

OPAS^{G2} EMPLOYEE WHAT TO EXPECT: IMMUNISATIONS

WHAT IS OCCUPATIONAL HEALTH ABOUT?

Occupational Health is concerned with health, safety and welfare of people at work. We work with employers and workers to try to minimise the effects work can have on health, and advise on suitable adjustments. Our goal is to prevent work-related injuries and illnesses, promote worker well-being and protect workers from exposure to hazards.

ABOUT US

We are a local, SEQOHS accredited NHS Occupational Health service provider with over 30 years proven ability.

Our team is made up of Technicians, Qualified Nurses (known as Nurse Advisers), Doctors and Consultants. We are trained and experienced in Occupational Health and supported by a team of experienced administrators.

APPOINTMENTS

Employees attend Workplace Health & Wellbeing for a variety of appointments which look to protect and monitor aspects of your health in relation to your work environment. This includes immunisations.

WHAT ARE WORKPLACE IMMUNISATIONS?

Many jobs (particularly those associated with healthcare) can bring employees into close contact with a range of different infections and diseases. Vaccinations can provide protection for the worker against some of these and also reduce disease transmission to other people (patients). Employers have a legal duty to protect the health of their staff and must assess the risk of infection. When a risk has been identified an employer must take suitable precautions to protect the health of the employee.

HOW DO VACCINES WORK?

Vaccines work by making us produce antibodies to fight disease without actually infecting us with the disease. If the vaccinated person then comes into contact with the disease itself, their immune system will recognise it and immediately produce the antibodies they need to fight it.

SOME OCCUPATIONS ARE AT GREATER RISK OF COMING INTO CONTACT WITH DISEASES:

- Healthcare workers (Doctors, Nurses, Support Assistants and Chiropodists etc)
- Council (street cleaners, refuse and disposal workers)
- Prison and detention employees
- Tattooists and body piercers
- Plumbers and sewage workers
- Military personnel

BLOOD TESTS

During immunisation appointments we sometimes take blood samples to test whether you have immunity to a particular disease. This could take place either prior to the vaccination being given or post the vaccination to assess immunity levels.

EXPOSURE PRONE PROCEDURES (EPP)

Some occupations such as; Dental staff, Surgeons and Midwives need particular blood tests because they work with sharp instruments, needle tips or sharp tissues (e.g. bone or teeth) inside a patient's open body cavity or wound.

The blood tests include:

- Hepatitis B
- Hepatitis C
- HIV

WORKPLACE VACCINATIONS INCLUDE:

- Measles, Mumps, and Rubella (MMR) are highly infectious conditions that can have serious and potentially fatal complications
- Varicella (Chickenpox, Shingles) – can be a serious condition in adults and particularly during pregnancy
- Hepatitis B – a virus carried in blood and bodily fluids which infects the liver
- TB-BCG – an infection caused by bacteria. It is spread through microscopic droplets in the air when an infected person coughs, sneezes, laughs, etc.
- Influenza – a highly contagious virus which spreads quickly.
- Covid-19 – a highly contagious virus which spreads quickly.

YOUR APPOINTMENT

Immunisation appointments take place with an Occupational Health Adviser and will take approximately 15 - 30 minutes. The Adviser will confirm the reason for the appointment and explain the process with you. As part of the appointment the Adviser will go through your immunisation history and could ask about any relevant current or past health problems; this is to assess your suitability for receiving any further vaccinations. You will also be given the opportunity to ask any questions regarding immunisations.

Your appointment will be booked via our administration team contacting you, or by receiving an email link from our online portal OPAS G2, inviting you to book an appointment at your convenience online.

NOTE

Please bring evidence of previous immunisations with you to the appointment. This can often be obtained from your GP and may prevent unnecessary vaccinations, or blood tests.

ARE THERE ANY SIDE EFFECTS?

It is common to get some swelling, redness or tenderness at the injection site but this usually goes over a few days. More serious effects are rare but can include fever, headache, dizziness, feeling sick and swollen glands.

CONSENT

Various methods of consent are used within Workplace Health & Wellbeing for immunisation appointments. This could be:

- **Implied Consent** – When individuals attend for blood tests, blood pressure checks etc. No intervention will take place without your agreement.
- **Verbal Consent** – When you receive vaccinations having had a discussion with the nurse about the process and any possible side effects.

OCCUPATIONAL HEALTH RECORDS

All Occupational Health records are held in accordance to General Data Protection Regulation (GDPR) and Access to Medical Reports Act (1988). Electronic Occupational Health records are stored on a secure server. These records can only be accessed by the Occupational Health team using log in / passwords. Paper records are stored securely in locked cabinets and only the Occupational Health team have access to the keys. Access to the Workplace Health & Wellbeing office is restricted to Occupational Health or authorised staff only. The office is locked during out of office hours so no-one can access any information. If your employers Occupational Health provider changes, with your consent the notes will be transferred to the new provider. If you wish to view or receive a copy of your Occupational Health records held by Workplace Health & Wellbeing, we require a formal request and we will respond to your request within one month.

IMPORTANT NOTE

Please allow sufficient time to arrive for your appointment. If you think you are going to be late please telephone in advance so we can advise whether it is worth continuing your journey. Your employer may incur a charge for non-attendance or less than 24 hours' notice of cancellation.

CONFIDENTIALITY

All Occupational Health staff sign a confidentiality agreement which highlights that all information received whilst working within the department remains confidential. No confidential health information will be shared without your consent. Your immunisation status can be sent to your line manager so they have knowledge of your protection. Where you have refused to give consent but we feel there is a safety implication for your role, a member of the clinical team will inform you that on this occasion confidentiality will be broken and your manager will be informed.

WHERE TO FIND US

Level 1, 20 Rouen Road, Norwich, NR1 1QQ

Tel: 01603 287035

We are based close to the city centre and within walking distance from Norwich railway station (approx. 10 minutes). there is a large 'pay and display' car park directly opposite.

OPENING HOURS

Our team is available for support 09:00 - 17:00, Monday to Friday on 01603 287035, or alternatively WORKPLACE.HEALTH@nnuh.nhs.uk



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