### 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!

### <u>DID YOU</u> 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!

PEN WIDE AND JUST ASK

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 or antibiotics, or who has a fever or flu-like symptoms, becomes very unwell, always ask 'could it be sepsis?'

#### **ANY ADULT WHO HAS:**

- Slurred speech or confusion
- Extreme shivering or muscle pain
- Passed no urine in a day
- Severe breathlessnes
- Illness so bad they fear they are dying
- Skin mottled or discoloured

#### **ANY CHILD WHO:**

- Is breathing very fast
- · Has a 'fit' or convulsion
- Looks mottled, bluish or pale
- Has a rash that does not fade when you press it
- Is very lethargic or difficult to wak
- · 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



NHS

The UK Sepsis Trust registered charity number (England & Wales) I 159943. Company registration number 8644039. Sepsis Enterprises Ltd. Company number 9583335. VAT reg. number 22557022

# 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.



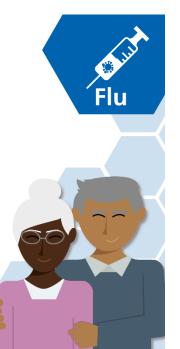
## Register with us!

Use the barcode to register with us online!!

### NHS

Get your free NHS flu jab if you're eligible

Do all you can to keep yourself well during winter.



### 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.

### Other ways to get help with your mental health

- Call 116 123 to talk to Samaritans, or email: 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!

## Are you in a mental health crisis? Then call... and select the mental health option NHS **First Response Service**

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





Most pharmacies can help you with seven

Visit your **Pharmacy First!** 

Urinary tract infection



## Register with us!

Shingles

Use the barcode to register with us online!!