

The Bosmere News – August Edition

Flu Season is Nearly Here!

To maximise protection through the height of the season the government recommendation is that flu vaccinations are given after 4th October 2024.

The Bosmere Medical Practice has clinics planned for Saturday 5th October and Saturday 12th October that are bookable online or by contacting the practice. Vaccinations are also available throughout the normal working week.

If you are eligible to receive a vaccine you will receive an invite to book an appointment shortly.

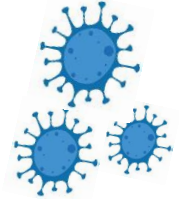


RSV Vaccination

RSV (Respiratory Syncytial Virus) is a common cause of respiratory tract infections.

Usually this is a mild self-limiting infection in adults and children but can be more severe in infants and older adults. Symptoms can include:

- Runny Nose
- Congestion
- Cough
- Shortness of Breath
- Fever
- Loss of Appetite
- Lethargy



RSV is spread via close contact with an infected person or contaminated surface. Previous infection with RSV may only offer partial immunity so patients can contract the infection repeatedly. There is no specific treatment for RSV and treatment is aimed at relief of symptoms only.

From 1st September an immunisation programme will start, aimed at reducing incidence, severity and hospitalisation from RSV in older adults. The vaccine is a single, one-off dose offered year-round to eligible patients.

If you are eligible you should receive an invite shortly to book an appointment but if you are unsure then please contact the practice for further advice.

Did you know we are a Training Practice?

The Bosmere Medical Practice supports Trainees and Medical Students through the early part of their career by partnering Portsmouth Hospitals Trust and various Universities on the South Coast.

We are currently mentoring four ST3 GP's (GP Registrars), who perform their own clinics, complete patient admin and have a weekly tutorial with their GP mentors.

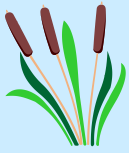
We also look forward to welcoming our next rotation of 4th and 5th year medical students who join us from September. As part of the student placements, they will be shadowing various clinicians throughout the practice, before hosting their own clinics with their GP mentor on standby to assist if needed. This will help them gain practical experience in the care and treatment of patients.

If you would prefer not to have students present during your consultation, please let a member of the Patient Support Team know when booking your appointment.

COVID Vaccination Update

The Bosmere Medical Practice will not be operating as a COVID vaccination hub for the Autumn 2024 season.

If you are eligible to receive a vaccine please contact your local pharmacy to arrange vaccination.



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Monthly Statistics!

Since the 5th August we:

- Received and actioned **611** eConsults.
- Issued **5123** Repeat Prescription requests.
- Received and actioned **2124** lab reports.
- Answered **4655** telephone calls to the main practice line.

DNA's (Did Not Attend)

Did you know each time an appointment is not attended, it costs the NHS a minimum of £60 per doctor's appointment and approximately £30 for a nurse appointment.



Below are the figures showing in total how many appointments were missed at Bosmere throughout May, June and July this year:

May: **136**

June: **105**

July: **210**

Total: **451** missed appointments over a 12 week period.

If you are unable to attend your appointment, we have a dedicated cancellation line. Please ring 02392 476 941 and press option 1 to cancel your appointment. This is an unmanned line and your message will be actioned.

UPCOMING PRACTICE CLOSURES

- **Tuesday 3rd September (from 1pm)**
- **Wednesday 25th December**
- **Thursday 26th December**

Doctor's Corner

**Dr Liz Mowlem - Partner
BM, MRCGP
2009, Southampton**



Special Interests: Women's Health and Menopause.

I studied medicine after a brief career as an archaeologist! I left medical school in 2009, and spent the next few years completing my hospital training. After having my family, I trained at Bosmere as a GP Registrar and completed my GP Training in 2022.

Following the completion of my training, I returned to Bosmere as a Salaried GP before joining the Partnership in April 2024.

I have three dogs and enjoy running, yoga, horse riding, sailing and generally being outdoors!

If you could be any animal, what would you be and why?
A dog – they have a lovely life!

What was your childhood dream career?
A Farmer 😊

What came first – the chicken or the egg?
I wish I knew! Though I'm not sure it matters!

Who would be your dream dinner party guests?
Monty Don and Michael Mosley.

Would you rather have hands for feet or feet for hands?
Hands for feet, obv's!

If you could have any superpower, what would it be?
To be able to fly.

Staff Changes

We are pleased to have welcomed three new staff members to our nursing team since our last newsletter!



Raychelle joins us as a Healthcare Assistant, whilst Jooles and Helen join us as Practice Nurses.