

The Westgate Practice Newsletter

Spring Edition 2022



First Contact Physiotherapist

The role of First Contact Physiotherapists in Primary Care is to assess patients with soft tissue, muscle and joint pain, and to decide on the most appropriate course of action.

The Westgate Practice are able to offer patients direct appointments with a First Contact Physiotherapist. This means that if you have one of the conditions listed opposite, you do not need to see the Doctor.

A First Contact Physiotherapist can:

- Assess and diagnose
- Provide expert advice on how best to manage the condition
- Refer to specialists

First Contact Physiotherapists can see patients aged 18 years and over for the following conditions:

- All soft tissue injuries
- Sprains, strains and sports injuries
- Arthritis
- Possible problems with muscles, ligaments, tendons and bone
- Spinal pain inc. lower/mid back pain
- Neck pain
- Spinal related pain in the arms or legs, including nerve symptoms. e.g. pins and needles or numbness
- Changes to walking
- Post-orthopaedic surgery

Are you planning to travel abroad?

Many of us have had to cancel or re-arrange holidays that would otherwise have taken place, had it not been for Covid-19. As restrictions have eased in this country and others, you may now be planning a holiday or trip abroad.

Please consider what travel vaccinations may be required and ensure you complete our online travel risk assessment which can be located on our website under Health Reviews. Our nurses will then make contact should you require any travel vaccinations. Please allow at least 6 weeks prior to your planned departure date. Please also allow plenty of time should you need to request any Covid-19 documentation from 119 or to ensure your documentation is correct.

Covid-19 Vaccination Update

As of 31st January 2022, the Westgate Practice (part of Lichfield's Primary Care Network) withdrew from this programme to focus on its core services and appointments.

NHS England are now inviting patients for a spring booster dose. Those eligible are:

- Over 75 years
- Care home residents
- Immunosuppressed

Once invited, please ring 119 or book online via the National Booking Service.

Those patients in care homes or housebound will be contacted by our partners at Midlands Partnership Foundation Trust.

The Vaccination programme is also being extended to all 5-11 years from 4th April. Bookings should be done via 119 or the National Booking Service online.

Missed any Vaccinations?

Since the start of the pandemic in March 2020, there has been a significant drop in the number of parents/carers getting their children vaccinated against MMR and taking up other childhood vaccines. Our childhood immunisation clinics have run throughout the pandemic, but we understand that some patients may have missed these due to hesitancy about coming into practice or circumstances during the pandemic that made it difficult to attend.

Measles is highly contagious, so even a small decline in MMR uptake can lead to a rise in cases. As international travel resumes, there is more chance for measles to be brought in from countries where it is common.

It is best to have vaccines on time, but you can still catch up on most vaccines if you have missed them. Please contact the surgery, if you or your child have missed any vaccinations. Please also contact us if you cannot attend a planned appointment.

The surgery will also be contacting our patients who may have become eligible for their Shingles/Pneumococcal vaccinations during the pandemic. We will be inviting patients throughout the coming year, via text or letter, to book their vaccination(s) with the practice.

Other News



Practice Closures

The Practice will close at 2pm on 5th April, 17th May and 17th June for **Protected Learning Time**. This is allocated training time for practice staff. The Practice will close for Easter from 6.30pm on 14th April and reopen on Tue 19th at 8am. We will also close on Bank Holiday Mon 2nd May as well as for the Queens Jubilee Celebrations in June.

Patient Participation Group

Our last PPG meeting was held via TEAMS on 28th February 2022. The minutes will shortly be available for all to view on the website.

Keep up to date with the practice

The latest news and health forms on the website:

www.westgatepractice.co.uk

Follow us on Facebook:

Search: The Westgate Practice



Goodbyes and hello's

We have also had to say goodbye to a few members of staff who have either retired or moved onto other jobs. We wish them all the best. We would also like to welcome Dr Madill who has now become a partner at the practice.

Please Remember!

Let us know if any of your details change including: new address, changed your mobile number, or have become a carer.