

Holbrook Surgery Newsletter

Spring Issue

May 2021



As the Government Covid restrictions are gradually being lifted we hope you are all looking forward to getting back to something like normal. There is nothing better than spring and seeing bluebells and primroses blooming again in the lovely countryside surrounding Horsham.

If you know of friends or family who are patients of Holbrook Surgery and would like to receive the newsletter, please contact us on holbrookppg@gmail.com

Hitting the coronavirus ...

Covid Testing at Home



We are being encouraged to take the rapid 'Lateral Flow test' to help stop individual cases from becoming outbreaks. If you don't have symptoms you can get tests

from testing sites, pharmacies, or on-line. To find out where test kits are available go on line at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> you can find where you can pick up a test kit or you can order them directly, to be delivered by post.

If you get a positive result, you and your household must isolate immediately and get a PCR test to confirm the result. This can be booked on-line or by phone by dialling 119.

Around 1 in 3 people with COVID-19 do not have symptoms. Rapid lateral flow tests help to find cases in people who may have no symptoms but are still infectious and can give the virus to others. With regular self-testing we can slow the spread of the virus and help protect our families and communities

Long Covid

With the number of Covid infections falling rapidly attention is now being focused on the longer-term effects of the disease. New research has shown that around 20% of people who have contracted Covid go on to develop longer term symptoms. These include breathlessness, fatigue, 'brain fog', chest pains and joint pain. Long Covid is when these symptoms persist for longer than twelve weeks after the original infection and can be life changing.

Support is available for this condition and clinics are being rolled out with sixty-nine centres operating across the country. These are bringing together doctors, nurses, physiotherapists, and occupational therapists to give patients the necessary support.

Long Covid is a new condition and there is still a lot to learn, but research is moving ahead rapidly. If you have symptoms lasting longer than twelve weeks, please make contact with your GP who may be able to refer you after checking for other reasons for your symptoms. To get more information please consult the NHS website, there is also an excellent summary on the British Heart Foundation website [bfh.org.uk/recovering from long Covid](https://www.bhf.org.uk/recovering-from-long-covid).

Might I have Diabetes 2?

Many people have Diabetes Type 2 without realising it because symptoms do not necessarily make you feel unwell. It is a common condition caused by problems with a chemical in the body (hormone) called insulin, that causes the level of sugar (glucose) in the blood to become too high.

Symptoms can include excessive thirst all the time, needing to pee a lot, wounds taking longer to heal, itching around your private parts, losing weight without trying to, blurred vision and tiredness.

Diabetes can also increase your risk of getting serious problems with your eyes, heart and nerves. It's often linked to being overweight or inactive, or having a family history of type 2 diabetes. Flu can be very serious if you have diabetes so having the flu vaccine is important. To identify diabetes you would need a urine test and blood test arranged through your doctor. The earlier diabetes is diagnosed the better in order to avoid further health problems. For further information, go to the NHS website for diabetes at <https://www.nhs.uk/conditions/type-2-diabetes/>

First Contact Physiotherapist

Claire Wright has started in the surgery as our First Contact Physiotherapist. You may remember there was a pilot scheme some time ago and now the Primary Care Network has made a joint-funded permanent position. This will be good for patients as well as saving GPs' time.

Claire will be available on a Wednesday morning at Holbrook Surgery so if you are suffering from aches and pains, she will be able to offer exercises, injections and be able to signpost you to other services where necessary. To contact Claire, you just need to **contact the surgery receptionist.**

Dr Hwa-Lon Liu



MBBS (1995) MRCGP BSc DRCOG DFFP PGDipENT

Dr. Liu joined the practice in February 1999. He is married and has 2 daughters. His special interests are in Ear Nose and Throat, minor surgery and information technology.

Horsham District Wellbeing

Horsham District Council has taken over an empty shop in on the corner of Blackhorse Way and the Forum in Horsham Town. When you are next passing by pop in and have a chat and pick up a Services Guide. alternatively you can contact them on Tel 01403 215111 or email info@horshamdistrictwellbeing.org.uk. They offer free advice and many courses to help you improve your health and wellbeing and to get Active

Exercise to Music - A fun, aerobic- based Exercise to Music class. Learn easy to follow routines, get fitter, tone and release stress. Low and high impact options offered to suit your needs

Learn to Run - A step by step course for beginners aiming to help you go from walking to jogging over 10 week period. Improve your fitness, confidence and ability within a fun and supportive group.

Swimming/Aqua - The aquatic route to fitness and wellbeing. Go swimming and attend aqua classes. A great option if you're looking for low impact activity.

Outdoor Military Fitness - Try five sessions of fun outdoor class suitable for men and women. Sessions include a varied mix of circuit training, relays and partner exercises.

Making an Emergency call

When you dial 999 or 112, ask for the ambulance service; they will alert other services if needed.

The emergency service operator will ask a series of questions to get the information they need.

- Who are you? State your name clearly.
- Where are you? They need to know the exact location of the incident, and where you are if not with the casualty. Be as precise as possible. Give a road name or number and post code if possible. Mention any other junctions or other landmarks in the area. If you are on a motorway, say which direction the vehicles were travelling.
- What is your number? Give your telephone number and the number you are calling from if it is different.
- What has happened? Give them details of the type and gravity of the emergency.
- **DO NOT HANG UP** until the emergency service operator clears the line as you may be given important information about what to do for the casualty

NHS 111 First

NHS 111 First now offers a single point of access to urgent care, with escalation to the A&E at East Surrey Hospital if required with bookable time slots for the same day emergency care, the Urgent Treatment Centre at Crawley Hospital, urgent out of hours primary care, community services and mental health.

Key messages

- If you think you need A&E contact NHS 111 first unless it is a medical emergency when you should call 999.
- If you go to A&E or the UTC without an appointment, you will be assessed in a timely way by a clinical member of the urgent care team and will receive emergency care and treatment if you need it. If your healthcare needs are not urgent, you may be invited to contact NHS 111 at the hospital to be directed to the most appropriate healthcare setting for your needs
- In addition to supporting patients to receive the most appropriate help and support, this also helps to reduce the number of people waiting in health services – reducing the spread of COVID-19.

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