

Wrafton House Newsletter

NHS

November 2020

NHS

Dear Patients

2020 has been an unprecedented year in so many ways. COVID-19 has been a particular challenge for everyone.

As we move into the winter with COVID-19, flu and the usual winter illnesses, we need to ensure that we all play our part in trying to prevent as many cross infections as possible. One of the most important things we can do is to thoroughly wash our hands regularly, if no soap and water available the hand sanitizer can be used.

We will continue to wear face coverings for the foreseeable future and keep a safe distance from other people who are not in the same household or part of our support bubble.

Please see below for a few reminders for keeping yourselves healthy and safe.

Dr Kelley & Partners

APPOINTMENTS.

All Doctors appointments are triaged by telephone first. If the Doctor feels that you need to be seen face to face, he/she will give you a time to come to the surgery. The telephones are extremely busy and our reception staff are trying very hard to keep everyone happy. They will ask you what the problem is, this is not because they want to know, it is under the instruction of the Doctors so that they can triage the urgent patients first. We also have e-consultations on our website.

www.wraftonhousesurgery.co.uk

You will get a response by the end of the next working day. They are really useful for non urgent problems and will help to keep the telephones free for more urgent requests. In these difficult times we all need to work together.

Screening.

(Cervical Smears, Bowel Screening, Mammograms)

Please ensure that you keep any screening appointments.

CERVICAL SMEARS - Our Practice Nurses are trained to take cervical smears and will put you at ease.

BOWEL SCREENING - When your kit comes through your door it is a very simple test which you then post back.

MAMMOGRAMS - The mobile unit comes every 3 years to Hatfield. If you missed it last time you can make an appointment at Luton & Dunstable Hospital.

Nearly all screenings come back negative. In the unlikely event that there is a problem early diagnosis is essential and can prolong lives.

NATIONAL DIABETES PREVENTION PROGRAMME

If you are aged 40 - 65

The risk of diabetes increases with age, if overweight or with a BAME background. Please go to the following website and check your risk. <https://bit.ly/2TaWBOM>

You can join a free course to stop diabetes developing. Join thousands who have changed their life by stopping before it begins. The free "Healthier You" course is inspirational:

www.preventing-diabetes.co.uk

FLU IMMUNISATIONS

We have had a very busy month vaccinating patients. If you are one of the "at risk" groups and have not had yours yet, please make an appointment as soon as possible.

At Risk Groups

*Everyone over the age of 65
Patients with the following
Chronic Respiratory disease
Chronic heart disease
Chronic liver disease
Chronic kidney disease
Diabetes*

*Immunosuppressed
(e.g. those on prolonged courses of oral steroids)
those without a spleen
HIV infection*

*Residential or Nursing home patients
Carers and Health care Workers*

Pregnant women Children 2, 3, and 4 year and all children over 6 months of age in high risk groups.



REPEAT PRESCRIPTIONS

Please sign up at your local Pharmacy of choice and they can take care of your medication. This will save you having to come to the Surgery. Please do not order any medication which you do not use. Tell the Pharmacy and tell us if you have any items on your repeat prescriptions that you do not use any more. By doing this we can save approximately **£300,000.00** of wasted medicine each year.

STAY
HOME

PROTECT
THE NHS

SAVE
LIVES