

## October 2023 Kingstone Newsletter

It's the season of **needles** and **notes** in this newsletter....

**NEEDLES:** At the start of this month we gave over 1,000 vaccines on our full Saturday clinic (flu and COVID). We have some mini clinics running through the weeks so please book into these if you still need your flu vaccine. We cannot guarantee COVID as the supplies are more erratic but we are hoping to get some more in the next week. If you are eligible for the flu jab and seeing a nurse or GP routinely for another reason- just ask for it at the same time. Prompt us if we forget! The eligibility criteria for flu and COVID vaccines are different- although all people 65 years and over are included. For further details see our website main page at <https://www.kingstonesurgery.co.uk/>

**NOTES** (or more accurately, Medical Records): As part of our NHSE contract, from October 31 most people will be able to see their future medical record entries and 'Problem titles' if they register for access via the NHS app. This is also available via a desktop computer. You can order your routine medications online, and review your blood tests results once they have been filed by a GP.. Some people will not automatically see their information when they register online. If this applies to you please request full access using [form B](#) from our website and submitting it to our Office Manager, Dee Price.

On the whole, this is exciting. HOWEVER there are some pitfalls to this and so it is helpful to visit our website to read more about it. Some of these are below:

### Forgotten history

There may be something you have forgotten about in your record that you might find upsetting.

### Odd diagnoses on your list

The classic one you may see is 'Chronic Kidney Disease stage 3'. This sounds TERRIBLE but usually just means your kidneys are not functioning at completely 100% which is often expected as we get older. We have to code it as it is useful for drug dosaging and calculation of future heart disease risk. The 'Chronic' in medical-speak means 'longstanding' NOT 'Awful' as it does in an everyday context. Please don't call us in a panic- otherwise our phone lines will be jammed. We can explain more in your next routine appointment.

### Abnormal results or bad news

If you have access to test results or letters, you may see something that you find upsetting to you. This may occur before you have spoken to your doctor or while the surgery is closed and you cannot contact them.

### Choosing to share your information with someone

It's up to you whether you share your information with others or not – perhaps family members or carers. It's your choice, but also your responsibility to keep the information safe and secure.

### Coercion

If you think you may be pressured into revealing details from your patient record to someone else against your will, **it is best that you do not register for access at this time.** You can also ask us for access to be revoked.

There is more information available here [www.womensaid.org.uk/information-support/what-is-domestic-abuse/cover-your-tracks-online/](http://www.womensaid.org.uk/information-support/what-is-domestic-abuse/cover-your-tracks-online/)

### Misunderstood information

Your medical record is designed to be used by clinical professionals to ensure that you receive the best possible care. Some of the information within your medical record may be highly technical,

written by specialists and not easily understood. There will also be typo errors. Please be kind about these- our focus is on your care not our typing.

As ever, more is on our website <https://www.kingstonesurgery.co.uk/information/access>

**Finally**, we hope you are enjoying our mini exhibition of local artist Barbara Shaw. We are delighted with the loan of her pictures for the next three months and all feel inspired and hope you do too.

You can read more about her here <https://www.artintextiles.co.uk/barbara-shaw-textile-artist/>