

# Dr Khuroo's Practice

Volume 2, issue 4 September/ October

**WELCOME!!!**

Dr Khuroo's Practice would like to introduce our new staff members;

Dr Yaqoob- Our new Salaried GP!

Dr Omar- Our new Registrar!

## DID YOU ATTEND???

In the last 8 weeks **242** of Dr Khuroo's Practice patients did not attend appointments

GP APPOINTMENT?  
CAN'T MAKE IT?  
DON'T NEED IT?

**CANCEL IT!**



### OPEN WIDE AND JUST ASK 'COULD IT BE SEPSIS?'

Sepsis is a life-threatening condition triggered by an infection anywhere in the body – including a dental or throat infection. **It kills 44,000 people a year in the UK, yet can be treated easily if caught early.** So if someone on antibiotics, or who has a fever or flu-like symptoms, becomes very unwell, always ask **'could it be sepsis?'**

<b>ANY ADULT WHO HAS:</b>	<b>ANY CHILD WHO:</b>
<b>S</b> lurred speech or confusion	• Is breathing very fast
<b>E</b> xtrême shivering or muscle pain	• Has a 'fit' or convulsion
<b>P</b> assed no urine in a day	• Looks mottled, bluish or pale
<b>S</b> evere breathlessness	• Has a rash that does not fade when you press it
<b>I</b> llness so bad they fear they are dying	• Is very lethargic or difficult to wake
<b>S</b> kin mottled or discoloured	• Feels abnormally cold to touch

**MIGHT HAVE SEPSIS:  
CALL 999 AND JUST ASK 'COULD IT BE SEPSIS?'**

For symptom cards and information, visit [www.sepsistrust.org](http://www.sepsistrust.org)



THE UK  
SEPSIS  
TRUST

The UK Sepsis Trust registered charity number (England & Wales) 1150843. Company registration number 0644039. Sepsis Enterprises Ltd. Company number 9581335. VAT reg. number 225570222.

## We Are Changing To Total Online Triage What does this mean for you?

We will soon be changing how our patients book an appointment. Total Online Triage, this means any patient who contacts us is triaged first and then a relevant appointment would be arranged. All patient requests will now be screened and signposted by the practice to the next step in their care, this could be with the GP (on the day or pre-booked depending on the issue) or any of our other clinicians.



## Register with us!

Use the barcode to register with us online!!

# Get your free NHS flu jab if you're eligible

Do all you can to keep yourself well during winter.



## Other ways to get help with your mental health

- Call [116 123](tel:116123) to talk to [Samaritans](https://www.samaritans.org), or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours
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Call 999 or go to A&E NOW if ;

- Someones life is at risk
- You do not feel you can keep yourself or someone else safe

A mental health emergency should be taken as seriously as a physical one. You **will not** be wasting anyone's time!

## Flu Season is just around the corner!!

Dr Khuroo's Practice Top Tips to Keep the Flu Away:

- ✓ Wash your hands regularly.
- ✓ Disinfect Surfaces.
- ✓ Stay warm and dry.
- ✓ Reduce stress.
- ✓ Eat healthy and stay hydrated.
- ✓ Exercise regularly.
- ✓ Stop smoking.

Contact us to see if you are eligible for the free Flu Jab.

## Are you in a mental health crisis?

Then call...



First Response Service

# 111

and select the mental health option

## Can't get an appointment? Think Pharmacy First!



Most pharmacies can help you with **seven common conditions** without needing a GP appointment

Speak to your pharmacist if you suspect you have:

- Sinusitis (adults and children aged 12 years and over)
- Sore throat (adults and children aged 5 years and over)
- Earache (children aged 1 year to 17 years)
- Infected insect bite (adults and children aged 1 year and over)
- Impetigo (adults and children aged 1 year and over)
- Shingles (adults aged 18 years and over)
- Urinary tract infection (women, aged 16 to 64 years)

Visit your **Pharmacy First!**

 Providing NHS services



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