

## Update from the Surgery December 2022

I have been very lucky to have been able to enjoy the Christmas festivities away this year in the French Alps and am very grateful to the team. I in the Alps when we were told that the mountains were closing and we should leave the next morning as Covid-19 was building and devastating parts of Italy back in March 2020. In this little part of France we are still being careful but people appear carefree and seem to have "moved-on". As a Surgery, we are still seeing positive results but people generally do not seem to be too unwell with it, which is good. Perhaps the lock-down, the jabs and natural evolution of a virus wanting to survive in human hosts has meant that we too will "move-on".

It feels that the biggest issues recently have been seasonal flu and the worry of Strep A. Seasonal flu is properly nasty and generally just needs a recuperation approach for 5-7 days but if you develop signs of a secondary infection at this stage of a new fever or a new productive cough/shortness of breath then we should probably see you and check your chest/sinuses/ears etc. We still have flu jabs so please phone up to book in to try and protect yourself. Our last six Covid jabs have been allocated and we do not expect to get any more for now.

Strep A is the normal bug that causes a bacterial sore throat/tonsillitis. Every year there have been rare cases of the very severe Strep A strain that has caused a very small number of very sick people and both children and adults have die from it. This year it seems a little higher and as a result we have seen a huge increase in presentations with sore throat and red rashes. Nationally, this has meant that antibiotics are in short supply - especially liquids. As a result we have gone a bit leftfield and are likely to give children a capsule to open and sprinkle onto jam or yoghurt, or tablets to divide and crush. It works the same way and in some cases is actually a lot easier and more tasty. A national mandate has even been signed off for Chemists to make some alterations to an antibiotic prescription if they do not have the one issued which illustrates the extent of the issue.

Please can anyone that has been "loaned" a sats probe or blood pressure machine by the Surgery be reminded that it was a loan and return it. Our quartermaster tells me that the stores are low and without them in stock we won't be able to monitor sick people in their homes and may need to admit people to hospital instead.

So, what for 2023? A good year will look like ongoing face to face appointments that are now the new-normal (again). A great year will be that we continue to feel the great support from the community and work hard as a team to serve you to the best of our abilities. Thank you to so many that have sent good wishes to the team and we were delighted with the response to our Christmas Tree in the Church. A brilliant tree among many!

With best wishes for 2023 on behalf of the Surgery, Jack Hickey - GP