

## MARCH 2021 PATIENT NEWSLETTER

Welcome to our March 2021 newsletter.



### UPDATE

At Shore Medical, along with the whole country, we are reflecting a year on from the start of first national Covid lockdown. The early days saw patients stay away from health services, resulting in anxiety around missed diagnosis of illness and missed opportunity to treat early. Dorset coped well through the first wave and by the summer we were increasingly busy as we tried to “catch up” with missed routine monitoring of patients as well as addressing the “pent up” demand. Providing care remained challenging due to the ongoing need to assess patients remotely. Our phones were near 50% busier than we had ever seen before, stressing a new phone system beyond its limits at times. The winter wave of Covid hit the region much harder than the first. The Shore Medical practices have seen a surge in Covid related illness and some really challenging situations in some of the Care Homes we look after.

Thankfully, we have now embarked on the Covid Vaccination Programme. Shore Medical was pleased to be at the forefront of this, being in the first “wave” of sites to start vaccinating before Christmas, and the first in the South West region to vaccinate care home residents (at Sunrise of Westbourne on Christmas Eve). Remarkably, as of 21<sup>st</sup> March, 26000 of our patients have received their first vaccine (54% of all the adult population), and we are now well underway with our second doses.

Delivering this number of vaccines, on top of our usual services to patients, has been a result of all our staff stepping up and contributing time and effort. We have an army of fully trained vaccinators from across healthcare sectors, and volunteers to marshal and support the clinics. It has been humbling to see such a huge community effort having such an impact on the health of our patients.

Vaccine uptake in our older populations has been 95% or more and we have heard of only minor self-limiting side effects. We are seeing more “hesitancy” in our patients in their 50s and younger adults identified as being at higher risk. All of the data on safety and effectiveness of the vaccines is hugely reassuring, and now based on millions of doses. We cannot, and should not, offer choice of vaccines to patients. All those approved have been rigorously assessed and provide comparable immunity: there is not one that is “better” than another. Please do therefore take up your offer of vaccination when offered. Vaccination protects you and also protects others, ultimately leading to us all being able to resume a more normal life sooner. There will be another “wave” of Covid, probably this summer, and we would love all our patients to be protected from serious illness.

The vaccine roll out goes on- we currently anticipate moving through the younger age groups from May, but we also continue to strive to offer our routine services. For the foreseeable future we still need to offer initial clinical assessment remotely, but will provide face to face review when this is needed. We are especially keen to ensure that all patients know we are available to assess any symptoms that are causing worry about serious illness. We are able to refer patients for further investigations and care when necessary. Please do take up any invitations for routine screening procedures that identify illness early.

As we take a moment to remember patients and colleagues lost to Covid, we also thank all our staff, volunteers and patients for all the efforts to support us to provide healthcare through this last 12 months.

Dr Andy Rutland – Clinical Director

## SHORE NEWS

At the end of March, we shall wish Dr Ed Sheridan a very happy and well-deserved retirement.

Dr Sheridan has been a GP Partner at Parkstone Tower Practice (formerly Parkstone Health Centre) for 27 years. He is a friend to us all here at Shore Medical and we will miss him greatly.

We know that there will be many patients who will miss him too.

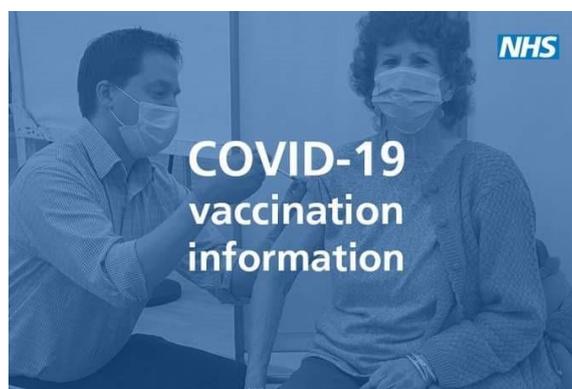
Congratulations Dr Sheridan and thank you for all you have done for so many people.

## IN FOCUS

This is a really helpful post from NHS Dorset CCG answers a lot of questions about the covid-19 vaccines. [COVID-19 vaccination information](#)

If you, or someone you know has declined the vaccine or remains unsure about having it, please take a look at this link and make sure that you have the right information.

Vaccination will help to protect you against Covid-19, reduce the risk of complications and hospital admission and protect those around you.



NHS Dorset Clinical Commissioning Group

We know there is intense interest in the COVID-19 vaccination, and you will want to know when and where you will be able to get yours. Please check out our web page to find a variety of FAQ's, news and current vaccine sites <https://www.dorsetccg.nhs.uk/vaccinations/>

## YOUNG PEOPLE'S MENTAL HEALTH

Our brilliant Shore Medical child and adolescent nurse specialist was recently on BBC Radio Solent talking about returning to school after lockdown.

We are very lucky to have a child and adolescent mental health team here at Shore Medical. If you are worried about your child's mental health, please contact your surgery.

More advice on child and adolescent mental health is available from:

<https://youngminds.org.uk/>

<https://www.bbc.co.uk/bitesize/articles/zndp6v4>

## SOCIAL MEDIA

### Social Prescribers Day



This week marked International Social Prescribing Day, so we would like to thank the Social Prescribers at Shore Medical for all they do to support our clinical team and empower patients to improve their health and well being.

Social prescribing seeks to address people's needs in a holistic way and aims to support individuals to take greater control of their own health.

It is designed to support people with a range of social, emotional or practical needs and focuses on improving mental health and physical well being.

Social prescribing can benefit people with mild or long term mental health problems, people with complex needs, people who are socially isolated and those with multiple long term conditions.

If you feel that you could benefit from this service, please get in touch with us!

You can stay connected with us and follow our regular updates on social media using the below:

instagram @shore\_medical

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

OUR NEXT QUARTERLY NEWSLETTER IS JUNE

