



## Special Issue (3) July 2021

### “Data Saves Lives” – NHS Digital Data Collection

The national IT and data services, which support clinicians and help patients get the best health care, are developed and operated by NHS Digital.

**The NHS relies on data to develop its services according to the needs of patients, to design new treatments and for the monitoring of diseases such as COVID-19.** From September 1<sup>st</sup>

2021, there will be a change to the way in which this data is collected from GPs. Recent media coverage has been somewhat confusing, and you have the right to opt out if you wish to, but to make an informed decision we would strongly recommend looking at the following link:

<https://selondonccg.nhs.uk/news/general-practice-data-for-planning-and-research/>

### The Practice during the pandemic

Since January, Paxton Green Health Centre has been the designated COVID-19 vaccination site for the Croxted Primary Care network which comprises Paxton Green Group Practice, The Old Dairy Health Centre and Brockwell Park Surgery. Clinicians from all three practices plus several volunteer clinicians have been working tirelessly to vaccinate patients, including at weekends and bank holidays. They have always been happy to answer questions about the vaccines and reassure anybody who has concerns.

Over 100 people have volunteered to act as marshals, and feedback about the organisation and smooth running of the whole operation has been extremely positive with the friendliness of patients, staff and volunteers much in evidence. You may have seen the excellent feature about volunteer marshals on *BBC Morning Live* on April 21<sup>st</sup> which was filmed at Paxton Green. You can still catch the programme at:

<https://www.bbc.co.uk/iplayer/episode/m000vckx/morning-live-series-2-21042021>

Since the beginning of the year over 18,000 vaccinations have been administered at Paxton Green – the highest proportion of patients per primary care network in Lambeth - and by the 9<sup>th</sup> July it is hoped that all patients over the age of 40, or at high risk from Covid, wanting the vaccine will have received two doses. At this point the Vaccination Service at Paxton Green will be paused. However, anybody of 18 or over can now book a vaccination elsewhere via the national booking system at: [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination) or by telephoning 119.

Please be assured that it is not too late to book a vaccination if you have not taken up a previous invitation.

### Alongside the vaccination clinics, the Practice has continued with its normal business of looking after patients.

The national initiative of Total Triage, by which patients' initial consultation is via the telephone or online, remains in place for the moment. Medical advice from the Practice can be accessed via the Telephone Advice line (8-10am Monday to Friday), bookable telephone consultations with a doctor and online consultations with a doctor, nurse or pharmacist. If it is necessary for you to be seen face to face, you will be invited to attend the Practice. Baby immunisations, cervical screening, chronic disease management and home visits for the housebound continue.

And remember that by selecting the [Treatment Room on the Practice website](#) you can get immediate help with minor illnesses and injuries. There are now five pharmacists working at the Practice and a Care Coordinator has been appointed. (See Spotlight on the Practice on p.2)

### Rapid lateral flow test for COVID-19

About 1 in 3 people with Coronavirus do not have symptoms but can still infect others. You can now do a lateral flow test at home to check if you

have COVID-19 and obtain an initial result in 30 minutes. Free packs of tests including an informative booklet can be obtained from your local pharmacy or via:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>.

### “Long Covid”

How long it takes to recover from COVID-19 is different for everybody. For some, it can cause symptoms that last weeks or months. Contact your GP if 4 weeks after the infection is gone you are concerned about symptoms; these are listed at: <https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/>

### Spotlight on the Practice (16) – William Ashwood, Care Coordinator

Having completed a Master’s degree in International Relations at Swansea University, Will joined Paxton Green in August 2020, initially working as a receptionist. In January he became part of the Covid Administration Team where he was inviting patients to receive their vaccinations. Recently he has started in the role of Care Coordinator which involves contacting patients in certain groups and booking them in for health checks. He is currently working with Dr Latha Pathmanathan and the nursing team to book in diabetic patients for reviews. Will says “Although I have not been in my current role for long, I am really enjoying being able to help people”.

### Keeping Healthy

Now that restrictions are gradually being lifted, many of us have fresh opportunities to think about how to remain as healthy as possible by considering our eating, exercise and daily activities and by building resilience. Our diet, weight and activity level can have an impact on how well our bodies can cope with illness, be it COVID-19, flu or other viruses and on prevention of such conditions as heart disease and diabetes. It is equally important to look after our mental health. After so many months, a lot of people may experience anxiety coming out of lockdown. Our [special Self Care issue of the PPG newsletter](#) in November last year highlighted [www.nhs.uk/live-well](http://www.nhs.uk/live-well) as an excellent source of

advice and [The Wellbeing Centre room on the Practice website](#) gives you access to information on weight management, drugs and alcohol, smoking cessation, mental health and much more. And while we enjoy the summer weather, remember that even in England that sun can be strong. [See our June 2016 newsletter](#) on the Practice website PPG newsletter page for advice on staying safe as well as tips for coping in hot weather.

### An update on the PPG

Inevitably, our activities have been limited through this pandemic and so we have continued to conduct our business online. **Our third virtual PPG meeting will be held on July 26th and will incorporate our 7<sup>th</sup> AGM.**

The Steering Group has still continued to meet online with the Practice to discuss updates to services and has also attended a number of virtual external meetings in order to keep abreast of what is happening locally and across London in health and social care. Following on from its involvement in the organisation of marshals for the flu clinics in 2020, it was invited by the Practice to discuss plans for the COVID-19 vaccination clinics and subsequently helped to recruit some of the volunteer marshals. It has also worked with the Practice on some aspects of the website.

Due to current restrictions, our newsletters are currently only available on the Practice website. So, if you have friends or family registered at the Practice who don’t have online access, do please pass the information in this issue on to them.

**New members of the PPG are always welcome** and any patient registered at the Practice can enrol via Reception or on the website at:

<https://www.paxtongreen.uk/navigator/patient-participation-group-enrolment/>.

If you are unable to attend a meeting(s) you will still receive the meeting papers including minutes.