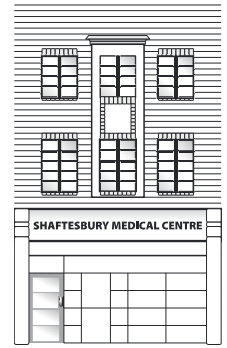


The Shaftesbury Circular

The Newsletter of The Shaftesbury Medical Centre

Issue No. 4

Winter 2011/2012



Medical Students

During the course of the year medical students will be attending the GP Surgery under the supervision of the GP's.



Dr Nizamuddin teaches medical students from St Bartholomew's Medical School and Queen Mary's Medical School and Dr Musa teaches medical students from Imperial Medical School.

Medical students are the future generation of Doctors and we thank all our patients for helping us in this process. All our medical students respect patient confidentiality and if a patient declines to see a student this is upheld.

Patient Group Meeting

We held our Patient Group Meeting on Wednesday 31st August 2011 at the GP Surgery. Both patient representatives and staff were present.

We discussed the findings from the last National GP Patient Survey held between April 2010-March 2011. The findings as well as the minutes from the meeting will shortly be available for viewing on our website:

www.shaftesburymedicalcentre.co.uk

The main issues discussed were the appointment system and access. It was interesting to hear the perspective from both patients and staff. From this meeting we have identified common areas of importance for our own patient survey.

We would like to have a follow up meeting on **Wednesday 15th February 5.30 pm** to discuss this further with you and invite you to attend.

We also invite you to join our Patient Participation Group as a forum to share your views and help us develop our surgery together. Please speak to reception for more details.

Staff News

We would like to welcome a new member to our team:

Pamela Vaughan has joined us as our Medical Secretary. She has worked for the NHS for several years and previously was in the secondary care setting.

She will continue the work from our prior Secretary Ruth Gill who retired after 16 years of service to the practice. We wish her all the very best with her retirement and thank her for her work and years of service.



Staff Profile

Dr Azeem Nizamuddin - GP Partner

We welcome the addition of a new GP Partner Dr Azeem Nizamuddin. He completed his GP training at Central Middlesex Hospital and prior to that was a medical student at St Georges Medical School in London. He has worked in Brent as a GP for a few years before coming to Harrow.



He has a great interest in teaching students. He has a special interest in Paediatrics and is one of Harrow's GPwSI's (GP with Special Interest) in Paediatrics. This involves him working with Paediatric Consultants and seeing children that have been referred to him by other local GP's. He also has a special interest in Diabetes and is setting up a Diabetic Clinic here at the surgery. He has completed his training in Insulin initiation which is a skill which will be of great benefit for our patients.

Hot Topic—Vitamin D

Vitamin D is a fat soluble vitamin important for growth and strong bones and good health. A mild lack of vitamin D can be asymptomatic or can cause general aches and pains. More severe deficiency of vitamin D will cause rickets in children and osteomalacia in adults. Treatment of low vitamin D is with vitamin D supplements.



90% of our vitamin D is made in the skin with the help of sunlight that converts cholesterol in our skin into vitamin D.

Very little vitamin D is found in foods. Foods that contain vitamin D are oily fish, egg yolk, margarine, some cereals and infant formula milk.

People most at risk of low vitamin D are those with vegetarian or vegan diets, non fish-eating diet, elderly, Asian or Black skin types, people who stay indoors a lot or those that cover up a lot of their bodies when outside.

Although sunlight is very important for vitamin D production, one needs to maintain caution to avoid sun-burning which can increase the risk of skin cancer.

Travel Vaccinations

Some useful advice from our Practice Nurse Saramma:

Please book for travel vaccinations as soon as you have some plan in mind that you will be travelling.

Last minute booking for travel, although unavoidable in some circumstances, may not allow enough time for adequate protection even when the vaccination is taken.

We recommend you book for travel vaccinations with the Practice Nurse 6-8 weeks before your travel.



Non NHS Work

As a GP Surgery we are not employed by the NHS but are self employed within the NHS.

We provide NHS health care free for our patients with a few exceptions such as prescriptions which are charged to the patient (unless medically exempt) and non NHS work.

The contract that exists between the GP surgery and the government only covers the cost of NHS medical care. Increasingly, as GPs, we are being asked to do non NHS work which is not paid for by the Government.

The BMA (British Medical Council) provides guidance on fees for non NHS work and as a surgery we refer to this guidance with the fees we charge for this non NHS work. The BMA defines this as work not covered under the contract with the NHS. The fee is either charged to the patient requesting non NHS work from us or a third party requesting non NHS work from us with the written consent of the patient.



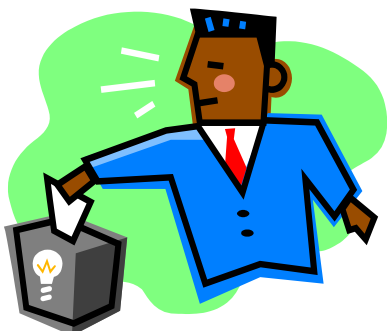
Examples of Non NHS work include:

Copies of Health Records, Medical Insurance Reports, Accident/Sickness Reports for Insurance, School Certificates, Holiday Certificates, Reports for Health Clubs, DWP (department for works and pensions) reports, Adoption/Fostering Reports, Signing Passports, non NHS related letter requests, some sickness certificates etc

Flu Vaccination Reminder

Final reminder to have your flu immunisations. Any patient aged above 65 or of any age above 6 months with chronic disease (heart/kidney/lung/liver/neurological/immunosuppression) or pregnant are eligible.

Please book appointment with the Nurse as soon as possible since limited supplies remain.



Your Surgery-Your Say

We very much welcome your comments and suggestions.

Please make use of the Suggestions Box available in each waiting room .

OOH (Out of Hours Service) and Walk In Centre

When the GP surgery is closed (i.e. weekends, weekday evenings or bank holidays), patients can still access medical help from the out of hours service. The out of hours service for our practice is provided by Harmoni.

Harmoni can be accessed on 0300 130 3017 when the GP surgery is closed. Harmoni will either provide medical advice over the phone, offer an appointment to be seen in a local primary care centre or arrange for a home visit if appropriate.



As of 1st January 2012 there is a change to the walk in centres in Harrow.

They will no longer provide a daily service and will provide a restricted service at the weekends.

The Urgent Care Centre at Northwick Hospital will continue to provide a daily service for emergency care.

Repeat Prescriptions

A reminder to allow 48 hours (excluding weekends and bank holidays) for requests for repeat prescriptions.

Only items on repeat which have been endorsed by the doctor can be requested. This can be done in person, by fax 020 8423 9505, by post or online through our website.

Please also allow at least 48 hours for Outpatient Hospital Prescription Requests, although these can sometimes take longer as they need to be added to your records.



www.shaftesburymedicalcentre.co.uk

Our website is proving to be a great success, did you know that you can

- order repeat prescriptions
- cancel appointments
- get advice
- leave comments and suggestions

Just log on and see.

