



## KIRKBURTON HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER SUMMER 2020

Our Newsletter can be viewed on our website [www.kirkburtonhealthcentre.nhs.uk](http://www.kirkburtonhealthcentre.nhs.uk) , or by email upon request.

### WELCOME

Welcome to our Summer Newsletter. The COVID-19 outbreak has presented many challenges. Our team has risen to the challenges and adapted to new ways of working to ensure the safety of patients, clinicians and staff. Our practice, along with many other GP Practices and Hospital Trusts in the country, is embracing online and video consultations. We are seeing the benefits of this innovative technology, however we understand that it is not suitable for all our patients or conditions.

Please do not ignore health issues or ongoing medical conditions. Our GPs, nurses and support team are here for you - please get in touch. If attending the surgery for an appointment, please wear your own face mask wherever possible.

### STAFF UPDATE

We are delighted to announce that Dr Rebecca Schatzberger, who joined our team as a Salaried GP in November, is now a partner. Our next intake of GP Registrars will be in August, when we look forward to welcoming Dr Haider Ali, Dr Maya Boro and Dr Bethany Hardy to the team.



### FOCUS ON – Dr Rebecca Schatzberger

Rebecca was born and raised in Sheffield. Studying medicine was her lifelong dream, and she qualified as a doctor at the University of Leicester in 2009. She returned to Sheffield to undertake post-graduate training in general medicine, gaining membership to the Royal College of Physicians in 2013, before sub-specialising in genitourinary medicine (GUM). Although she loved the GUM specialty, Dr Schatzberger decided to follow in her dad and brother's footsteps, and become a GP. She completed her GP training in November 2019, when she joined the Practice as a Salaried GP.



Dr Schatzberger said: "I love the diversity that General Practice brings, and the ongoing relationships with patients. I am overjoyed to be a partner at Kirkburton Health Centre, working with a fabulous, supportive team."

Moving forward, Dr Schatzberger will develop areas of special interest, currently contraception, and teaching medical students.



eConsult is proving popular with patients. Launched in March, the online consultation can be accessed from our website, using a computer, smartphone or tablet. Just fill in the online form for medical advice, treatment, sick note, GP letters or test results.

A member of the practice team will respond by the end of the next working day. The cut off time to submit your form is **2pm**, to receive a response the next working day.

**Please do not use eConsult for isolation advice. An isolation note can be obtained via the NHS 111 online website <http://111.nhs.uk/isolation-note/>.**

#### Patient comments:

“A convenient, fast option to get the medical advice I needed.”

“A far better system than waiting weeks for an appointment.”

accuRx.

AccuRX. is a second system used by our clinicians. The virtual consultation software enables video consultations, with the facility to receive photographs from patients.

## RESEARCH READY

Our Practice is Research Ready, and we are proud to have been accepted on two important national COVID-19 research studies. The PRINCIPLE Trial is being led by a team at the University of Oxford, and aims to find medicines which can help people with COVID-19 symptoms get better quickly and stop them going to hospital. Patients who have had COVID-19 symptoms for less than 14 days, aged 65 or over, or over 50 with an underlying health condition, may wish to volunteer to join the trial. For more information, visit <https://www.phctrials.ox.ac.uk/principle-trial> or call 0800 138 0880.

The second study, for our staff, is looking at how the Practice is responding to the challenges of the pandemic.



Testing is now available to members of the public with the above COVID-19 symptoms by visiting [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or calling 119 to book a test.

## HAY FEVER AND ASTHMA

**Hay fever** is an allergic reaction to pollen, typically when it comes into contact with your mouth, nose, eyes and throat. There's currently no cure for hay fever and you cannot prevent it, but you can do things to ease your symptoms when the pollen count is high.

### Do:

- put Vaseline around your nostrils to trap pollen
- wear wraparound sunglasses to stop pollen getting into your eyes
- shower and change your clothes after you've been outside to wash pollen off
- stay indoors whenever possible
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- buy a pollen filter for the air vents in your car and a vacuum cleaner with a special HEPA filter.

### Don't

- cut grass or walk on grass
- spend too much time outside
- keep fresh flowers in the house
- smoke or be around smoke – it makes your symptoms worse
- dry clothes outside – they can catch pollen
- let pets into the house if possible – they can carry pollen indoors.

**Speak to a Pharmacist if you need advice. They can suggest the best treatments, like antihistamine drops, tablets or nasal sprays.**

**For more information go to:** <https://www.nhs.uk/Conditions/Hay-fever/>

**Asthma** is a condition affecting the airways – the small tubes that carry air in and out of the lungs.

### Top asthma tips for high pollution days:

- Stick to your [preventer](#) routine so you can cope better with pollution, and other triggers
- Carry your [reliever inhaler](#) with you to quickly deal with any symptoms
- Check the pollution forecast in your area with [DEFRA's UK-wide forecasts](#), or Local News
- Avoid pollution hotspots like main roads, junctions, bus stations and car parks, and use quieter back streets as much as possible. If you can, go out earlier before pollution levels have had a chance to build up
- If you have hay fever take your antihistamines/nasal sprays as advised
- Contact the Practice or 111 for advice if you feel your asthma is getting worse.

**For more information go to:** [www.asthma.org.uk](http://www.asthma.org.uk)