires insulin or tablets to control it.
- Have a poor immune system. (For example, if you have no spleen, are taking chemotherapy or steroid treatment, if you have HIV/AIDS, etc.)
- Live in a nursing home or other long stay residential care accommodation.

Also, you should have the flu jab if you are the **main carer of an elderly or disabled person** whose welfare may be at risk if you fall ill. (For example, if you were to develop flu.) Also, healthy staff involved in direct patient care may be offered a flu jab from their employer.

Are there any side effects from flu immunisation?

Modern flu immunisation usually causes no problems. You may have a temporary mild soreness at the injection site. Rarely, it can cause a mild fever, and slight muscle aches for a day or so. This soon settles and does not lead to flu. Allergic reactions to the vaccine are rare.

Who should not have flu immunisation?

- If you are hyper-sensitive to egg (rare). This is because the vaccine is made in hens' eggs.
- If you have had a previous allergic reaction to a flu vaccine (rare).
- It is best to avoid immunisation if you are pregnant.
- If you are healthy and under 65 (as you are unlikely to develop complications from flu.) That is, apart from certain carers and health care workers as mentioned above.

SMOKING AND YOUR HEALTH

It is generally known that smoking damages your health.

Three quarters of smokers want to stop.

How can you stop smoking?

- Smoking is addictive and can be very difficult to stop.
- Try to be realistic and set yourself realistic goals.
- Make a list of all the benefits of stopping, for example, the health benefits to you and those around you, saving money, improved sense of taste and improved fitness levels.
- Chose a day and stick to it. Get rid of your cigarettes, ashtrays and lighters etc. Tell all your friends and family and ask for their support.
- Try to avoid situations that tempt you to smoke.
- Keep at it!

How can you get help to stop smoking?

- ↗ Your employer may have a scheme to help people quit the habit, usually run by the Occupational Health Units.
- ↗ You may get advice from your Doctor or Practice Nurse who may give you Nicotine replacement.
- ↗ Information and advice is available from [NHS Tayside 0845 600 9996](#) or from [NHS Health Scotland 0800 84 84 84 Smokeline](#).
- ↗ Whitefriars Red Practice has a stop smoking clinic on a Tuesday afternoon at the surgery. This offers one-to-one support, advice and Nicotine Replacement Therapy.
- ↗ Please call [625842](#) for an appointment.

Nicotine Replacement Therapy

Nicotine is the addictive part of the cigarette. Addicted smokers can suffer unpleasant withdrawal symptoms and craving which can cause them to give up any attempt to quit. NRT acts as a temporary replacement to reduce the severity of the withdrawal symptoms. Studies have shown that NRT doubles the chance of stopping and that this increases if support is added.