

THE MUSWELL HILL PRACTICE

SUMMER 2017 NEWSLETTER

WWW.THEMUSWELLHILLPRACTICE.CO.UK

Sign up to receive this newsletter via email - give your name to reception or sign up via our website.

We have an active patient group – let us know if you'd like to be more involved

A FAREWELL TO DR NICOLA JONES



Dr Nicola Jones will be leaving us at the end of August as she is moving out of London with her family to live in Wales. We thank her for all her hard work here with the practice over the last 2.5 years. We will miss her greatly and wish her all the best in her new life. We are delighted to announce that her current patient list will be reallocated to two of our current GP registrars who will be taking up permanent posts with us from August. Please see below.



Dr Shyamoli Burman-Roy will be working 4 sessions per week with us on Monday, Tuesday and Wednesday. BSc (hons), MBBS, MRCGP.



Dr Ari Rafiq will be working 4 sessions per week with us on Wednesday, Thursday and Friday. BSc (hons), MBBS, DFSRH, MRCGP. Ari starts here having completed her ST4 year fellowship in general practice and dermatology, with specialist acne and psoriasis clinics, skin cancer and general dermatology.

OTHER STAFF UPDATES

We have a new receptionist, Nina Ivanova.

Dr Tim Gerrard will be slightly reducing his sessions and not working Monday morning from September.

In August, we will have two returning registrars Dr Lucy Jones and Dr Yasser Salim and also a new registrar to the practice Dr Lucy Arnold.

THE NORTH CENTRAL LONDON STP

The STP (Sustainability and Transformation Plan) has been making the headlines recently. All of the UK was divided into 44 areas and charged by NHS England to come up with their own 5 year plan. The point of this plan is provide a roadmap for how services might evolve to deal with the provision of health care to the UK population in the present challenging circumstances. Making the finance work is important but it's not just that. The way that healthcare is provided is about to change for a variety of reasons, not least the closer integration of health and social care and the rapidly evolving new digital technology. The plan has been worked on by contributors from across the entire spectrum of Health care organisations as well as councils in this part of London. A more public friendly version of the plan will soon be published and made available.

THE PRIMARY HEALTH CARE TEAM

The STP puts emphasis on evolving primary care to meet the demands of the next five years. Here at the practice we are developing a wider team to look after your needs and a valuable new addition is Helen, our "in house" pharmacist. Helen can arrange the following:

- Long term conditions – e.g. high blood pressure – discuss the medicines you are taking to make sure they are working for you
- After a stay in hospital – if your medicines have changed she can help explain the rationale and help you get the maximum benefit from such changes
- Reviewing your medicines – ideally all patients on long-term medicines should have yearly reviews, health checks can also be carried out at the same time
- Experiencing side effects – if you are experiencing side effects she can discuss what the best options would be such as dose

adjustments or switching to another medication

- General medication enquiries – if you have any queries regarding the use of a specific medicine, side effects, interactions, planning to get pregnant/breastfeed and have any concerns

We would like to encourage a move from the idea that "I need to see a doctor" to "which member of the primary health care team is best placed to help me with this problem?" As ever, our front of house team can help you if you are not sure.

TRIALLING A SLIGHT CHANGE IN APPOINTMENTS

Following discussion with our patient group, from September, the partners will be trialling a slight change in their appointment set up. We will offer more telephone appointments in place of a slight reduction in the number of face to face appointments. These telephone slots can be booked in advance and are for follow-up of ongoing problems and issues that can be dealt with by your usual doctor over the phone. We know that a lot of problems do not require a physical examination and can be dealt with well by phone. This will increase the number of appointments available and therefore increase access.

QUICK NOTICES

- Do you care for someone else? Please let reception know if you are a carer.
- Adults – remember to sign up for Patient Online Access to book appointments, order any repeat prescriptions and see parts of your medical record online.
- We have supplies of condoms that can be given out by our nurses.
- Our 'flu day will be Saturday 14th October in the morning.