

# Newsletter

## COVID-19 VISITING YOUR GP SURGERY

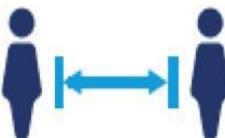


**PLEASE WEAR FACE COVERINGS.  
COVID-19 PROTECTIONS ARE  
STILL IN PLACE IN THIS SURGERY.**

In line with current Government guidance patients are required to continue to wear a face covering in all healthcare settings.

Face coverings primarily protect others, so doing so – unless exempt – is key to preventing spread of infection.

**CONTINUE TO RESPECT  
(2M) SOCIAL DISTANCING**



**TEST AND ISOLATE IF  
YOU HAVE ANY SYMPTOMS.**

If you have symptoms you must get a **PCR test** as soon as possible & before visiting your GP. **Rapid lateral flow tests should not be used to confirm infection.**

It's vital that you and anyone in your household **isolate until you receive your test result**, and for 10 days thereafter if the result is positive.

**WASH/SANITISE  
HANDS REGULARLY**



## FACEMASK POLICY

We ask everyone entering our premises to continue to use facemasks in order to protect vulnerable patients and staff.

Anyone not wearing a facemask will be asked to wait outside until called in to see the clinician, or if due to see a vulnerable clinician may have their appointment cancelled on arrival or delayed until another clinician is available.

Patients with high risk symptoms may be asked to attend a different site. Help us to help you. Thank you.

*Beaconsfield Road Surgery  
Team and Patient  
Participation Group*

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## Meet our Pharmacy Team



**Back Row Left to Right**

**Katy** (Pharmacy Assistant), **Wonu** (Pharmacist), and **Danielle** (Pharmacy Assistant)

**Front Row Left to Right**

**Shilpa** (Pharmacist) and **Jackie** (Pharmacy Assistant)

Our Pharmacy Team are on hand to help you with medication queries every weekday on:  
**01424 755355 option 2** between 10am-11am and 2pm-3pm.

They can answer questions about medication issues, discharge medication from hospital stays, dosage queries and lots more.

Please be aware, they cannot prescribe antibiotics or new medication which may require approval from the GP first.

If you need to check whether your repeat prescription is ready, please always ask the chemist as your first point of contact.



## How sharing patient data with NHS Digital helps the NHS and helps you

The NHS needs data about the patients it treats in order to plan and deliver its services and to ensure that care and treatment provided is safe and effective. The [General Practice Data for Planning and Research](#) data collection will help the NHS to improve health and care services for everyone by collecting patient data that can be used to do this.

For example, patient data can help the NHS to:

- ◆ Monitor the long-term safety and effectiveness of care
- ◆ Plan how to deliver better health and care services
- ◆ Prevent the spread of infectious diseases
- ◆ Identify new treatments and medicines through health research

GP practices already share patient data for these purposes, but this new data collection will be more efficient and effective.

This means that GPs can get on with looking after their patients, and NHS Digital can provide controlled access to patient data to the NHS and other organisations who need to use it, to improve health and care for everyone.

Contributing to research projects will benefit us all as better and safer treatments are introduced more quickly and effectively without compromising your privacy and confidentiality.



### Opting out of NHS Digital collecting your data (Type 1 Opt-out)

We want to make the position around opt-out much simpler. While 1 September has been seen by some as a cut-off date for opt-out, after which data extraction would begin, I want to reassure you that this will not be the case and data extraction will not commence until we have met the tests.

We are introducing three changes to the opt-out system which mean that patients will be able to change their opt-out status at any time:

- Patients do not need to register a Type 1 opt-out by 1 September to ensure their GP data will not be uploaded

## Staffing issues

Here at the Surgery, we have not escaped the 'peril of the ping', and have found ourselves with several team members self-isolating over the past few weeks, on top of staff annual holidays.

This has unavoidably affected our capacity to some degree, but wherever possible we have deployed laptops so that the team are still able to work from home.

This situation is obviously out of our control, but we will endeavour to keep you updated.

Keep checking our [website](#) and Facebook page for updates and latest news.



- NHS Digital will create the technical means to allow GP data that has previously been uploaded to the system via the GDPR collection to be deleted when someone registers a Type 1 opt-out
- The plan to retire Type 1 opt-outs will be deferred for at least 12 months while we get the new arrangements up and running, and will not be implemented without consultation with the RCGP, the BMA and the National Data Guardian

Together, these changes mean that patients can have confidence that they will have the ability to opt-in or opt-out of the system, and that the dataset will always reflect their current preference. And we will ensure it is easy for them to exercise the choice to opt out.

For more information please follow the [link](#).

## Engage Consult Temporary Measures

We have had to take the step of 'capping' the number of online Engage Consult submissions we can receive each day.

Once our daily capacity has been met, you will have to wait until the following day.

Current unprecedented demand is outstripping capacity.

## Test results

Please allow 7 working days after your test before ringing for results. **Please ring 01424 755355 between 11am and 1pm** and select **option 1** (Monday – Friday only).

Our reception staff are not qualified to comment on results therefore it is your responsibility to check them and make any necessary follow-up appointment with the doctor.

Please note that we do have a strict policy regarding confidentiality and data protection.

In this respect we will only give out results to the person they relate to unless that person has given prior permission for their release or if they are not capable of understanding them.



## Test results from the hospital

If you have had a test or investigation at the hospital as part of a specialist referral, it is the responsibility of that consultant to follow up on your result and deliver it to you in a timely fashion.

GPs are not responsible for results of tests requested by hospital consultants.

If you are waiting for a result which was requested by a hospital consultant, please contact the relevant department.

If the investigation was initiated by the GP, you are welcome to ring our dedicated results line (as mentioned above).

Please be aware that certain scan results can take several weeks to be processed by the hospital.

## Sun safety

Look after your skin - stay safe in the sun!

Remember it's not just sunbathing that puts you at risk, but being in the sun without adequate protection. If you regularly take part in outdoor hobbies or sports, or work outdoors you could be at greater risk. Make sure you use all of the Five S's of Sun Safety and NEVER BURN!

1. SLIP on a T-shirt
2. SLOP on SPF 30+ broad spectrum UVA sunscreen
3. SLAP on a broad brimmed hat
4. SLIDE on quality sunglasses
5. SHADE from the sun whenever possible



### PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

**The importance of early immediate professional advice from your GP or skin specialist / detection**

The early detection of skin cancer is vital and can reduce a patients risk of disfigurement through removal, or in the most serious of cases death. It is therefore very important to get to know your own skin so that you can recognise any signs of change that may be a potential skin cancer or pre cancerous skin lesion.

**Please be aware that it is important to check your skin both thoroughly and regularly (experts suggest at least once a month) to ensure you identify abnormal changes as early as possible.**

**It is also important to seek dermatologist should you be concerned or uncertain about anything you identify.**

[Click here for guidance on how to check your skin properly >](#)

There are two main types of skin cancer, Non-Melanoma skin cancers (NMSC) and Melanoma skin cancer, which is the most serious type of skin cancer.

[Here](#) you will find examples of each of the various forms of skin cancer within these categories, with tips and symptoms to help you understand what you should be looking for when checking your skin.

# Puzzle Time

We hope that you enjoyed the massive word search in last month's edition.

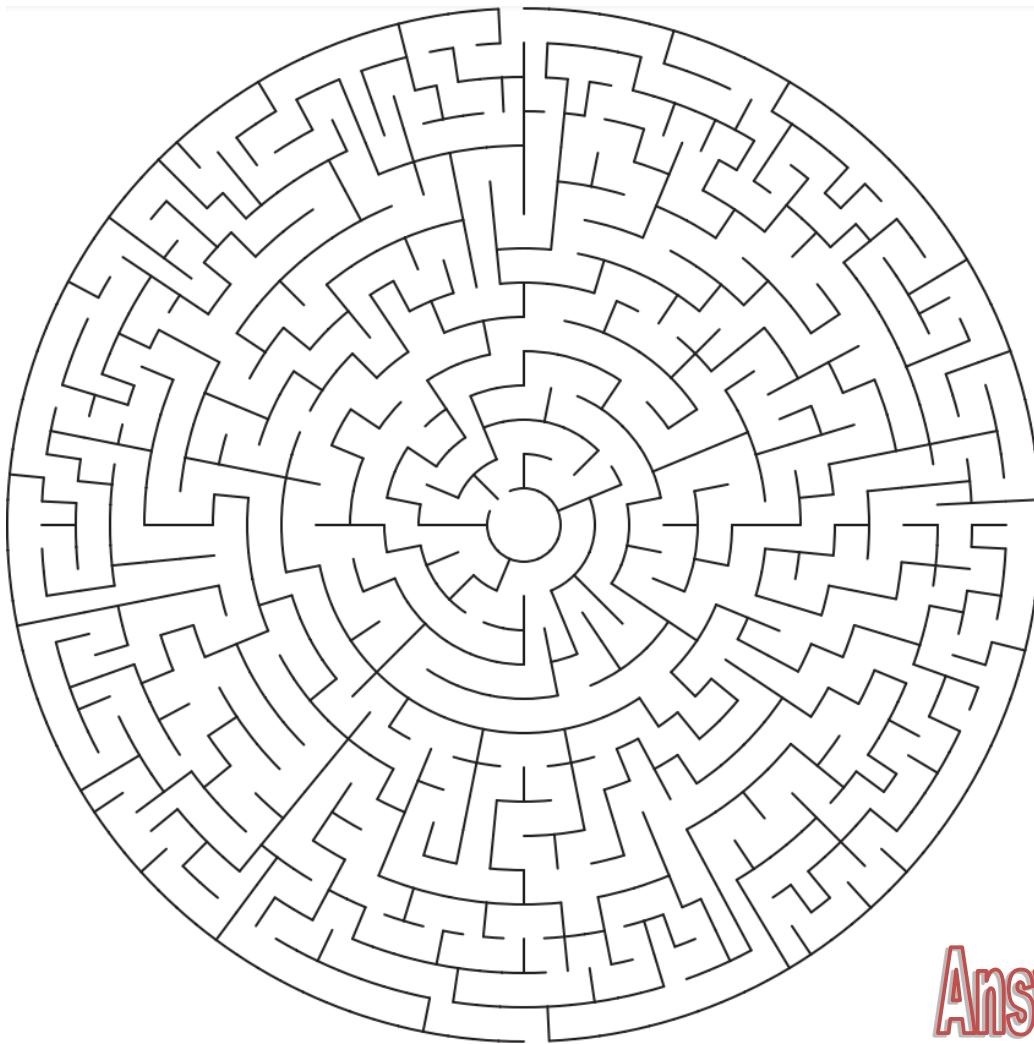
This month we start with a medium strength brain teasing Sudoku. Fill in the blank boxes so that the numbers 1-9 appear once only on each line, column and 3x3 box.

Then we have some lightweight Anagram's for you.

Rearrange the letters to form the answer

1. carotid road \_\_\_\_\_
2. parroted cork \_\_\_\_\_
3. blondies face \_\_\_\_\_

		5		6		
	7				8	
			4			3
3			9	4		
	1			3	5	
		4	8			1
9			6			1
			5			4
7	1			9	2	



Can you find your way to the centre of this maze?

Print it out and give it a try.

## Answers next month

## Beaconsfield Group Practice - Tel: 01424 755355

### Beaconsfield Road Surgery (Main site)

21 Beaconsfield Road, Hastings, East Sussex, TN34 3TW

**Open - By appointment only**



### Beaconsfield Ore Surgery Site (Satellite site)

21 Fairlight Road, Hastings, East Sussex, TN35 5ED

**Open - By appointment only**



### Little Ridge Surgery (Satellite site)

38 Little Ridge Avenue, St. Leonards-on-Sea, East Sussex, TN37 7LS



**Currently closed to all routine services**

**The telephone number for all surgeries is 01424 755355**

Find us on the internet at

**<https://www.beaconsfieldroadsurgery.co.uk>**



...and on Facebook - Go to

**<https://www.facebook.com>**

and search for Beaconsfield Road Surgery Hastings