

MOORE STREET SURGERY

TEL: 0151 944 1066

FAX: 0151 933 4715

www.moorestreetsurgery.nhs.uk



October 2021

eConsultation

eConsult allows patients to submit requests to their practice. Rather than booking an appointment, the patient sends their request or symptoms and the GP practice will review and make sure every patient gets the right care. This might save you a trip into the practice.

There are three ways to access and submit an eConsult:

1. Through the eConsult banner on your practice's website, on any device.
2. Download and use the NHS App on your phone or tablet
3. Through the eConsult GP finder on the website <https://econsult.net/nhs-patients>

From there, all you have to do is complete a quick online questionnaire which is sent to your practice. Using this, your GP can quickly check your eConsult and advise you on the best next steps. You can also search for trusted NHS self-help advice, complete administrative requests and give your GP updates about long-term conditions through eConsult.

You can find out more about eConsult and watch a video on how it all works here: <https://econsult.net/nhs-patients>

IMPORTANT NOTICE - CORONAVIRUS

If you have symptoms associated with coronavirus including a **new continuous cough, a high temperature or loss or change to your sense of smell or taste**, you are advised to stay at home for at least **10 days**.

PLEASE DO NOT COME TO SURGERY. Please stay at home, self-isolate and ring 111 or us for advice. Do not use public transport or taxis. Do not go to work, school or public places. Do not just present yourself to any GP surgery or hospital without seeking advice first.

The banner features the 'e consult' logo in the top left. The main text asks: 'Want advice from your doctor, self-help information or have an administrative request (such as a sick note or test results)?'. Below this, it says 'eConsult and get a response before the end of the next working day or sooner'. A red 'GET STARTED' button is at the bottom. On the right, there is a graphic of a speech bubble with a stethoscope and a pill.

Appointments

We are asking for your patience and support as we work through their busiest ever period. General Practice is still open and we're working harder than ever to make sure patients are kept safe continue to get the care you need.

The surgery is operating a telephone triage system. All appointment requests will be triaged by a clinician over the telephone. They will make a clinical decision on whether a direct face-to-face appointment is required and this will be arranged.

GP PRACTICES IN SEFTON ARE HERE TO HELP YOU

South Sefton Clinical Commissioning Group
Southport and Formby Clinical Commissioning Group

From October 2020 to March 2021, we delivered:

298,996
Face to face appointments

Face-to-face appointments are available to all patients where there is a clinical need

Most GP practices are also offering online and video consultations, as well as telephone consultations

Please continue to contact your practice by phone or online to begin with

If you have COVID symptoms, or are waiting for a COVID test result, please DO NOT attend the surgery.

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Breast Cancer Awareness Month

Every October, people all over the world show their support for people affected by breast cancer.

Signs and symptoms of breast cancer include:

- A **lump or swelling** in the breast, upper chest or armpit
- A **change to the skin**, such as puckering or dimpling
- A **change in the colour of the breast** – the breast may look red or inflamed
- A **nipple change**, for example it has become pulled in (inverted)
- **Rash or crusting** around the nipple
- **Unusual liquid** (discharge) from either nipple
- **Changes in size or shape** of the breast



On its own, pain in your breasts is not usually a sign of breast cancer. But look out for pain in your breast or armpit that's there all or almost all the time.

Although rare, men can get breast cancer. The most common symptom of breast cancer in men is a lump in the chest area.

For more information and support you can visit <https://breastcancernow.org/> or <https://www.nhs.uk/conditions/breast-cancer/>

If you are worried about any symptoms please book an appointment with a GP

Go Sober for October (Macmillan)



Join Macmillan's Sober October campaign and go alcohol free in October to raise money for Macmillan Cancer Support.

Benefits of going sober:

- Help people with cancer
- Sleeping better
- A clearer head
- Weight loss
- More energy
- Sense of achievement

For more information visit <https://www.gosober.org.uk/>

Stoptober

Stoptober is back to launch its 10th mass quit attempt on 1st October, calling on smokers in England to join the 2.3 million others who have made a quit attempt with the campaign since it launched a decade ago in 2012.

Over 6 million adults in England still smoke, and it remains the leading cause of premature death, with almost 75,000 preventable deaths a year. A new nationwide survey of 2,000 current smokers released today has found that nearly half (45%) have been smoking more since the first lockdown began. If you are a smoker, quitting is one of the best things you can do for your health, allowing you to start moving better, breathe more easily and save money. Join the thousands of others and start your quitting journey this October. Just search 'Stoptober' for more



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World Menopause Day—18th October

The menopause is when a woman stops having periods and is no longer able to get pregnant naturally. Periods usually start to become less frequent over a few months or years before they stop altogether. Sometimes they can stop suddenly.

The menopause is a natural part of ageing that usually occurs between 45 and 55 years of age, as a woman's oestrogen levels decline. In the UK, the average age for a woman to reach the menopause is 51.



Symptoms of the menopause: Most women will experience menopausal symptoms. Some of these can be quite severe and have a significant impact on your everyday activities

- Hot flushes
- Difficulty sleeping
- Vaginal dryness and discomfort during sex
- Problems with memory and concentration
- Night sweats
- Low mood or anxiety
- Reduced sex drive (libido)

Menopausal symptoms can begin months or even years before your periods stop and last around 4 years after your last period, although some women experience them for much longer.

It's worth talking to a GP if you have menopausal symptoms that are troubling you or if you're experiencing symptoms of the menopause before 45 years of age.

HEART UK'S National Cholesterol Month



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- Eating less fatty food
- Stop smoking
- Exercise more
- Cutting down on alcohol

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Dyslexia Awareness Week (4th - 10th October)

Dyslexia week is an annual event to raise awareness of dyslexia.



Dyslexia is a common learning difficulty that can cause problems with reading, writing and spelling.

It's a specific learning difficulty, which means it causes problems with certain abilities used for learning, such as reading and writing.

Unlike a learning disability, intelligence isn't affected.

It's estimated up to 1 in every 10 people in the UK has some degree of dyslexia.

For more information visit <https://www.bdadyslexia.org.uk/> or <https://www.nhs.uk/conditions/dyslexia/>