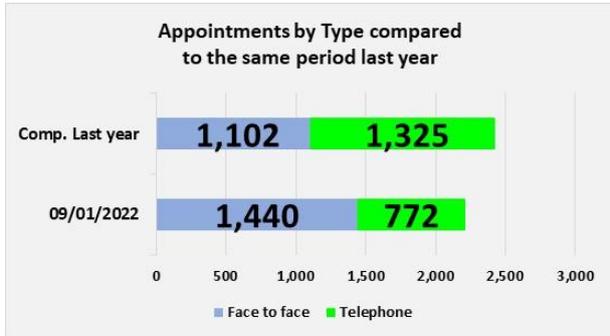




February 2022 Newsletter
 Fast Facts, New Partner, Hypertension, Active Practice Charter, Covid 19 & vaccination update

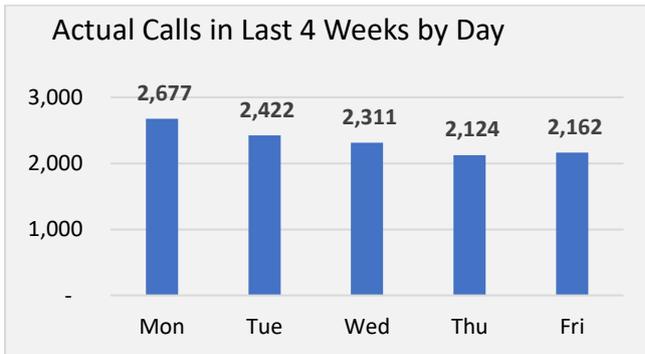
Fast Facts

Appointments during the four weeks to 9/1/2022 compared to a similar period last year



This period last year during Covid 45% of consultations were face to face with clinicians. This year, in peak Covid cases, it is **65%**.
 Over half, **65%**, of appointments were with GPs and the other **35%** with other clinical staff.

Calls to the Orchard in the four weeks to 28/11/21



Every day the Orchard switchboard is extremely busy. On average **95%** of calls are connected with just **2.5%** abandoned by the caller or **2.5%** fail to get through successfully. Each day on average we got **585** calls, highest this period was **741**, in total we had **11,696 calls**.
 The average **wait time was 7 mins** and the **longest wait was 33 mins** this period. With **the longest call taking 13 minutes** to complete.

In summary the current myth purported in the media that face to face appointments don't happen is clearly wrong. Every patient has the option to 'see' a clinician via the route that suits their situation at the time of the appointment request. Likewise for telephone access, the vast majority of all calls are answered in a timely manner. These data are provided by **Vicki O'Neill**.

People Peeps: New Partner Update Dr Aston



Having done all my undergraduate and postgraduate training in Birmingham I moved back to Wirral in 2010. I initially worked for **Liverpool Sexual Health Service** and developed my interest in contraception and women's health before working in Moreton and then living in southern Africa for 2 years. I have been at **Orchard Surgery since May 2015** and I'm excited to move into my new partnership role. I now have a once monthly **contraception clinic and teach** both the medical students from **University of Liverpool** and **Foundation Doctors** who are in their first 2 years following graduation.

Our health in focus

Hypertension is the most common ailment [**14.4%**] that affects our patients here at the Orchard, which is in line with the National incidence seen in general practice. It is also known as **high blood pressure** and is mostly asymptomatic - 'hidden from sight'. It can become severe without any sign of danger and so it must be regularly monitored. Our waiting room has a self-administered blood pressure monitor for all patients to use.

Hypertension is easily controlled with medication and lifestyle changes like exercise. For any blood pressure concerns contact the practice.

The Orchard has teamed up with **Merseyside Sports Partnership** as part of the **active practice charter**. This encourages **patients and staff** to increase their physical activity. See www.merseysidesport.com Benefits of being more active include, feeling less stressed, boosted confidence, improved sleep and feeling more energetic. Any of the following may help, depending on one's level of fitness to start with. Going for a brisk walk, doing work in the garden, chair-based exercises, gentle activities like tai chi, yoga or Pilates, cycling down to the shops, having a game of crown green bowls.

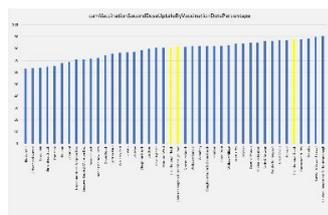


How much moderate activity is about right? Aim for 2^{1/2} hours per week, 20-30 minutes per day. This will get your heart and breathing rates up while still being able to have a conversation with someone you are exercising with. Look here for future activity reports from staff and patients.

We shall be featuring more on hypertension and exercise in future newsletters.

Practice and locality Covid 19 update

Covid 19 is still circulating in our locality and we need to be aware of the risks to us, our loved ones and our wider community. The best protection bar none is to get vaccinated and then to ensure we get the booster jab when eligible. That way we can live as normal a life as possible with just a few minor adjustments, like mask wearing and hand hygiene.



The Orchard has been deploying practice staff at the Oval vaccination centre for over a year now as part of the Healthier South Wirral Primary Care Network -PCN.

<https://coronavirus.data.gov.uk/details/download>

As of 26th January Wirral has **79%** of people 12 and over double vaccinated and **62%** have had the **booster - 3rd dose**. Whilst these figures are impressive for 2nd doses, the uptake of the booster is much slower. In the **Orchard** we have **86%** and **69%** for second and third doses (18+). We do wholeheartedly recommend that everyone gets their booster for maximal protection against newer variants.

Recent data show that around **80%** of people in hospital with Covid are unvaccinated, and of those that require ITU support the figure is **90%**.



Footnote: Do recycle this paper copy

For more information go the Orchard website on <https://theorchardsurgery.nhs.uk>