

Barnabas Bulletin



Newsletter of the Barnabas Medical Centre

Issue 29, March 2020

Coronavirus (COVID-19) Information and Advice

The following is the advice from the NHS and UK Government, as at morning of 1 March 2020. If in doubt, please check the latest advice on NHS Choices or Gov.UK websites, or call NHS 111.

If you have symptoms of a cough, or high temperature, or shortness of breath (however mild) and believe you may be affected (as below) you **MUST NOT** enter the Practice or any other healthcare facility, but follow the advice below.

Travellers from Wuhan and Hubei Province and other specified areas

If you have returned to the UK from any of these areas in the last 14 days:

- Iran
- Lockdown areas in Northern Italy
- Special care zones in South Korea
- Wuhan or Hubei province of China

You should immediately:

- stay indoors and avoid contact with other people as you would with the flu
- call NHS 111 to inform them of your recent travel to the area, or use the 111 Online Coronavirus Service

Please follow this advice even if you do not have symptoms of the virus

Travellers from other parts of China and other specified areas

If you have returned to the UK from any of these areas in the last 14 days:

- Other parts of mainland China
- Other parts of South Korea
- Thailand
- Japan
- Hong Kong
- Taiwan
- Singapore
- Malaysia
- Macau

and develop symptoms (see above).

If you have returned from the following areas since 19 February and develop symptoms

- Northern Italy (anywhere north of Pisa, Florence and Rimini)
- Vietnam
- Cambodia
- Laos
- Myanmar

You should immediately:

- stay indoors and avoid contact with other people as you would with the flu
- call NHS 111 to inform them of your recent travel to the country, or use the 111 Online Coronavirus Service

Please follow this advice even if your symptoms are minor

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NewsRound

Health Centre Waiting Times Raised in Parliament

New Ealing North MP James Murray has raised concerns about waiting times for GP appointments, and the problem of recruiting GPs, in a question in the House of Commons. Although he referred specifically to Hanwell Health Centre this applies to all practices.

Source: <http://www.ealingtoday.co.uk>, 29 January 2020

Moorfields Eye Hospital

The proposed move of Moorfields Eye Hospital and University College London's Institute of Ophthalmology from the current City Road site has been approved.

A new facility will be developed on vacant land at the St Pancras Hospital site, just north of King's Cross and St Pancras Stations. The proceeds from the sale of the City Road site will be used to fund the new development.

Source: Camden CCG, 13 February 2020

New Mother Health Checks

Many practices already do this but it is now going to be a requirement for new mothers to have a physical and mental health check-up with their GP or Practice Nurse 6 weeks after the birth of their child. This is in addition to the baby's 6-week check-up.

Source: *The Guardian*, 7 February 2020

Cygnets Health Care

Recent CQC inspections raised concerns about a number of Cygnets Health Care's mental health services. Amongst those rated "Inadequate" was Cygnets Hospital Ealing.

Cygnets's two other local facilities in Harrow and Kenton were both rated "Good".

Source: *Care Quality Commission*

Measles and Mumps on the Rise

There is a lot of concern at the increasing number of measles cases in many countries. The UK is included in this and as a result has recently lost its "measles free" status. The cause is the reluctance of parents to have their children immunised.

Measles is a serious illness which can cause death, or have potentially long-lasting repercussions on health, including deafness. It is also reported that measles "resets" the immune system, leaving the patient more vulnerable to other diseases for many years.

If you want to see how effective immunisation is you have only to look at the recent situation in Samoa, where measles vaccination was under 35% in 2018 resulting in a measles outbreak that was out of control with 5700 cases and 83 deaths amongst a population of just over 200,000. As a result of significant government action and vaccination being made mandatory the number of new cases fell rapidly and the outbreak was contained.

Cases of mumps are also on the rise in England, especially amongst students. They are now at their highest level for ten years. Outbreaks in universities and colleges raised the number of cases of the painful viral illness to 5,042 in 2019 – four times the number in 2018.

Although most people recover from mumps without treatment, in rare cases there can be serious complications such as inflammation of the testicles (and occasionally infertility) in males, meningitis and permanent deafness.

While around 80% of children and young adults have received the necessary two doses of the MMR vaccine, this is way below the 95% coverage required to ensure "herd immunity" against measles. This means that outbreaks of measles and mumps will continue to occur.

If you don't know whether you've had your two doses of MMR vaccination, please talk to reception who can check your records. And if you have not had your full MMR vaccination it is never too late!

Dr Alice Blackwell

It was with great sadness that in the middle of February we said good-bye to Dr Alice Blackwell, who is moving to the West Country for family reasons. We will all miss Dr Blackwell's contribution to the Barnabas team and wish her well for the future.

New Interpreter Service

From 16 March 2020, all interpreting and translation services across Ealing CCG will be provided by LanguageLine Solutions (LLS). Interpreters can be provided for most major languages as well as British Sign Language (BSL).

Anyone needing an interpreter at their doctor or nurse appointment should request this through reception when booking their appointment.

PPG Corner

Updates from our Patient Participation Group

Walk-in services

One of our PPG activities is *Meet the Patients*, where we spend a half-day, most months, in the waiting area just talking to people about the PPG, answering questions and demonstrating the GP online services.

A topic which often arises is "Where are the Walk-in Centres in Ealing?"

The answer: there are none. Yes, that's right, there are no Walk-in Centres in Ealing.

But what about Alexandra Avenue Health Centre, people ask.

Alexandra Avenue HC is in Harrow. It is funded by Harrow CCG, not Ealing CCG. Since 2018 patients registered with Ealing GPs (even if they live in Harrow) have not been allowed to use the Alexandra Avenue HC or the one at the Pinn Practice in Pinner.

So what do we do, especially if we need a walk-in service when the Practice is closed?

Essentially you have two options:

Option 1: Ring NHS 111. If necessary and appropriate they will arrange an appointment with one of the three GP hubs in the borough which provide extended hours service, or direct you to an Urgent Treatment Centre (UTC).

The three GP extended hours hubs are at Sunrise Medical Centre, Southall; Florence Road Surgery, Ealing; and Elmbank Surgery, Hanwell. You have to be referred to these centres; you cannot just turn up.

Option 2: Go to an Urgent Treatment Centre. There are two UTCs nearby, at Ealing Hospital and Northwick Park Hospital. Both are available 24 hours a day. You do not need an appointment, just turn up.

UTCs provide treatment for minor injuries and illnesses that are urgent but not life threatening: for example, sprains; broken toes, fingers and collarbones; minor burns and cuts; bites and stings. However if your condition is not considered urgent you will be referred back to your GP.

You can always find the date of the next *Meet the Patients* on the waiting area noticeboards. Do drop by and chat to us!

Keith Marshall, PPG Chairman
Email me at barnabas.ppg@gmail.com or leave a note for me with Reception.

Organ Donation : A Reminder

From Spring 2020 organ donation in England will move to an "opt out" system. This means all adults in England will be considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are otherwise excluded. You still have a choice: if you do not want to be an organ donor, you can choose to opt out.

Next PPG Meeting

Tuesday 7 April 2020, 1300 hrs
St Barnabas Church Hall

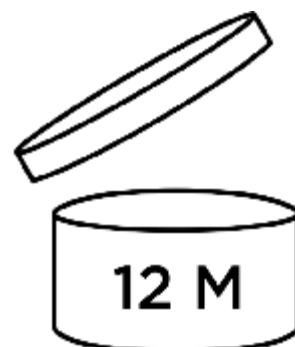
Did You Know ... ?

Many personal care products (like over-the-counter cosmetics and shampoo; but not medications) and some cleaning products have a limited shelf-life but don't carry a "Best Before" or "Use By" date. However they do carry a "period after opening" symbol. Most usually this is an open jar symbol (see below) or occasionally an egg-timer. The symbol will contain a number followed by M (for months) or D (for days) to indicate the product's shelf-life after opening.

This symbol has to appear on any product which has a shelf-life after opening of less than 30 months and shows how long the product should remain usable if kept in normal conditions (for instance, not on a sunny windowsill, or left open).

Products where you don't open some sort of lid, and air or fingers don't get to the product, like most sprays, aren't included in this, nor are single-use products like wipes in individual sachets.

Obviously the shelf-life varies a lot depending on how critical the product's possible harm could be if it's deteriorated, or if it needs to be considered non-sterile after opening. For instance in our bathroom shampoo is 12 months, deodorant is 24 months, talc is 36 months. But something like eye drops can be as short as 28 days – and in this case it really does matter.



With thanks to Lyn Duffus

Coronavirus and COVID-19 Infection

If you think you might be affected DO
NOT come to the Medical Centre but
call NHS 111 for advice

As you are all aware there is a worldwide alert for the Coronavirus, which causes the infection now known as COVID-19.

The practice has put measures and policies in place, and trained all our staff, in case a potentially infected patient presents at the practice.

Public Health England (PHE) are recommending that all travellers returning from specific areas and who develop relevant symptoms (however mild those symptoms are) within 14 days of returning should immediately self-isolate at home and call NHS 111. If they have lived with, or had close contact with, a confirmed case of coronavirus, they should contact NHS 111 for further advice.

Additionally PHE are recommending travellers from Wuhan and Hubei Province in China, and some other areas, should self-isolate for 14 days, even if they do not have symptoms, due to the increased risk from that area. These travellers should call NHS 111 and inform them of their recent travel.

Please see the front page for details of affected travel areas, and what symptoms to look out for

If you are in any doubt please call NHS
111 for advice

Thank you!

Barnabas Medical Centre

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020 8864 4437

email: admin.barnabas@nhs.net
www.barnabasmedicalcentre.co.uk

Surgery Times
Mon & Fri: 0800-1300, 1400-1830
Tue, Wed, Thu: 0800-1830
Pre-booked appointments are also
available Tue, Wed, Thu 0730-0800

Phone lines are open
Mon-Fri 0845-1745

Out of Hours
For urgent healthcare outside
surgery times please call 111

Repeat Prescriptions
Repeat prescriptions must be
requested in writing or online. They
will normally be ready for collection
after two working days.

Doctors
Dr Mohini Parmar (f)
Dr Harpreet Kooner (m)
Dr Harjeet Bhatoa (f)
Dr Elizabeth Fong (f)
Dr Rajee Navaneetharajah (f)

Practice Nurses
Henny Shanta (f)
Anna Wan (f)
Karen Collett (f)
Nikki Onoufriou (f)

Clinical Pharmacist &
Care Plan Advisor
Paresh Virji (m)

Practice Manager
Matthew Edwards

*** **

Patient Participation Group
Chairman: Keith Marshall
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*This newsletter is a joint production of
Barnabas Medical Centre and the Barnabas
Patient Participation Group.*

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Don't need your appointment?
Can't get to your appointment?
Then please tell us!

Need large print?
Please ask Reception