

## **Newsletter Autumn 2020**

Thank you to our patients who continue to be thoughtful, understanding and supportive. This has really helped the team at Asplands and Woburn surgeries. Asplands Medical Centre and Woburn surgery continue to be open through the Covid pandemic. Our primary concern is your safety as well as the safety of our staff. For that reason we have developed new systems and these include our door entry system with a separate bell for patients who will have difficulty hearing the reception team on the intercom.

### **Covid Tests**

If you develop symptoms of Covid 19 – fever, new onset, persistent cough or loss of taste or smell then you are advised to isolate and request a swab test. These can be booked online via the government website or by calling 119. Unfortunately we do not have access to any testing and can only direct you to 119 for tests.



### **Appointments and Accessing your Surgery Online**

We have introduced a new way of consulting with a clinician. This involves you filling out a consultation form online, answering questions specific to your problem. This allows you to add photographs and detail your symptoms and concerns which informs the clinician when they develop your treatment plan. This link is available on our website.

Most of our appointments with doctors, Linda and Alison our nurse practitioners or David our paramedic practitioner start as a telephone consultation. If they need to see you to develop your treatment plan they will then invite you in to see them face to face.

Our nurses continue to see patients face to face prioritising those patients in need of blood tests, immunisations, dressings etc.

### **Flu Clinics**

We are offering flu vaccinations to our usual patients first: patients with long term conditions, patients aged over 65, pregnant women children in the at-risk groups from 6 months of age and children aged 2 and 3 on 31 August 2020.

.Appointments are available for Saturdays throughout October and some afternoons at Woburn. As soon as we have more vaccines we will then be running further clinics for the over 50 years old group not yet vaccinated.



## Online Presence

A great deal of information can be found on our website:  
[www.asplandsmedicalcentre.co.uk](http://www.asplandsmedicalcentre.co.uk)

By selecting the Wellbeing Centre you will find links and numbers for many professionals who can offer you support or advice.

We also have a facebook page called Asplands Medical Centre where you can find the latest information.

## Online Access

Patients can have access to their medical record by having an online account. This means you can book appointments, view test results, view your past medical history and order prescriptions from the comfort of your armchair. This also means that telephone access is easier for those patients who are not able to get the support they need from the internet.

Our reception team will be happy to create an account for you if you do not already have one. Just ask.

## Self Care.

You can often get quick and effective advice from your pharmacist who can advise the best medication for a condition. They are trained to give you advice on minor conditions and are open at the weekends and some late nights.

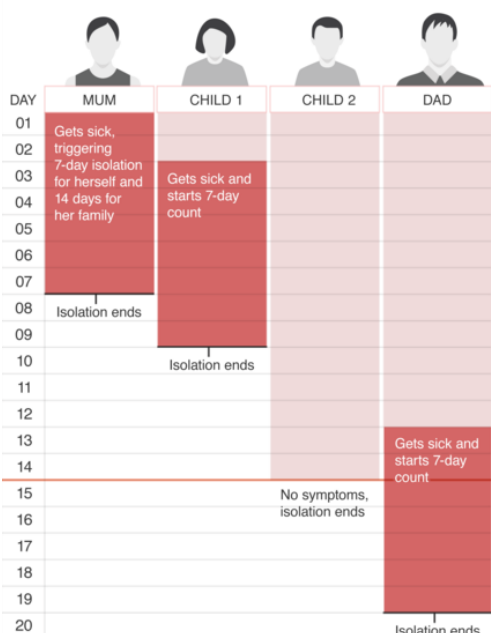
Here are some of the minor conditions they can help with.

If you have symptoms of Covid please ask someone else to collect medication for you.

Cold  
Cold sores  
Conjunctivitis  
Constipation  
Cough  
Dental Pain  
Diarrhoea  
Dry eyes  
Dry skin  
Earache  
Fever  
Haemorrhoids  
Hayfever  
Headaches  
Head lice  
Heartburn  
Indigestion  
Insect Bites  
Migraines  
Nappy rash  
Rashes  
Sore throat  
Teething  
Temperature  
Threadworm  
Thrush



What happens if someone in your family gets sick?



## Isolation

There is a great deal of information on Government websites and in the news about isolation.

If you have symptoms you must isolate for 10 days or until your covid test comes back negative. You are advised to get the test within 5 days of the start of symptoms.

If someone in a house hold has or suspects they have Covid, the remainder of the household has to isolate for 14 days.