

# Newsletter

April 2020



Uraidla Family Practice  
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Phone 83903002



## April News

### Access to your GP

The global outbreak of COVID-19 has impacted everyone in some way. We have seen many changes to the way we live our lives, how we work, socialise, shop, relax, exercise (see the workout on the reverse as kindly provided by Angelica of Uraidla Physio) and even 'go' to our medical appointments.

In the interest of keeping patients safe UFP now offers Telephone consults with the ability to address health concerns over the phone and determine what the best approach is for your health needs. We can send your scripts electronically to your preferred pharmacy and your radiology or specialist referrals to where they need to go, often without you needing to set foot inside of the practice.

In most cases care plans can also be completed by our nursing staff and doctors over the phone so please do not put this important part of your health care on the backburner until 'all this settles down' as it is difficult to know just how long that could be.

Uraidla Family Practice is still offering face to face appointments when needed too so please do not hesitate to call us to see how we can best help you.

### Flu Vaccines

Not surprisingly we have had a huge jump this year in our patients' requests to receive the flu vaccine. As many of you may have found we did not receive our initial amounts as ordered of either the government funded or private flu vaccines. This has not surprisingly caused angst amongst our patients and a huge stress to staff as we answer often frustrated, sometimes annoyed and occasionally angry calls about this. Please be patient, we are all doing the best we can and understand your concerns. The good news is that if you are socially isolating yourself the chance of picking up the flu virus in your day to day life is drastically reduced. And don't worry—if you are on our fluvax wait list you will hear from us, if you haven't already! If you wish to be on the waiting list please call the practice.

**Please consider if you need to enter the practice  
or if your health concerns can be addressed over  
the phone.**

**Phone reception on 83903002 for further advice and instructions**

Should you require further information you can go to

[www.sahealth.sa.gov/novelcoronavirus](http://www.sahealth.sa.gov/novelcoronavirus)

or call the

the State Coronavirus helpline on 1800 253 787

or the Nationwide Coronavirus Health Information Line on 1800020 080



# COMMIT TO KEEP FIT!

WITH URAIDLA PHYSIO 'S  
HOME EXERCISE CHALLENGE

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20 CALF RAISES

20 SQUATS

20 REVERSE LUNGES (EACH LEG)

20 SEC WALL SIT

20 WALL PUSHUPS

20 SEC PLANK

20 HIP BRIDGES

20 HIP CLAMS (EACH LEG)

20 DONKEY KICK PULSES (EACH LEG)

20 DONKEY KICK RAINBOWS (EACH LEG)

2 MINUTES MINDFUL BREATHING

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**LET'S GO!**