

## Information

### Wuhan Novel Coronavirus – Primary Care Guidance

#### Main principles

**Identify** potential cases as soon as possible

*Ask staff to ask patients who are booking urgent appointments for respiratory conditions:*

**Have you in the 14 days before the onset of illness:  
Travelled to Wuhan, Hubei Province, China?**

**OR**

**Had contact with a confirmed case of WN-CoV**

**Prevent** potential transmission of infection to other patients and staff

- *If they fit the definition of WN-CoV:*
  - *Ask the patient to stay at home*
  - *Clinician to ring PHE*
  
- *Where a patient arrives to the surgery and is identified as meeting the case definition the patient should be immediately isolated and questions asked via a telephone*

**Avoid** direct physical contact, including physical examination, and exposures to respiratory secretions

- *Provide them with a surgical mask to wear while walking to the isolation room*
- *Staff members should not have direct contact with the patient and their respiratory secretions*
- *Record the details of any staff member or member of public who has been in the same area as the patient i.e. reception or waiting room*

**Isolate** the patient, obtain specialist advice and determine if the patient is at risk of WN-CoV infection, and inform the local Health Protection Team (HPT) on **03442253861 Option 2**

Currently, if WN-CoV infection is seen in the UK, it is most likely to occur in travellers that have recently returned from Wuhan city in China. Therefore, an accurate travel history is a key part of identifying potential risk. [PHE guidance for advice](#) on when investigations for WN-CoV are indicated.

**It is important to note the interim guidance for primary Care focuses on avoidance of contact and does not mention the wearing of PPE.**

**Further guidance can be found:**

<https://www.gov.uk/government/publications/wn-cov-guidance-for-primary-care/wn-cov-interim-guidance-for-primary-care>

All practices should have an isolation kit available; we suggest that it includes the following:

- Surgical mask with IIR rating
- Visor or goggles
- Thumb loop or surgical gowns
- Disposable gloves
- Clinical waste bags
- Spills kit
- Detergent and Chlorine based cleaning product (Sanichlor or Actichlor plus)

If you feel that you meet the description below please ring the practice on 01590 672212  
BEFORE..... entering the practice.



Public Health  
England

Wuhan Novel Coronavirus

## If you have been to Wuhan, China, in the last 14 days ...

Stay indoors and  
avoid contact  
with others



Contact  
NHS 111  
for advice



Please follow this advice even if you  
do not have symptoms of the virus



Do not go to work,  
school or public areas



Avoid visitors in  
your home



Avoid using public  
transport or taxis



### Symptoms to look out for:



Cough



Runny  
nose



Sore  
throat



Fever



Difficulty  
breathing

Visit [NHS.UK](https://www.nhs.uk) for more information

After a period of inactivity, it can sometimes feel like a challenge to know how to start an exercise regime, especially with a physical disability. [Dom Thorpe](#), a personal trainer who specialises in disability training, shares his advice and top tips.

Start by using your body weight as an effective tool for exercise, he suggests. By utilising your day-to-day environment you can improve your fitness and overall health. For example, you might struggle to transfer from chair to bed.

"Turn this into an exercise," he explains. "Instead of simply doing it as a means to an end, do it five times every time you do it and you'll get better."

Don't be put off if it's challenging. With regular practice, you'll find it easier and your strength will improve. Make the most of things around the house like your wheelchair or support rails - you can use these for pushing and pulling which will work your upper body.

If you have physical disabilities it's likely you'll be doing fewer daily activities and will burn fewer calories as a result. Try to compensate for this by ensuring that you perform structured exercise that can offset the inactivity.

### **Five tips for fitness**

Thorpe shares his ultimate five tips for starting a fitness plan if you have a physical disability:

#### **The same rules apply**

"Understand that in most cases the same health and fitness rules apply to everyone, you just might need to adapt them a little."

#### **Look at your diet too**

"Excess weight pushes you down the ability spectrum, so adjust your calorie intake so it's in line with your activity levels. You shouldn't eat the diet of an athlete if you don't train like an athlete."

#### **Start with the fundamentals**

"Sometimes you can be alienated by high-intensity exercise classes or online workouts, which simply don't suit your body. Start with basic movements, which can be done at home, such as basic weight training moves or functional day-to-day movements."

#### **Listen to your body**

"If you have a [chronic illness](#) or suffer from fatigue, don't try and be a superhero. Start small and build it up until you know what's within your capability."

## **Focus on what you CAN do, not what you CAN'T do**

"It's easy to be overwhelmed by floods of Instagram fitness experts whose programmes might not work for you. Remember that whatever your condition, there's always something you CAN do, if you apply sensible guidelines."

As every disability is different, there is no set fitness plan that is suitable for everyone, and it's always a good idea to speak with your GP before starting a new exercise regime.

Thorpe recommends finding what is right for you and repeating it regularly, ideally three sets of ten repetitions, a few times a week. You could start with sit to stand exercises, for example, or seated tricep dips, knee raises and back extensions. For more ideas and inspiration, [his website](#) has helpful how-to videos

The next meeting of the NHS West Hampshire Clinical Commissioning Group Board will take place on **Thursday 30 January 2020** at **Andover Baptist Church, Charlton Road, Andover, Hampshire SP10 3JH**. The meeting will commence at **2.30pm** with a presentation Improving health services for the people of Andover.

The Agenda and supporting papers can be found at:

[https://www.westhampshireccg.nhs.uk/documents?media\\_folder=581&root\\_folder=01%20-%2030%20January%202020](https://www.westhampshireccg.nhs.uk/documents?media_folder=581&root_folder=01%20-%2030%20January%202020)

Members of the public are invited to observe the formal Board meeting, but it is not possible to take part in these discussions. If there are questions that you would like to ask in relation to the business of the Board, you are welcome to submit these in writing in advance and we will aim to respond on the day.

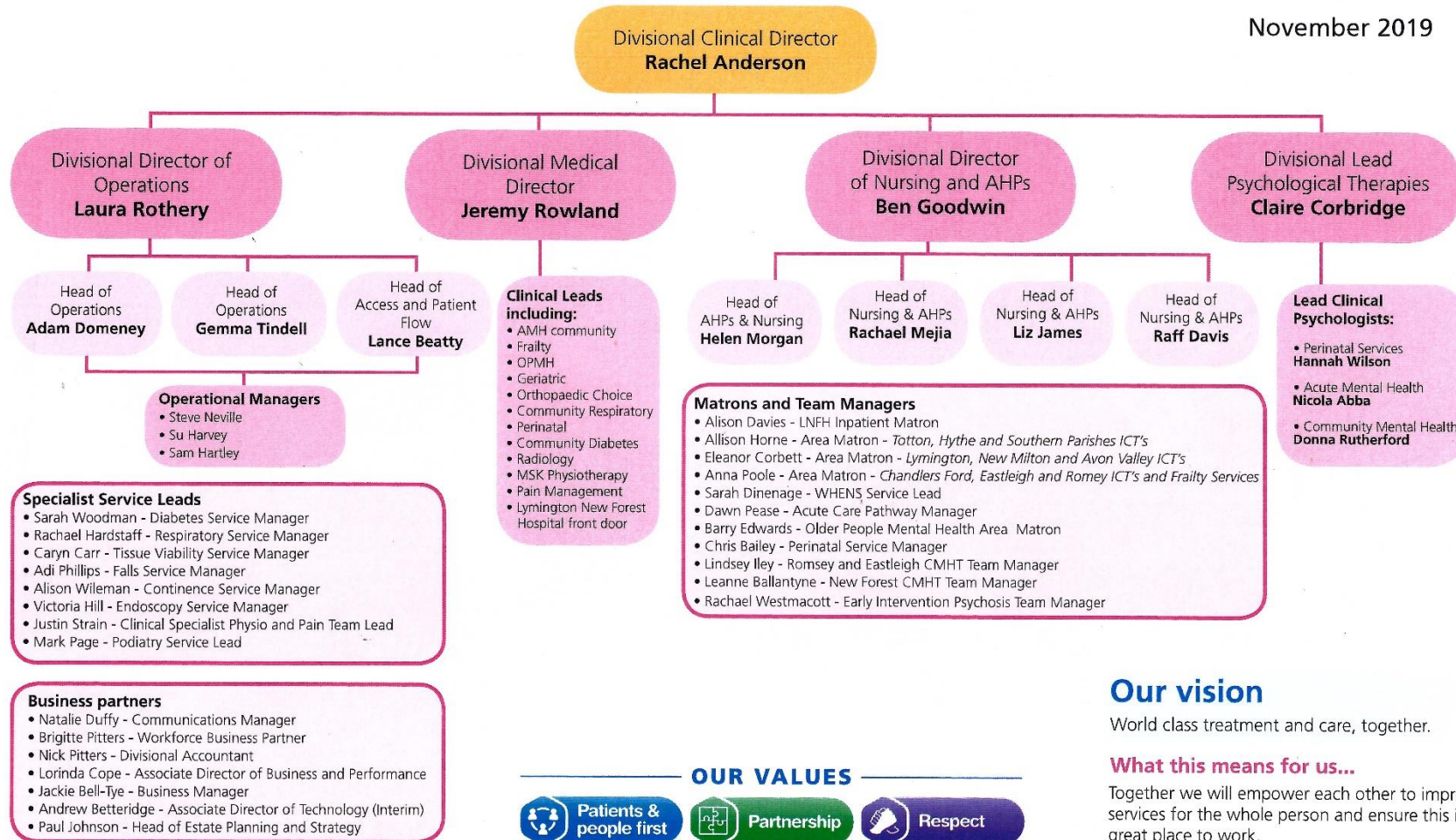
# Divisional Structure Chart

South West Hampshire Division



**Southern Health**  
NHS Foundation Trust

November 2019



## Our vision

World class treatment and care, together.

### What this means for us...

Together we will empower each other to improve services for the whole person and ensure this is a great place to work.