

THE MUSWELL HILL PRACTICE

AUTUMN 2016 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 MESSAGE FROM OUR NEW PHARMACIST

“Hello to patients of The Muswell Hill Practice!

I am really excited to be included as part of the newsletter to you all.

My name is Helen Ghebrezadik and I recently started at the practice. I am a clinical pharmacist by background; I spent my pre-registration year at the Whittington Hospital. Since then I have gained experience in a variety of specialities at the hospital.

You may be wondering why a pharmacist would be based in a GP surgery.

Firstly, my role is not to replace the role of a doctor, so if a condition needs diagnosing one of our GPs will always be your first port of call.

Below are some of the ways my role can help

- Long term conditions – for example high blood pressure – we could discuss the medicines you are taking to make sure they are working for you
- After a stay in hospital – if your medicines have changed I 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 we 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

So, I hope that explains a little around my role. Any recommendations I may make will be discussed with your GP first. Any ideas or feedback would be greatly appreciated.

Thank you, Helen.”



STAFF UPDATES

Other new joiners, we have 4 new Registrars Dr Ari Rafiq, Dr Shyamoli Burman-Roy, Dr Saad Chowdhury and Dr Yasser Salim.

TIME SAVING

We are doing amazingly well with utilising the Electronic Prescribing Service (EPS). This means you can get prescriptions sent directly to your pharmacist, which reduces paper, queues at reception and is quicker for you. We continue to have one of the highest uptakes in the country! In July 2016 - there were 10,641 items prescribed of which 95.44% were electronic.

Have you signed up for Patient Access? You can view, book and cancel appointments online as well as order repeat prescriptions. Bring in a form of photographic ID to reception and they will give you a code to enable you to access the site to do this.

FLU SEASON

It's that time of the year again. We encourage all those eligible to have a flu vaccination. We have a Saturday flu clinic on 1st October in the morning and lots of other clinics on. Please make your appointment today!

If you are eligible for shingles and/or pneumovax it is possible to have them done at the same time.

VITAMIN D

Public Health England released a press release on what you should do to maintain healthy bones, teeth and muscles.

- ✓ Most people should take 10 micrograms (400iu) of vitamin D during Autumn and Winter when it is difficult for people to meet the 10 microgram recommendation from consuming foods naturally containing or fortified with vitamin D
- ✓ All other people who may be at risk of vitamin D deficiency should take 10 micrograms (400iu) all year round

OUR CATCHMENT AREA

NHS England introduced a new scheme about 18 months ago whereby patients could register with a practice despite living outside the catchment area. We signed up to this scheme in good faith that safe clinical mechanisms would be available for these "out of area" patients if they were unwell and required home visiting. Unfortunately, in common with all other practices we have contacted, we have found that there is no such safety net in place. For this reason we have now opted out of the scheme and will gradually be informing "out of area" patients who signed up to it that they will need to register with a practice local to them for clinical safety reasons.

NHS CHOICES

Staff morale is affected by the press we get and we have all been rather saddened that there have been some anonymous negative reviews on the NHS Choices Website. We value our staff hugely and if you support the practice we would be so grateful if you could take the time to say something positive if you feel it.

<https://www.nhs.uk/Services/GP/LeaveReview/DefaultView.aspx?id=43343>

QUICK NOTICES

- We encourage all patients to use our pod room at least once a year: please update your health records with your blood pressure, height, weight and smoking status. Please remember to press FINISH at the end otherwise the information will not be stored.
- Some patients may be aware of our long-standing desire to move to a building which is fully disabled accessible and can cater for the demands of 21st Century General Practice. Sadly, there is no news as yet on our attempts to find a new building.