



# ASCOT MEDICAL CENTRE

at the heart of the community

Quarterly Newsletter Produced by the PPG

## CORONAVIRUS

***If you have travelled from China or have been in contact with someone confirmed as having Coronavirus in the last two weeks, you may be at risk of Coronavirus. Please do NOT leave the house - self-isolate and call NHS 111 - if:***

***You have been in China in the last 14 days and develop cough, fever or shortness of breath; or***

***You have been in Wuhan or Hubei Province in the last 14 days or have been in contact with someone confirmed as having Coronavirus, even if you feel well.***

### Symptoms and what to do

You should look for any of the following symptoms in the days after the day you return from China:

***Cough      Difficulty in breathing      Fever (a temperature of 38 degrees C or higher)***

if it is an emergency, call 999 and explain to them that you have returned from China in the last 14 days

if you are unwell, but it is not an emergency, call NHS 111 and explain to them that you have returned from China in the last 14 days

Whilst you await further advice from NHS

self-isolate at home

avoid contact with others

stay at home, do not attend work or school

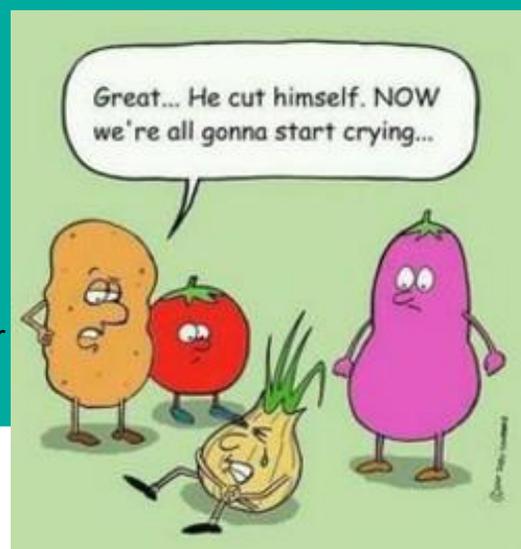
do not travel while sick

cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.

Throw tissues in the bin then wash hands often with soap and water for at least 20 seconds.

Use an alcohol-based hand sanitiser if soap and water are not available

## Laughter is the Best Medicine



**For anyone still wanting a Flu Jab there are still some available please contact reception.**



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### GROUP CONSULTATIONS

Ascot Medical Centre are taking part in a pilot scheme of a new and innovative approach to helping people best manage their long term medical conditions, starting with Type 2 Diabetic reviews.

Through confidential group consultations, patients get to spend more time with their clinician along with being linked to people living with the same or similar health conditions.

The group consultation provides:-

- 60-90 minutes with your practice team
- Answers to your medical questions
- Discussion of test results and arrangements for test/procedures
- Discuss treatment options in depth
- Prescription changes or renewals / discussion of side effects
- Friendly discussion with others, sharing experiences and tips on how to manage the condition

Patients will be asked to sign a confidentiality form to ensure details are not shared outside of the group and they are happy to participate and discuss their medical issues in front of others. The participation in the scheme is voluntary and patients are able to let the team know in advance if there are any particular issues they do not want discussed in front of other patients. There will also be the opportunity for private discussion away from the group and if a referral for a one to one or other investigations are required this will be arranged for the patient.

Once the Diabetic group is underway the practice will look to replicate it over other long term health conditions as it is seen as a productive and beneficial way to help people manage their ongoing health conditions.

### AMC SITE CHANGES

AMC management have kept close contact with Kier Construction Ltd – who are building the new hospital - to ensure suitable parking spaces are maintained and not used by others. There will be visible changes but AMC Staff will now park elsewhere which will free up some spaces and there will be a tighter control of those using the area so **DO PLEASE get an AMC PATIENT windscreen note from reception** when you visit to avoid a possible ticket!

Reassuringly Kier have been very co-operative and confirm that their work is on schedule.

If you would like to know more about the Heatherwood Hospital situation there is an update on the RBWM website

<https://rbwm.moderngov.co.uk/mgAi.aspx?ID=11743> dated 15<sup>th</sup> January 2020 and the

Frimley Plan on

<https://www.fhft.nhs.uk/news/green-light-for-heatherwood-hospital/>

Additionally there is a building time lapse video on the link

<https://www.youtube.com/watch?v=33YiS1pEPNg>

### Useful Healthcare Numbers

SURGERY	01344 874011
NHS HELPLINE	111
EMERGENCY	999
BRACKNELL URGENT CARE CENTRE	01344 551100
HEATHERWOOD HOSPITAL	01344 623333
WEXHAM PARK HOSPITAL	01344 633000
FRIMLEY PARK HOSPITAL	01276 604604
SAMARITANS	0845 7909090
CHILD LINE	0800 1111

Patient Participation Group email:  
eastberkscg.ppg@nhs.net

### Practice Doctors & Specialist Area

Dr Edward Williams MSK Lead	Dr Rachel Pagnamenta on maternity leave
Dr Peter Din Cardiovascular Lead	Dr Taiba Javaid on maternity leave
Dr Wendy Morton Diabetic Lead	Dr Adie Sosnovik Dr Ammand Shah
Dr Kirsten Hain Cancer Lead	Dr Cherry Sudall Dr Aurora & Dr Raman