

APPS Newsletter

The Association of Pakistani Physicians & Surgeons of the United Kingdom

Dear Members

Assalam-o-Alaikum

Our April Newsletter is now here under the gloomy shadows of Swine Flu!!!

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APPS HAS MOVED:

We have moved to swish new and larger premises near the Trafford Centre, a prime location in Manchester.



APPS NEW OFFICE

We are now up and running and in full swing! The new address is as below:

APPS Network
17A Cobra Court
Blackmore Road
Stretford
Manchester
M32 0QY
UK

If you have want to get involved with our work or have any suggestions, please feel free to drop us a line.

We hope to see you around in our new premises.

TIER 1 VISA - CHANGE IN HOME OFFICE ELIGIBILITY REQUIREMENTS:

With effect from 1st April 2009 the Home Office requirements regarding eligibility to apply for a Tier 1 visa have changed. It is now essential that the applicants must have a Master's Degree from UK or an equivalent degree from abroad to qualify for this category.

The Tier 1 visa does not permit a doctor to take up a recognised training post, whereas the old style Highly Skilled Migrant Programme (HSMP) did.

It has become apparent that there may be a number of junior doctors who are currently in training posts, and are on a work permit or sponsor visa, who have applied for a change to a Tier 1 Visa and have either received approval of this or are still awaiting a decision. If you are in this category you need to be aware of the following:

- A Tier 1 Visa will not allow you to continue in your current training post with immediate effect i.e. from the date you receive approval of your application.
- If you take no action following a successful application for a Tier 1 visa i.e. if you continue to work in you current training post without notifying your Trust / employer, then you will be working illegally.
- It is your responsibility that you notify the Trust of any change to your visa status.

It is very important that anyone in a training post who has applied for and/or who is granted a Tier 1 visa should contact your educational supervisor who will be able to advise you on the training aspects of your job.

NHS Trusts are seeking advice from the Department of Health on this issue who are taking up this issue with the Home Office. We will update you with any further information as and when it becomes available.

We welcome views from all readers on any aspect of our activities.
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UK Medical Aid to Pakistan Presents
Gala Dinner and Charity Auction
for Clean Water Appeal
for communities in rural Pakistan



drinking water

Mr Wasim Akram

on **27th of June 2009**

at **Renaissance Heathrow Hotel**, Bath Road, TW6 2AQ

Celebrity guest on the evening will be former cricketer Wasim Akram, who will be signing autographs and will be joined by singing sensation Rifaqat Ali Khan who will be performing his latest hits.

Starts at 6.30 pm

Minimum donation £50 per head + booking fee (£2.50)

Please make cheques payable to U.K. Association of Medical Aid to Pakistan

Please write your name, address & number of cards required and post to 26 Illingworth, Windsor, SL4 4UP



Medical Aid to Pakistan, 26 Illingworth, Windsor, SL4 4UP

tel: 07770-953755 | e-mail: kaukab@globalnet.co.uk | website: www.medicalaid.org.uk

Charity Registration Number: 1123929

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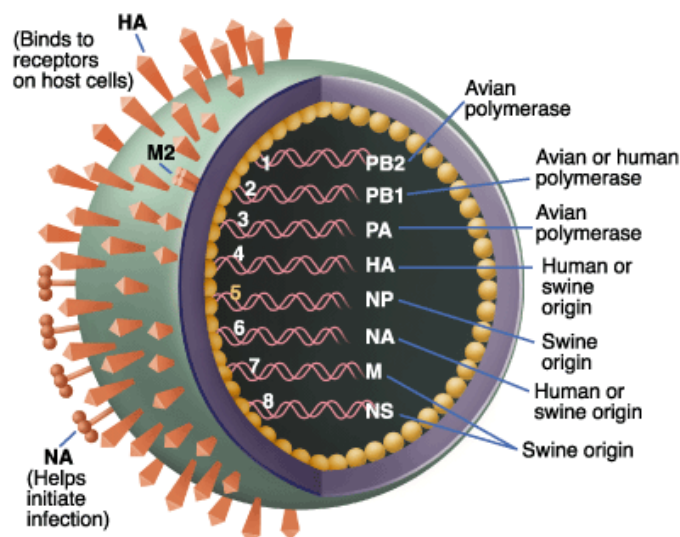
SWINE INFLUENZA UPDATE: (as on 30 April 09)

The symptoms of swine influenza in people are similar to the symptoms of regular human seasonal influenza infection and include fever, fatigue, lack of appetite, cough and sore throat. Some people with swine flu have also reported vomiting and diarrhoea.

The World Health Organisation (WHO) has now raised the alert over swine flu to LEVEL FIVE. A phase five alert signifies that there has been human-to-human transmission in at least two countries and that the disease is able to spread easily between humans. Phase FIVE results in governments bringing in travel measures to prevent its spread, including travel restrictions and trade limitations.

Most significantly, phase five signifies that a pandemic - Phase 6 - is imminent. Phase 6 is a full blown pandemic, characterised by outbreaks in at least two regions of the world.

The move comes after a 23-month-old Mexican child died in Texas – the first death outside of Mexico, where the outbreak started.



Swine flu has now been detected in 12 countries and there have been more than 165 suspected deaths so far. At present there are 8 confirmed cases in the UK (6 in England and 2 in Scotland) and 230 cases under laboratory investigation. Of the three new cases reported today, two were in London and three were in the North East.

SWINE FLU PRECAUTIONS: (Issued by Health Protection Agency)

For most people the illness appears to be mild. Infection with this virus is treatable with the anti-viral drugs oseltamivir (Tamiflu®) and zanamivir (Relenza®).

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WHAT SHOULD I DO IF I HAVE RETURNED FROM A COUNTRY AFFECTED BY SWINE FLU?

If you have recently visited one of the countries or areas where human cases of influenza have been identified, it is important for you to monitor your health closely for seven days after your visit to the affected area. There is no need for you to isolate yourself from other people as long as you remain well.

If during this period you develop a feverish illness accompanied by one or more of cough, sore throat, headache and muscle aches, you should contact your GP by phone or seek advice from NHS Direct (0845 4647). You should make sure that you tell those from whom you are seeking advice about your recent travel to an area affected. Depending on your symptoms you may be advised that further investigations may be necessary.



If further investigations are felt to be needed you will be advised on appropriate arrangements for you to be tested. This may include admission to a hospital. For most cases however, you will be well enough to remain at home. It is important you avoid contact with other people as much as possible until the results of your tests are back. Your household contacts should also monitor their health and follow the above advice if they get symptoms.

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WHAT MEASURES CAN I TAKE TO PREVENT INFECTION?

General infection control practices and good respiratory hand hygiene can help to reduce transmission of all viruses, including the human swine influenza. This includes:

- Avoiding contact with other people as much as possible
- Covering your nose and mouth when coughing or sneezing, using a clean tissue when possible
- Disposing of dirty tissues promptly and carefully
- Maintaining good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to face or to other people
- Cleaning hard surfaces (e.g. door handles) frequently using a normal cleaning product
- Making sure your children follow this advice as well

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HOW AFFECTIVE ARE FACE MASKS IN PREVENTING FLU?

Facemasks are recommended for health care workers to reduce their risk of contracting infection from patients where there is a risk of droplet transmission.

It is generally accepted that there are some circumstances where wearing a facemask may be beneficial:

- reducing the risk of passing on infection - people with flu wearing a facemask when they are in contact with other people; or
- reducing the risk of getting an infection; healthy people wearing a facemask when they are caring for a patient with flu.



The wearing of facemasks by healthy individuals who are not involved in caring for people who are ill (i.e. the general public) is not recommended by the HPA (as on 30 April 09). However, it is recognised that some people may choose to do so. The available scientific evidence does not suggest that this is an effective preventative measure. In addition, there are a range of practical issues that may need to be considered:

- Wearing a face mask might discourage people from carrying out good hand hygiene i.e. frequent hand washing with soap and water. We know that good hand hygiene can reduce the spread of respiratory viruses like flu.
- People might wear a facemask to conceal respiratory symptoms rather than stay at home.
- It will be difficult to provide general advice on how to wear masks and, if they are not worn properly they may not provide any protection.
- Facemasks must be disposed of properly if they are not to pose a risk to other people.
- Failing to wash hands after taking off a facemask might increase the risk of self-contamination.
- Reusing a face mask will render it ineffective and may also increase the risk of self-contamination.
- People who have to buy masks are less likely to change them regularly.
- Contact with infectious persons in public areas would be random and unpredictable and masks might be worn for prolonged periods.
- The quality of the mask may be unpredictable.

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ADVICE FOR DOCTORS DEALING WITH SUSPECTED SWINE FLU PATIENTS:

Consider swine flu in patients who present with a temp of 38 or more **OR** history of fever **AND** flu-like illness (two or more of the following: cough, headache, rhinorrhoea, or vomiting/diarrhoea) **OR** other severe/life threatening illness suggestive of an infectious process **AND** history of travel to the area where cases of swine flu has been confirmed.

Please visit this link on HPA website for detailed advice and up-to-date information as the situation is continuously evolving: http://www.hpa.org.uk/web/HPAwebFile/HPAweb_C/1240732819361

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GOOD MEDICAL PRACTICE - PANDEMIC INFLUENZA:

To help doctors be clear about what will be regarded as good practice during a pandemic, GMC has prepared a revised version of Good Medical Practice. In this version some of the usual requirements – such as participating in appraisal and performance review - have been lifted. Other requirements, such as the duties to act honestly, are unchanged.

In many cases, it is recognised that the pressures and restrictions that may accompany a pandemic by adding qualifying clauses to the guidance, recognising that constraints on time and other resources may limit doctors' ability to provide detailed information / help for patients.

To read the full guideline, please visit this link on GMC website: http://www.gmc-uk.org/guidance/news_consultation/GMP_in_pandemic_draft_24_Feb_09.pdf

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GMC EQUALITY AND DIVERSITY RESEARCH FORUM MEETING:

Please feel free to forward this newsletter to any of your friends or colleagues.

This meeting is being held on Thursday 4th of June 2009 in London.

You can visit our website at: www.appsuk.org

We have observed that international medical graduates (IMGs), in many cases, are unaware of their rights and obligations while living and working in the United Kingdom.

We have proposed to the GMC that there should be a mandatory NHS induction course educating IMGs about Equality and Diversity legislation that currently exists in the UK.

APPS is willing to design and host these courses on their behalf.

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