

DISHLEY GRANGE MEDICAL PRACTICE

NEWSLETTER

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Maxwell Drive, Loughborough



Cross Street, Hathern

www.dishleygrangemedicalpractice.co.uk

MEDICAL STUDENT TEACHING AT DISHLEY GRANGE MEDICAL PRACTICE

From 4th March 2013, 3rd and 4th year medical students from Leicester University will be working with the GPs in the surgery. The Doctors initially involved will be Dr Gupta, Dr Akhtar and Dr Hall. Students will be sitting in on consultations with the Doctors and from time to time may have the opportunity to be part of the consultation themselves whilst supervised.

This may mean some changes to Doctors sessions. You will be informed when booking an appointment if there will be a student present and you will have the option to decline this if you wish which means you may be asked to book with a different Doctor. If you have any concerns or would like more information regarding this, please feel free to speak to the receptionist for further advice.



*Farewell
John!*

We are sorry to say goodbye to John Thompson, who has decided to take retirement after 33 years connected with the Practice.

John worked in the background supporting the Practice Manager for many years until 1999 when he was formally recruited as Accounts Administrator.

John has been a well loved and respected member of the Dishley Grange team and he will be truly missed by us all!

Whooping Cough Vaccination in Pregnancy

It is newly recommended that all pregnant women should get vaccinated against Whooping Cough (Pertussis) when they are 28-38 weeks pregnant as there has been a sharp rise in the number of Whooping Cough cases in the UK.

Getting vaccinated while you are pregnant may help to protect your baby from developing Whooping Cough in his or her first few weeks of life. Babies are not vaccinated until they are two months old so the immunity you get from the vaccine will pass to your baby through the placenta.

For further advice about Whooping Cough or the vaccination itself, please speak to your Midwife or book an appointment with the Practice Nurse

Urgent Care Centre

Did you know that from Spring 2013 a new Urgent Care Centre will be opening at Loughborough Hospital? The Walk in Centre at Pinfold Gate will close. This service is for people of all ages with health needs that are Urgent but not life threatening. The centre is open 24 hours 7 days a week and you do not need an appointment.

EXTENDED HOURS

The Surgery offers early morning appointments which are available to pre-book. These early sessions are held at Maxwell Drive Surgery every Saturday morning and once a week on either a Wednesday or Thursday.

Please ask at Reception for details.

COMBINED CLINICS

We are currently trialling a new initiative in the practice to benefit our patients. We are going to be holding new clinics for patients who have more than one medical condition and normally need to attend more than once a year for a review of each condition.

When you are due your next review, If you fall into this category, we will be inviting you to the practice for a single appointment which will last for just over an hour in total; 30 minutes with each Specialist Nurse and then you will see the GP for a medication review.

Getting the most out of your GP Appointment

In our December newsletter we started to share with you Dr Rashed Akhtar's top 10 tips in getting the most out of your time with a GP. Below you will find tips 4-6 in making the best use of your 10 minute appointment. Tips 7-10 will appear in our Summer Issue

Tip 4.) The process of asking questions, performing an examination, forming a diagnosis, making a plan and then documenting a single complaint takes about ten minutes. We strongly advise that if you have multiple complaints you advise the receptionist so that you may be allocated an appropriate number of appointments otherwise your Doctor may have to decide whether they are able to address all your complaints within ten minutes with the risk of cutting corners on your health, or deal with all of them to the same standard forcing other patients to wait.

Tip 5.) Be honest and upfront in expressing your ideas, concerns and expectations. Although we strive to provide the best quality care, we occasionally receive complaints. It is rare for a doctor to miss anything from a clinical point of view in these situations and in many cases, patients had ideas, concerns or expectations that were not addressed. You can ensure this doesn't arise by telling us what is really bothering you about your health complaint.

Tip 6.) Come prepared to be examined. If you have a cough for instance, it would be sensible to wear clothing that would easily allow the chest to be heard through a stethoscope. You might expect the doctor to record your blood pressure, in which case a loose sleeve is imperative. If you are bringing children, they may well require a thorough examination, so you can help make things run smoothly by getting them out of a push chair and removing outer clothing.

TEXT REMINDER SERVICE *(*coming soon)*

To benefit from this service please ensure your contact numbers are up to date.



Forms can be found in the waiting room for you to complete and hand in at Reception. ****Watch this space for more information****

When your MEDICATION REVIEW is due please speak to the Receptionist to find out what is required. A message will be sent to your usual GP to see if any Nurse appointments are required in advance of your GP review. Please allow up to one week and then contact us again for the Doctors advice and to book your appointment (s)

MEET THE STAFF

Alisha Bentall, Phlebotomist

I am 23 years old and studied Criminology and Sociology at the University of Liverpool a year ago. I have been with the Practice since October 2012 and joined as a Receptionist. I was lucky enough to have the opportunity to be trained up as a Phlebotomist and will now be holding two sessions a week taking blood.

In my spare time I like socialising with my friends and family, travelling to many cities at the weekends to visit my friends from University. I also enjoy reading novels and baking when I have the time. I have really enjoyed working at the Practice so far and look forward to meeting you all!



PATIENT GROUP INFORMATION

Patient Group Meeting	Wed 20th March
Annual General Meeting	Thur 18th April
Patient Group Meeting	Thur 20th June

If you wish to attend any of these meetings, or for more information about the group, please contact

Peter Boulty (Chair)

Email: pboulty@btinternet.com Tel: 01509 842836

or

Jerry Bullock (Secretary)

Email: jerry.bullock1@ntlworld.com Tel: 01509 828424

All of our newsletters are available to view on the practice website—www.dishleygrangemedicalpractice.co.uk