

Practice Newsletter

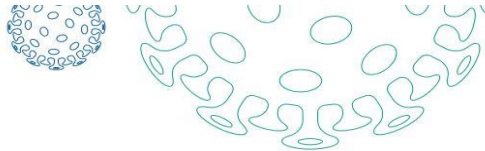
MARCH 2020



THE FOREST PRACTICE



If you have a pre-booked appointment and can't make it, please give us plenty of notice
0208 250 7510



CORONAVIRUS UPDATE

- As of 5th March 2020 – Number of positive cases in the UK has been confirmed as **115**.

NHS 111 online

Worried about the Coronavirus outbreak? Visit 111.nhs.uk for Advice and Guidance

IF YOU NEED TO COUGH OR SNEEZE

CATCH IT. (Illustration of a person coughing into their elbow)

BIN IT. (Illustration of a bin)

KILL IT. (Illustration of hands being washed with soap)

How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas



Coronavirus (COVID-19)

If you have a cough, or fever, or shortness of breath and have been to any of these places in the last 14 days:

- | | | |
|---------------------|-------------|----------------------------------|
| • China | • Taiwan | • Cambodia |
| • Thailand | • Singapore | • Laos |
| • Japan | • Malaysia | • Myanmar |
| • Republic of Korea | • Macau | • Northern Italy (north of Pisa) |
| • Hong Kong | • Vietnam | |

Stay indoors and call NHS 111

If you have returned from these specific areas:

- | | |
|--|---|
| • Iran | • Daegu or Cheongdo in South Korea |
| • Specified towns in the Lombardy and Veneto regions in Northern Italy | • Hubei province (returned in the past 14 days) |

Make your way to your residence. **Stay indoors and contact NHS 111** even if you do not have symptoms

Visit NHS.UK for more information



Coronavirus Wash your hands more often for 20 seconds

- Use soap and water or a hand sanitiser when you:
- Get home or into work
 - Blow your nose, sneeze or cough
 - Eat or handle food



For more information and the Government's Action Plan go to nhs.uk/coronavirus



Coronavirus (COVID-19)

If you have returned from a town in specific regions of Northern Italy:



Make your way to your residence. **Once there, stay indoors and call NHS 111** even if you do not have symptoms

If you have returned from Northern Italy, north of Pisa, and develop a cough, or fever, or shortness of breath

Stay indoors and contact NHS 111

Visit NHS.UK for more information

CERVICAL CANCER AWARENESS



1 in 4 women do not attend their smear test

Every day in the UK **9 women** are diagnosed with cervical cancer



Cervical Screening helps prevent Cervical Cancer. If everyone attended screening regularly 83% of cervical cancer deaths could be prevented.

Cervical Screening is for Women and people with a Cervix. We offer screening every 3 years from age 25-49 and every 5 years from age 50-64. This is because most cervical cancers develop between these ages.

You should consider having screening regardless of your sexual orientation or sexual history

Speak to Reception now to see if you are due for a test and book with our Practice Nurse. Screening is free and takes no longer than 5 minutes.



REJWAN ISLAM
SOCIAL PRESCRIBER

Rejwan joined our Primary Care Network on 3rd February 2020 and has spent the last 2-3 weeks familiarising himself with the General Practice environment and learning how we operate

"Social Prescribing enables healthcare professionals to refer patients to a link worker to co-design a non-clinical social prescription to improve patient's health and well-being."

Rejwan can help you



FRIENDS AND FAMILY TEST

Thank you for your feedback. In the last quarter with your help we collated more Friends and Family test feedback than ever before. **85%** of patients said they would recommend our practice to their family and friends



OVARIAN CANCER AWARENESS MONTH MARCH 2020

The charity Target Ovarian Cancer is running a national campaign to encourage more women to see their GP if they are experiencing the following symptoms regularly which are not normal for them.

- Persistent bloating (not if it comes and goes)
- Feeling full quickly and/or loss of appetite
- Pelvic or abdominal pain (that's your tummy and below)
- Urinary Symptoms (needing to wee more urgently or more often than usual)

720

Women are diagnosed with Ovarian Cancer every year!

Our Improvements

- There are not enough doctors (3 New GPs have started with The Forest Practice in January)
- It is difficult to book an appointment (More pre-bookable appointments now available online and via phone as well as on the day)
- Difficult to see GP on the weekends – surgery is closed (Please see below more information about the 'out of hours' services)

ONLINE ACCESS IS AVAILABLE TO ALL PATIENTS

Download the myGP[®] app



myGP CAN BE DOWNLOADED TO YOUR SMARTPHONE

- ✓ BOOK APPOINTMENTS
- ✓ ORDER PRESCRIPTIONS
- ✓ VIEW TEST RESULTS
- ✓ VIEW YOUR MEDICAL RECORD

For smartphone users, the 'My GP' app provides a simple, fast and efficient way of accessing our services. Our Reception team can provide you with a unique password and registration details. Please speak to reception for more details.

OUT OF HOURS SERVICES

If you are unable to attend an appointment during our core hours, (8am to 6:30pm Monday to Friday) - we offer two 'out of hours' services to enable our Patients to access appointments in the evening and at weekends.

EXTENDED HOURS SERVICE - appointments available at our Network Practice, Upton Lane Medical Centre

Wednesday 6:30pm to 9:30pm (GP and Healthcare Assistant available)

Saturday 9:00am to 12:30pm (GP / Nurse and Healthcare Assistant available)



Simply call **0207 511 2075** to book an appointment

NEWHAM OUT OF HOURS SERVICE - appointments available at one of our Newham GP Hubs

Monday to Friday 6:30pm to 9:00pm

Saturday and Sunday 8:00am to 8:00pm



Simply call **0207 540 9949** to book an appointment



Dr. Lyra Bakshi will be joining Our Practice from 1st April 2020 as a Full time Lead GP