

NOVEMBER 2020 NEWSLETTER

Flu Clinics

Many thanks to everyone for making the flu clinics such a success. We braved the monsoons, the high winds and finished with only one bent gazebo – so not too bad, all in all. Apologies for those who had to witness our dancing – but in our defence we were cold.

We have also successfully visited over 100 of our housebound for flu vaccination in the month of October. This is a huge achievement considering the strange times we are in.

We are currently out of stock of the under 65 flu vaccine – we are waiting to hear what the government's plans are for the extended cohort (aged 50-64). Those of you who have let us know they would like the vaccine will be contacted if we are able to get a further supply. Watch this space.

Surgery Upgrade

This is due to take place last week in November/first week December. There will be limited access to the surgery when the reception and porch areas are being done. We will try to time these areas for when it is quietest.

The Hot Hub

No, not a hot tub. As we are all aware, COVID 19 cases are increasing and the North West is one of the areas with the highest prevalence. All patients who are deemed to be at risk of COVID 19 must be seen in the hot hub organised by St.Helens Rota. We have a duty to try to keep COVID-19 out of the building – to protect staff and other patients alike. If you are assessed remotely and think you should be seen face to face, we can arrange this for you. Please do not insist that you are seen in the practice. We are also wearing masks at all times to protect you from us – please do the same for us. One practice in the area has already had to close for 2 weeks due to many staff testing positive. We desperately do not want this to happen here.

Screening

Breast screening has just started again for the practice – a few months later than scheduled. Please make every effort to attend as screening could make a huge difference to treatment and outcome. We have continued cervical screening throughout the pandemic – please continue to book a smear if asked to do so. Bowel screening continues by post – simple and easy to do so you have no excuse! When we read in the media about all the potentially missed cancers due to the pandemic we are hopeful it will not affect us as we have continued to see and refer patients throughout but, if you are sitting at home worrying about symptoms, please make contact so we can see and possibly refer you.

E-Consults

Due to the overwhelming numbers being submitted, we may not get round to everyone within the time period given. Please bear with us. If you are fairly certain you will need to talk to us and be seen, perhaps go straight to a telephone appointment? We have started to make some of these bookable on line again to try to alleviate pressure on the phone lines. If you can order your script via Patient Access or via the website, please please do so to reduce congestion on the phone lines.

Breathing exercises

Look up Dr Sarfaraz Munshi at Queens Hospital for breathing techniques in the event of COVID. Helps to increase oxygen levels and calm anxiety if breathless.