



## **Health Matters – March 2022** *An occasional update from* **Hoveton & Wroxham Medical Centre**



### **Spring Boosters**

We are now planning in-Practice clinics for the Covid vaccination 4th/5th dose (6-months after your last dose) starting early April here at Hoveton & Wroxham Medical Centre. Those eligible are:

- Care Home Residents and the house bound.
- Over 75s.
- Patients with, or those living with patients with, severe immunosuppression.

Further details will be posted on our website and sent to eligible patients by text or by letter.

### **Vaccinations now be offered to all 5- to 11-year-olds from April.**

### **Who's Who?**

**General Practice is so much more than your GP. Our growing team includes:**

**Medical Reception Team.** The medical reception team are well trained to signpost and guide patients to the correct doctor, nurse or other clinical specialist we have working in the practice. It is essential that patients work with the *medical receptionist*, so they see the right person at the right time. We will continue to use telephone appointments where appropriate and convenient for patients.

**Dispensary and Community Pharmacy Support.** Our *dispensers* can help answer medicines queries and we are also working in a more integrated way with our *local pharmacies*, which can provide convenient and timely health care for more minor symptoms.

**Administration and Secretarial Team.** Our medical secretaries work with our GPs, nurse practitioners to make efficient referrals and provide administrative support to patients. If you need to hasten your referral you should call hospital patient bookings in the first instance on 01603 286286.

**Mental Health Team.** We work with the Norfolk and Suffolk (Mental Health) Foundation Trust (NSFT) to provide an in-Practice *Mental Health Nurse*. We also have a *Mental Health and Wellbeing Coach*. She can coach and motivate patients through multiple sessions to identify their needs, set goals, and support them to implement their personalised health and care plan.

**Social Prescriber.** We have our own *Social Prescriber* who can identify unmet needs, those with social needs and for the frail and vulnerable, those at risk of hospital admission, loss of independence or those coming toward the end of their lives spending time getting to know patients and their carers, and referring patients to appropriate VCS (voluntary, community and social enterprise) services.

**Pharmacy Team.** Our *Clinical Pharmacist* checks medication to ensure that they are appropriate for patients' conditions, which improves wellbeing and quality of life. This reduces the likelihood of conditions worsening or leading to other complications and side effects that result in a future need for acute care. Our *Pharmacy Technician* is qualified for patient supporting roles to ensure effective medicines use, through shared decision-making conversations with patients.

**First Contact Physiotherapist.** The *first contact physiotherapist* (FCP) service allows patients with musculoskeletal pain to be seen quickly by a specialist musculoskeletal physiotherapist. They will be able to quickly assess, diagnose and provide information on appropriate individualised rehabilitation.

*Feedback or questions? See our website or Facebook page*

