

Roborough Surgery

Christmas 2020



If you are experiencing difficulties getting through on the phone and you want advice from a clinician, why not try using our **e-Consult service**. For further details please go to our website: www.roboroughsurgery.org.uk for further details or ask at reception. Jasmine in reception is our 'e-

PLEASE DO NOT PHONE THE SURGERY RE COVID VACCINATIONS—WE WILL CONTACT PATIENTS DIRECTLY.

THE LAST DATE FOR ORDERING PRESCRIPTIONS TO GUARANTEE YOU HAVE YOUR MEDICATIONS OVER CHRISTMAS IS 11TH DECEMBER.

2020 has been a challenging year for everyone. As a practice we have made many changes not only to the surgery layout but the way we look after our patients. We have worked extremely hard to protect patients and colleagues from the virus. We would like to thank all of you who have 'clapped the NHS' on Thursday evenings and who have offered your support in other ways. We accept we may not have always got things 100% but we are proud to say we have done our very best. We look forward to 2021 and hopefully the end of the virus. We would like to send our

'Season's Greetings' to all of you as we celebrate in different ways.

If you are feeling lonely or sad at this time please see the surgery website for organisations who are able to help.

Changes at Roborough Surgery - we have welcomed some new colleagues to the reception and admin teams in the last few weeks. They are learning 'on the job' so please be patient with us as we help them settle in.

Dr Stephen Gokhale joins our GP Team shortly. A GP of 10 years having lived and trained in the Plymouth region since 2004.

We also have to say farewell to Carla who is going to work in Derriford as a HCA—we wish her well with her new career.

Research Update

Whilst Coronavirus has paused many research projects, we have been able to start working on research related to the pandemic.

PRINCIPLE is a research trial looking at reducing hospital admissions for Coronavirus. Patients over 50 with underlying health conditions suffering from symptoms of Coronavirus can trial existing licenced medicines to see if they help reduce symptoms. The trial is very innovative because the medications can be updated during the trial as new discoveries are made.

The Royal College of General Practitioners are also running research surveillance for those patients who have previously tested positive for Coronavirus. A simple blood sample is taken at the surgery and sent to the labs in Oxford to check for background population immunity to Coronavirus. This helps to understand how the virus is affecting local areas and helps with public health surveillance and planning.

If you are interested in getting involved in the above trials or any other research activities, please e-mail our dedicated research e-mail address d-ccg.research.183048@nhs.net and a member of the research team will make contact with you.

LOVE YOUR HEART—What are the symptoms of a heart attack?

Heart attack symptoms can vary but the most common signs of a heart attack are:

- * chest pain or discomfort that suddenly occurs and doesn't go away. It may feel like pressure, squeezing or heaviness in your chest
- * pain that may spread to your left or right arm or may spread to your neck, jaw, back or stomach
- * feeling sick, sweaty, light-headed or short of breath.

Other less common symptoms include:

- * a sudden feeling of anxiety that can feel similar to a panic attack
- * excessive coughing or wheezing due to a build-up of fluid in the lungs.

Pain levels can also vary from person to person. For some people the pain or tightness in their chest is severe, while other people just feel uncomfortable, or have pain similar to indigestion. Heart attack symptoms can persist over days, or they can come on suddenly and unexpectedly.

Heart Helpline & other support: Call our [Heart Helpline](tel:03003303311) on 0300 330 3311 between Monday to Friday, 9am to 5pm. Speak to others with heart conditions by joining a [support group or online community](#). Sign up to our [Heart Matters magazine](#) and online information packed with health and lifestyle advice.

Do women have as many heart attacks as men? [Coronary heart disease \(CHD\)](#) kills more than twice as many women as breast cancer in the UK every year, and is the single biggest killer of women worldwide. Despite this, it's often considered a man's disease.

There are more than 800,000 women in the UK living with CHD, which is the main cause of heart attacks. 35,000 women are admitted to hospital following a heart attack each year in the UK - an average of 98 women per day, or 4 per hour.

Can women reduce their risk of having a heart attack? As a woman, your hormones might give you some protection from CHD in your pre-menopause years. Post-[menopause](#), your risk rises and continues to rise as you get older. As you get older it is increasingly important to be aware of the risk factors that can affect your risk of developing CHD. The more risk factors you have, the higher your risk. Risk factors include:

- * **high blood pressure, high cholesterol, diabetes, smoking, being overweight, not doing enough physical activity**

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For further information follow the link: <https://www.bhf.org.uk/information-support/conditions/heart-attack/women-and-heart-attacks>

Prescription Ordering Direct (POD)

This service was previously set up by the CCG and has recently ceased. We would encourage our patients to register for online services, or use the NHS App to request repeat prescriptions. We will still accept repeat prescription requests through our letterbox, but we are trying to reduce this as much as possible. This is to prevent the risk of passing the virus to our very hard working Prescription Clerks. Queries regarding prescriptions should still be directed to our Clerks over the telephone.



Charitable Donations—this year we are donating to a local Food Bank and the Salvation Army in memory of Karen who worked with the Salvation Army especially at this time of year.



