



Special issue (2) Self Care Week - November 2020

The pandemic is making many of us more aware of the importance of taking responsibility for our own health and **supporting the Practice in the promotion of Self Care continues to be a PPG priority.**



For the past six years during Self Care Week, an annual national event, the PPG has hosted a display every morning in the entrance to the Practice giving out information on how to look after our physical and mental health, screening for a variety of conditions and the management of more minor ailments.

Obviously that is not possible this year, but lots of free advice on self care is still available. **The Practice website has a wealth of useful information.** By selecting the [Treatment Room](#) on the home page you can get immediate help with minor illnesses and injuries. The [Wellbeing Centre](#) room gives you access to information on *carers; drugs and alcohol; smoking cessation; mental health; weight management; community help; maternity; sexual health and podiatry.* **And remember that services at the Practice are still running – do not ignore any health concerns you may have.**

Another excellent source of advice can be obtained from the **NHS website** at: www.nhs.uk/live-well/ which has tips and tools to help you make the best choices about your health including eating well and exercise and practical

advice to help you feel mentally and emotionally better.

Blood Pressure Monitoring at home

The Practice is keen to support patients with their blood pressure management. Due to the current situation, the Practice is only asking people to come down to the health centre when absolutely necessary. So where feasible it would be helpful if patients, in particular those diagnosed with hypertension, could monitor their blood pressure at home. Others are welcome to do so if they wish.

Blood pressure should be measured and recorded over a 7 day period and checked in the morning and evening, if possible at the same times each day. You should then complete and submit the Blood Pressure Review form on the Practice website at:

www.paxtongreen.uk/navigator/blood-pressure-review. A doctor or nurse will then review the readings before getting in touch with you to discuss. At this stage any medication doses can be adjusted if necessary. For a list of recommended blood pressure machine manufacturers go to: www.bihsoc.org/bp-monitors. Machines with a cuff are deemed the most accurate and can be ordered online or purchased from a chemist for as little as around £20.

Further helpful information about taking your blood pressure can be found at: www.bhf.org.uk/blood-pressure-measuring-at-home

Online services and the NHS App

Being registered for online services with your GP practice enables you to access your medical records (problems, medications, test results, consultations, immunisations, allergies), book and manage appointments online, receive text message alerts before appointments, request repeat prescriptions and nominate a pharmacy to which your prescription will be sent, all from the comfort of your own home at any time to suit you.

And keeping track of your medical record is likely to encourage you to take more care of your health and to seek help when needed.

To apply to sign up for online services at Paxton Green go to:

www.paxtongreen.uk/navigator/register-for-online-services/

Once you have received your registration details you will be able to choose how to access your online services.

The Practice recommends the NHS App which is free to download for your smartphone or tablet or to access from the browser on your desktop or laptop computer. It is a first party App which means it is owned by the NHS and not a private company. As well as offering the services listed above all in the one place, it has information and advice on hundreds of conditions, including coronavirus, and access to the 111 online service. If you have any questions about the NHS app and/or how to use it, the Reception team will be very happy to help. Contact them at: www.paxtongreen.uk/digitalpractice/reception-and-enquiries/ or by telephone 020 8670 6878

Some of you may already be registered with *Patient Access*. There is no problem with your continuing to use this app, but if you would prefer to use the NHS App you will simply need the registration details originally given to you by the Practice. If you have mislaid these, please contact Reception.

Flu vaccinations

If you have not already done so and are eligible for a free vaccination, do please make an appointment for one of the Practice's flu clinics as soon as you can. The best time to have the vaccine is in the autumn before flu starts spreading, but you can still get the vaccine later. To see if you are eligible, follow the link at the top of the Practice website home page.

NB People aged 50-64 not in a clinical risk group may also be eligible for a free vaccination from the end of November depending on national supplies of the vaccine.

The flu vaccine is safe and effective and is offered on the NHS to help protect people at risk of flu and its complications.

Flu vaccine and coronavirus (COVID-19)

Flu vaccination is important because:

- If you're at higher risk from coronavirus, you're also more at risk of problems from flu
- If you get flu and coronavirus at the same time, research shows you're more likely to be seriously ill
- It'll help to reduce pressure on the NHS and social care staff who may be dealing with coronavirus

18th-24th November is also World Antibiotic Awareness week. Remember that antibiotics do not work for viruses e.g. flu, colds and tummy bugs. As with coronavirus, one of the best ways to prevent a virus spreading is the regular and thorough washing of hands.

Update on PPG activities

While we have been unable to meet face-to-face over the past few months, we held a virtual PPG meeting via Microsoft Teams on July 27th. This was well received by the members who attended and another is scheduled for November 30th. The PPG Steering Group has also been meeting with the Practice staff online to discuss a variety of issues including changes to the content of the website, Self Care Week and the promotion of the NHS App.

PPG members have been volunteering as marshals at the Practice flu clinics and patients have been very complimentary about how well these have been organised by Paxton Green. We have especially enjoyed the clinics for 2 and 3 year olds where the dress code for girls has been predominantly pink, with several boys disguised as dinosaurs or monsters; some children arrived in doctor outfits complete with stethoscopes. There have been very few tears and some even asked to do it again!

For information and to enrol with the PPG go to: www.paxtongreen.uk/navigator/ppg/

And finally, if you have friends or family registered at the surgery who can't access this newsletter, perhaps you could pass on the information in it to them. Thank you.

