



**WORLD SUICIDE PREVENTION DAY  
10 SEPTEMBER 2024**



**Check-in Services**

The GP surgery check-in service allows patients to quickly and easily register their arrival for appointments, reducing wait times and streamlining the process.

**Location: Reception Area**

**Thank you for your understanding.**

**KIRPAL MEDICAL PRACTICE  
&  
DR BHALLA AND PARTNERS**

**SEPTEMBER NEWSLETTER  
Information for Patients**

Updated: 03/09/2024  
Review:02/10/2024

<https://kirpalmedicalpractice.co.uk/>  
<https://www.drballaspractice.nhs.uk/>

**Phone Number:** 0121 203 5100 Bhalla  
**Phone Number:** 0121 203 5040 Kirpal  
**Address:** 247-251 Soho Road Health Centre  
Handsworth, Birmingham  
B21 9RY

**OPENING TIMES**

**Monday:** 8.00 - 6.30  
**Tuesday:** 8.00 - 6.30

*(Extended Access 06:30 Pm – 08:00 Pm)*

**Wednesday:** 8.00 - 8.00

**Thursday:** 8.00 - 6.30

**Friday:** 8.00 - 6.30

**Saturday:** *Closed*

*(Extended Access 09:00 Am – 05:00 Pm  
at Holyhead Primary Healthcare Centre)*

**Sunday:** *Closed*

**Disclaimer:** Appointment times are 9am till 11.30am for the morning and 3pm till 5.30pm for the afternoon.



**WORLD PATIENT SAFETY DAY  
17 SEPTEMBER 2024**



**NATIONAL FITNESS DAY  
18 SEPTEMBER 2024**

*Pre-bookable Slots  
for following week  
Call Every Friday  
Between  
5:00PM & 6:00PM*

## WORLD SEPSIS DAY

13 SEPTEMBER 2024

### SEPSIS – A GLOBAL HEALTH CRISIS

#### SEPSIS - COMMON CAUSES

Most types of microorganisms can cause sepsis, including bacteria, fungi, viruses, and parasites. However, it may also be caused by infections with seasonal influenza viruses, dengue viruses, and highly transmissible pathogens of public health concern, such as avian and swine influenza viruses, Ebola, and yellow fever viruses.

Sepsis often presents as the clinical deterioration of common and preventable respiratory, gastrointestinal, and urinary tract infections, or wounds and skin. Sepsis is frequently underdiagnosed at an early stage - when it is still potentially reversible.

#### SEPSIS - SYMPTOMS

The following symptoms might indicate sepsis:

Slurred speech or confusion, Extreme shivering or muscle pain, fever, Passing no urine all day. Severe breathlessness. It feels like you're going to die, Skin mottled or discolored, if you have a confirmed or suspected infection and are experiencing any of these symptoms, please get in touch with your local hospital or physician immediately.

#### SEPSIS - RISK GROUPS

Everybody can get sepsis, no matter how healthy or how good in shape you are, or where you live. Certain people are at an even higher risk. Those include:

- Children under 1
- Adults over 60
- People with no spleen
- People with chronic diseases, e.g., lung, liver, heart
- People with weakened immune systems, e.g., AIDS, Diabetes

#### PREVENT SEPSIS

Sepsis is the number one cause of preventable death worldwide. The best way to prevent sepsis is to prevent infection in the first place, which can be done by:

- Vaccination
- Clean water
- Hand hygiene
- Prevent hospital-acquired infections (HAIs)
- Safe childbirth
- Awareness



## Upcoming Vaccinations

### You can get the flu vaccine if you are:

- Aged 65 or over.
- Aged 6- 64 and have certain long-term health conditions.
- pregnant.
- Live in a care home
- The main carer for an older or disabled person or receive a carer's allowance.

### Respiratory Syncytial Virus (RSV)

RSV is a common cause of coughs and colds. It usually gets better by itself, but it can be serious for some babies and older adults.

RSV is spread in the air like other respiratory illnesses such as flu and COVID. There is a new vaccine available on the NHS to help protect against RSV and this is available to you if you are:

- Aged 75-79
- You are 28 weeks pregnant or more as the vaccine will protect your baby in the first few months after they are born. Please speak to your midwife about getting the vaccine.

If you are in the older eligible group ie 75-79 we will contact, you when we have the vaccine available and we will invite you into the surgery for your vaccination. We hope this will be sometime during September.

**In an emergency, Visit A&E immediately or call 999.**

**FOR ANY FURTHER DETAILS OR QUESTIONS, PLEASE FEEL FREE TO SPEAK TO A RECEPTIONIST.**