



Longrove Surgery Summer Newsletter July 2020

Covid-19 Update

The Covid-19 rates across Barnet have dropped in recent weeks but we still need to take all the precautions we can and follow the most recent Government and Public Health guidance to keep yourself and others safe.

If you develop symptoms you can get tested by following advice on the NHS website
<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/>

We are continuing to operate a 'total triage' service to our patients. This means that all patients will be spoken to via video or telephone consultation before being offered an appointment if necessary. We have appointments on the day for urgent issues and you can pre-book appointments should you need to.

Dr Livingston

After 25 years as a GP Partner, Dr Steven Livingston will be retiring from Longrove Surgery this autumn.

If you would like to leave a personal message for Dr Livingston, please contact reception or use the comments section on our new website:

www.longrovesurgery.co.uk

Self-Care Without Needing To See Your GP

Many medicines for minor ailments can be bought at low cost over the counter at your local pharmacy without you needing a GP appointment. Most are open late nights and weekends and no appointment is needed.

Your local pharmacy can help with the following:

- Coughs, colds and sore throats
 - Hayfever and allergies
 - Eye infections
- Constipation and diarrhoea
 - Acne and eczema
- Minor aches and pains
 - Thrush
 - Threadworms
 - Nappy rash
 - Mouth ulcers
 - Haemorrhoids

So before you make an appointment to see a Doctor think '*Could I treat this myself at my local pharmacy?*'

<p style="text-align: center;">Know your results</p> <p style="text-align: center;">You are the best person to check your results.</p> <p>Please don't just rely upon the surgery to contact you. When test results come back they are always seen by one of the doctors before filing in your patient records, with a suggested plan. This might be to continue with treatment or to see you for a follow up appointment, or it might simply be no action required if the result is normal. If you want to phone to get the result please do so in the afternoon after 2pm, by calling 0208 370 6660 but the best way to check is by registering to do so online.</p>	<p style="text-align: center;">Medication Reviews</p> <p>These reviews are important to monitor your condition and the medication you might need to treat it, often needing regular blood tests to check for any potential adverse effects. If you are asked to book one please do so as soon as possible</p>
<p style="text-align: center;">Cervical Screening</p> <p style="text-align: center;"><i>We have restarted our Cervical Screening clinics following guidance from NHS England and Public Health</i></p> <p>Cervical screening is not a test to find cancer, it is a screening test to detect changes to the cells of the cervix which are called cervical abnormalities or pre-cancer so it is very important that you attend when you are recalled so any of these changes can be detected early.</p> <p>90-94% of all screening results come back normal, with no abnormalities found. It is important to remember that abnormal screening results rarely mean cancer. Having regular cervical screening offers the best protection against developing cervical cancer. Regular screening saves lives.</p> <p>If you are aged 25 to 64 please ensure you book a smear test here at the surgery.</p> <p>For more information please search for NHS Cervical Screening or visit www.jostrust.org.uk</p>	<p style="text-align: center;">Contact Details</p> <p>Please ensure we have your correct address, telephone number, mobile and email address.</p> <p>Covid-19 updates are being sent out regularly and we often need to communicate these to our patients quickly and efficiently. By having your mobile number and email address we can contact our patients more effectively than by post.</p> <p>Please contact reception if you change any of your details.</p>
<p>Clinical Staff News</p> <p>We have also welcomed several new clinical staff</p> <ul style="list-style-type: none"> • Dr Anokhee Shah - Salaried GP. Working days: Tuesday afternoon and Thursday • Sangeeta – Practice based pharmacist • Bhavik – Practice based pharmacist <p>We also have access to a team of social prescribers who can help patients with complex issues affecting their wellbeing by taking a holistic approach to health issues. If you feel you would benefit from consulting with a Social Prescriber please let reception know and they can refer you.</p>	<p style="text-align: center;">eConsult</p> <p style="text-align: center;">Our eConsult is an online consultation platform which allows you to access the GP services online. By submitting an eConsult you will be directed to self-care websites, pharmacies or booked an appointment with a Doctor or Nurse, all without calling the Practice. To use this service please go to our website or longrovesurgery.webgp.com</p>