

PRACTICE NEWS

CORONAVIRUS SPECIAL

Issue 16

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IMPORTANT ADVICE TO KEEP YOU SAFE FROM CORONAVIRUS

You should still ensure you adhere to the same social distancing and hygiene measures as everybody else,

- Stay at home
- Only leave home to buy food, for health reasons, or to go to work if a key worker.
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home.

ESSENTIAL SERVICES

Whilst we are still experiencing the lockdown it's important that you are still accessing our service for help, particularly with serious illnesses, as these conditions have not gone away just because of coronavirus. We are still providing the same care we have always done.

It can be very dangerous to put off getting seen as you can put yourself at risk of late diagnosis of things such as cancer, heart attacks and stroke.

For appointments please call the usual practice number 01944 710226 and press option 1. Initially you will be offered a telephone consultation; if a face to face review is necessary then arrangements will be made to ensure this happens.

Our Rillington site is our 'hot' site where we will review a patient who may be showing symptoms of possible covid-19. We have set this up to ensure our main site at Sherburn remains as safe as possible for patients to continue to attend for essential appointments.

If you have young babies or children who are due their routine vaccinations we encourage you to still bring them. Our nurses will call you ahead of the appointment to discuss the vaccinations, this reduces the face to face time in the practice. We ask that when possible only one parent attends with the child and any siblings are asked to stay at home.

DISPENSING SERVICES

Our dispensary services are now all based at Sherburn, our dispensary team are working extremely hard and have all made alterations to their usual working pattern to ensure the department isn't overcrowded whilst maintaining the hours required to ensure the service can be provided safely and efficiently.

It would be helpful if you could order your medication early, no more than 1 week early, to give our team longer to prepare your prescription prior to collection.

If you have access to the internet you can order your medication on line, this saves a visit into the practice or a queue on our prescription telephone line.

We would prefer when possible that prescriptions are paid for by card.

We have two delivery drivers providing deliveries Tuesdays, Wednesdays and Thursdays. The number of deliveries have increased to support patients who are self-isolating or shielding. Please have the correct cash available for the delivery driver if you pay for your prescription.

SHIELDED PATIENTS

A patient who is advised to shield should not be leaving their house, they should self-distance themselves from those in the same household where possible. A patient is shielding as they are at higher risk of developing complications from coronavirus and needing hospital admission.

The list of conditions considered to be very high risk are:

- Solid organ transplant recipients
- People with specific cancers
- People with cancer who are undergoing active chemotherapy or radical radiotherapy for lung cancer
- People with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
- People having immunotherapy or other continuing antibody treatments for cancer
- People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
- People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs
- People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe COPD
- People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell)
- People on immunosuppression therapies sufficient to significantly increase risk of infection
- People who are pregnant with significant heart disease, congenital or acquired

We are advising those who are at increased risk of severe illness from coronavirus (COVID-19) to be particularly stringent in following social distancing measures.

This group includes those who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):
- chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
- diabetes
- problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
- being seriously overweight (a body mass index (BMI) of 40 or above)
- those who are pregnant