

THE ARLINGTON ROAD MEDICAL PRACTICE NEWSLETTER



July—August 2016

Dr Deery's Sabbatical **D**r Deery takes his sabbatical (3 months away from the Practice) from 1st August. He will return to work on Tuesday 1st November, refreshed and raring to go!

During Dr Deery's absence his patients will be seen by Dr Alex Graham, our Salaried GP, and our GP Registrars who are supervised by a senior GP at all times.

Forthcoming Surgery Closures

We will be closed for **Staff Training...**

Between 12.50 & 2.10pm on
Tuesday 12th July and Wednesday 17th August

Between 1.45 & 5.00pm on
Thursday 28th July and Tuesday 23rd August

Should you require urgent treatment or advice during the **Staff Training Events**, please telephone **727531**.

We will also be closed for the **August Bank Holiday...**

All Day - Monday 29th August

To contact the **Out of Hours GP Service**, for urgent problems that will not wait until we are next open, please call **NHS 111** by dialling 111 on your telephone keypad.

Community Dermatology Clinic

When Dr Rajap left the Partnership at the end of August 2015 to pursue his dermatology work, he kindly agreed to continue doing one day a week at the Practice to enable us to continue the provision of Dermatology and also enable Dr Ben McFadden to complete his Dermatology training and provide clinics under supervision. Dr McFadden has now completed his training and is now qualified to run the clinic independently. We both congratulate Dr McFadden for passing his exams and thank Dr Rajap for his help over the past year, his last clinic with us is on Thursday 28th July.

Registrar

Comings and Goings

Dr Naomi Konu has passed her final exam and finishes her training with us on 2nd August.

We are very grateful to her for staying to locum with us from 3rd—12th August.

Dr Bahig Aziz finishes his four month placement with us on 2nd August and will continue with his training in hospital medicine.

We thank them both for their contribution to the Practice team and wish them well in their future careers.

Dr Jenani Jegatheeswaran, a GP Specialist Registrar, will commence her third and final year of General Practice Training with us on 3rd August under the supervision of Dr Williams.

Dr Renuka Boniface, a GP Specialist Registrar in her first year of General Practice training, will commence a four month placement with us on 2nd August under the supervision of Dr Mark Jones.

Trainer's Corner

A word from Dr Mark Jones

Congratulations to Drs Marin and Konu on successfully completing their exams and training. Both have jobs locally in East Sussex and the region will be very grateful for their services.

The struggle to recruit doctors to the GP training scheme and retain them locally is a hot topic. This is a national problem but we are making many attempts in East Sussex to improve the situation. As a Practice we view it as a very important part of our commitment to quality training to contribute to this and as such Dr Ahmad and Dr McFadden will be taking responsibility for hosting Medical Students from Brighton University to give them a positive flavour of the GP environment.

We have also volunteered to provide 'taster' weeks for Foundation 1 and 2 Doctors just out of medical school to give them an experience of GP work with the hope of interesting a few of them to then join the training scheme. We hope you will agree these are all attempts to improve numbers and quality of GPs in the future that patients will benefit from.

Beat the Heat - Looking after yourself and others during hot weather

Whilst we hope for warm weather during the Summer months, it is important that we all take steps to look after ourselves and the wellbeing of others around us, especially the elderly and vulnerable and those with long term medical conditions.

Heatstroke can be fatal and here in England, where we are less acclimatised and adapted to living in a hot climate, people can quickly become seriously ill.

For top tips on measures you can take to keep yourself and others around you well and symptoms to look out for, read the **Beat the heat: Staying Safe in Hot Weather Leaflet**, produced by Public Health and check out the **Keep Cool at Home Checklist**.

These leaflets are both available on our website under 'Latest News' and include advice on how to look after yourself, including listening to the weather forecast and planning ahead, drinking plenty of water and avoiding caffeine and alcohol, dressing appropriately, slowing down and avoiding heavy activity, knowing how to keep your home cool, symptoms to look out for and how to get help.



In June alone there were a total of...

158

missed appointments

If you no longer need an appointment you have booked, please have the courtesy to cancel it.

You can cancel appointments by phoning the Surgery on 727531 between the hours of 8.30am-6.00pm. Alternatively, if you are registered for Online Services, appointments can be cancelled by logging into your account at any time of day or night.



New Computer System



On 21st September we will be changing our clinical computer system. The new system will bring many benefits to the Surgery and bring us in line with the vast majority of Practices in the area. Changes such as these inevitably cause some disruption but we are working with our supplier to ensure this is kept to an absolute minimum.

To ensure that patients do not go without their medication during change over time, we will be issuing two months of prescriptions (the second month post-dated) throughout August.

Information regarding changes to Patient Online Services will follow shortly. We will be contacting all patients who are currently registered for Online Services individually. Please see our website for updates.