

Newsletter 26 November 2020

COVID fatigue and self care

When our president, Cyril Ramaphosa, announced the level 5 lockdown in March this year, no-one could have guessed how long the impact of Covid-19 would linger. This pandemic has proven not to be a sprint to the finish line, nor a half-marathon or a marathon. It is indeed an ultra- marathon like no other, for which we need to pace ourselves so that we do not collapse during our journey.

Most of us are tired of the constant restrictions on our lives, the wearing of masks and repeated sanitizing, the limitations on socializing, playing of sport and travel. 'Living at work' has lost its appeal and boundary setting for many of us has been difficult. Many are also burdened by grief from the loss of loved ones, family members, colleagues or acquaintances. The finish line is not yet in sight, and the second wave may not yet have arrived, although the Western Cape Government has (25 Nov) issued a hotspot alert for the Cape Town Metro. It is up to each one of us to remain alert; sanitize, wear your mask, socially distance.

Now more than ever we need to take care of our health. It is important to do your annual blood checks, blood pressure readings, pap smears & mammograms. We have seen an increase in non-COVID mortality in patients who were too scared to seek medical attention, so omitted to do their sugar, thyroid, cholesterol or prostate checks.

Medical aids want members to partner with their doctors in the management of their chronic conditions. For this reason they make a number of consultations (between two to four annually) as well as other diagnostic tests or services available within your treatment plan, to facilitate this. Proactive health management like this helps to prevent hospital admissions which are costly to the medical schemes, and ultimately also to its members.

My mandate is to deliver good, quality care to my patients. Issuing of prescriptions by telephone compromises my role as a clinician and is not in the interest of your health. The reason that consultations are required for prescription renewal is that your condition can change, and only a consultation at the practice enables your doctor to determine whether your medication and/or dosage should remain as is, or be changed. This is why it is gazetted that no prescription may be issued for longer than 6 months. Prescriptions and telephone consultations (unless directly COVID related) are typically funded from the member's Savings benefits, not from Chronic benefits.

I would like to encourage you to come into the practice, to do your annual health checks and be proactive in addressing your health.

At the West End Medical Suite we have all the COVID protocols in place to ensure the safety of everyone.

See you soon!

Yours in health,



Dr Louise Wigns