



Hampton Hill Medical Centre

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YOUR LOCAL PRACTICE, WHAT YOU NEED TO KNOW THIS SPRING

Coronavirus

The coronavirus is actually just a form of the common flu. What has happened is the flu has been manipulated into a new strand, which means that it currently has no treatment. If you see someone with the symptoms mentioned in the poster, advise them to call 111, not 999, for emergency advice. For more info use this link:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>



Public Health England

Wuhan Novel Coronavirus

If you have been to Wuhan, China, in the last 14 days ...

Stay indoors and avoid contact with others



Contact NHS 111 for advice



Please follow this advice even if you do not have symptoms of the virus



Do not go to work, school or public areas



Avoid visitors in your home



Avoid using public transport or taxis



Symptoms to look out for:



Cough



Runny nose



Sore throat



Fever



Difficulty breathing

Visit NHS.UK for more information

Staff Updates

Dr Sekhon will be leaving on the 9th March for maternity leave, we are pleased to welcome back Dr Gulati who will cover Dr Sekhon's leave. We are expanding our minor surgery clinics which will be run by Dr Malak as well as Dr Mansoor. We wish luck to our GP trainees, Dr Aoutin and Dr Sami, as they move on to their next practices.

We are excited to announce an expansion to nursing team, a big welcome to Amandeep Dahele, Beverly Jones and Vanessa Walsh.

News on the support team, Emily and Rosie are going to be leading on the support team, to ensure a more efficient running of the practice.



Primary Care Network updates

Social prescriber: Marilyn Morrison will be joining our PCN in March. Her role will be to signpost you to ensure you can access appropriate support within the community

Clinical Pharmacist: Zara Younis will also be joining in March. She will be helping with on hand medical reviews and ensuring the right medication is prescribed.



Pre-diabetes and weight management group

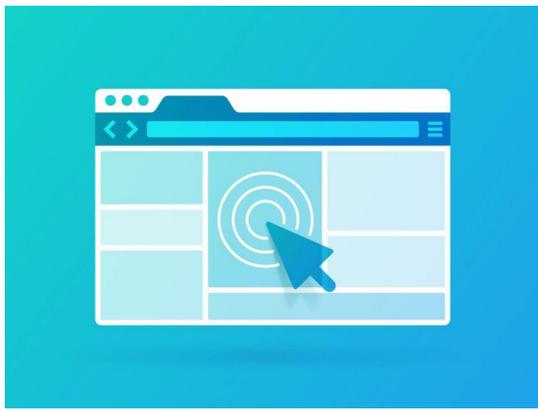
Dr Staples will be holding pre-diabetic group consultation on the 2nd March. There will be opportunities to enquire as to what is best for your body and the displays that Dr Staples presents are very easy to follow. If you're interested, feel free to come along, but if you can't make it, we hold the meetings monthly

Patient Participation Group meeting

We want to hear from people who use Local NHS Services, including carers. PPG members can help make decisions about how the surgery runs, help organise health promotion information and events and gather feedback from patients.

Next meeting: Tuesday 3rd March, 6.30pm, waiting room.





New Website

We have recently updated our website to be more user friendly, allowing you to move around with much more ease. Please check it out via this link:

<https://hamptonhillmedicalcentre.nhs.uk/>

Doctorlink

What is it?

A free virtual health assistant which checks your symptoms to help guide you to the right type of care, GP appointment, a nurse, a pharmacist, emergency care or self-care

1. Check your symptoms with a clinically approved checker
2. If your symptoms require you to see a doctor, book your GP appointment via the app

How do I know if it's trustworthy?

Doctorlink has been developed by healthcare professionals and provides the advice approved by the NHS. The technology is regularly updated to comply with guidelines.

Can I still call my surgery?

Yes, the surgery is still accessible with the normal telephone number
However, Doctorlink is accessible 24/7 so you can check your symptoms even when the surgery is closed.



CQC

The CQC recently rated us as a **GOOD** practice, we are really pleased and thank everyone for helping and ensuring that we deliver.

Link:

<https://www.cqc.org.uk/location/1-4919025890>

Changing of policy

We no longer prescribe over the counter remedies, instead we are promoting the policy of over the counter medication, very easy to buy medication which means that it causes the NHS less trouble. These are some of the meds that you can buy.

Acute sore throat	Conjunctivitis	Coughs, colds and nasal congestion	Cradle cap
Dandruff	Diarrhoea (adults)	Dry eyes / sore tired eyes	Earwax
Excessive sweating	Haemorrhoids	Head lice	Indigestion and heartburn
Infant colic	Infrequent cold sores of the lip	Infrequent constipation	Infrequent migraine
Insect bites and stings	Mild acne	Minor burns and scalds	Mild cystitis
Mild dry skin	Mild irritant dermatitis	Mild to moderate hay fever	Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain)
Mouth ulcers	Nappy rash	Oral thrush	
Prevention of tooth decay	Ringworm / athletes foot	Sunburn	Sun protection
Teething / mild toothache	Threadworms	Travel sickness	Warts and verrucae

Richmond Health Walks

If you want to get some easy exercise near you, it doesn't need to be guerrilla warfare, there are plenty of easy walks in the borough, lasting 40-75 minutes. There are also shorter walks for those with limiting health conditions. To read more about this visit:

<https://www.walkingforhealth.org.uk/walkfinder/london/richmond-healthwalks>



Free swimming pass

People living in the borough of Richmond can apply for a free swim pass if they have a health condition that can be improved by swimming (e.g. diabetes, stress, depression or arthritis).

<https://www.richmondcarers.org/2017/10/31/free-swimming-pass/>

Focusing on adolescents' and adults' wellbeing

How common are mental health problems?

Approximately 1 in 4 people in the UK will experience a mental health problem each year. In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week.

20% of **adolescents** may experience a **mental health** problem in any given year. ... 10% of children and young people (aged 5-16 years) have a clinically diagnosable **mental** problem, yet 70% of children and **adolescents** who experience **mental health** problems have not had appropriate interventions at a sufficiently early age.

Richmond Borough Mind is rooted into the local community and focuses on improving the mental health of the people in our borough.

There is also a children section of Mind, Richmond Borough Reach, which help adolescents with stress and anxiety issues, from 14-18

<https://www.rbmind.org/> - adults

<https://www.rbmind.org/our-services/youth-wellbeing-projects/reach/> - children



Don't Forget about Richmond Well Being for adult support

Richmond Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help you feel better.

Phone: 020 8548 5550

Web Address: <https://www.richmondwellbeingservice.nhs.uk/>



Update from Chairperson, Dr Karina Knights

The Richmond GP Alliance, a federation of all 25 practices in Richmond has been instrumental in supporting practices to come together to form primary care networks, of which there are 6 in Richmond. These networks are like a small community of practices, covering a patient population size of 30-50,000 (mandated by NHSE), who have agreed to work together to provide services at scale, as proposed by the government, to improve patient care and build resilience/ sustainability in general practice. Expanding the workforce of the PCN is the vision of the NHS and in 2019/20 this started with the opportunity for each PCN to recruit a pharmacist and a social prescriber.

Each PCN now shares a practice pharmacist, who will start seeing patients in the surgery, offering medication reviews and in time will provide other functions but remember this pharmacist will be shared among 3-4 practices in the PCN. Social prescribers will also be joining the primary care networks and are employed by the voluntary sector- more on this to follow.

The RGPA has also been involved in piloting/testing a number of initiatives ; in October 2019 the RGPA piloted a paramedic visiting service in the PCNs to support GPs in visiting patients who are acutely unwell and at high risk of hospital admission; this pilot received positive feedback from patients and GPs as care could be provided , where clinically appropriate, closer to home and the vision is to consider a paramedic community visiting service in 2021, when the government have proposed to support funding (capped)of these PCN based paramedics ; the RGPA is also planning to pilot a mental health locality worker in one PCN as patient mental health needs are escalating and more mental health support for patients is needed at the front line. Work is also underway to examine provision of more care at weekends to support patients who are terminally ill or have palliative care needs. The RGPA would also like to thank Dr Alex Strachan and Dr Karina Knights for their work as chair/vice chair of the RGPA for the last 18months, which has been a fruitful time and are delighted to announce that Dr Nick Grundy, GP from Park Road surgery will be the newly appointed chair of the RGPA board. Dr Knights and Dr Strachan will continue to work for the RGPA and feel now is the right time for succession planning- warm congratulations to Nick.