



Akerman News Update

APRIL 2015
WELCOME TO AKERMAN MEDICAL PRACTICE WINTER EDITION

www.AkermanMedicalPractice.com

PLEASE KEEP US INFORMED

Please keep your surgery informed of change in your address or phone number by emailing us at AkermanMedicalPractice@nhs.net the practice or by ringing us on 020 3049 6500.

It is important for us to have correct details for the following reasons:

- We can contact you in an emergency
- NHS England can contact you. If we have returned mail due to an incorrect address you may be deregistered.

PRIME MINISTER CHALLENGE FUND LAMBETH BID

Lambeth residents will see better access to GP care with the help of a £3.4m investment by the Prime Minister's Challenge Fund. GP practices in Lambeth want to make it easier for local residents to access services by making more appointments available in the evening and at the weekend. From September 2015, patients will be able to access a GP from 8am to 8pm Monday to Friday and 10am to 6pm at weekends and bank holidays. These changes will benefit over 378,000 patients registered with the 47 practices in Lambeth. [More information Here](http://tinyurl.com/ly8ooze) (<http://tinyurl.com/ly8ooze>)

DR MUKADAM HAS BEEN NOMINATED ON TO THE STEERING GROUP WHICH WILL HELP DELIVER IMPROVED ACCESS TO PATIENTS UNDER THE PRIME MINISTERS CHALLENGE FUND INITIATIVE

Welcome to Dr Grace Okoli who is joining us as a salaried GP working on Mondays and Tuesdays. Dr Okoli qualified from Liverpool University and is also a Lecturer at Kings College London.

GENERAL PRACTICE CO-MISSIONING

Following from our previous newsletter we can confirm 15 GP practices in SE London have formed a company called South East London health Partnership. This company, Representing the GP Practices in South East Locality of Lambeth - NHS GP practices with a total registered population of 113,519, will bid to provide services for local population commissioned by NHS England, Lambeth CCG and Lambeth Council. Congratulations to DR MUKADAM who is one of three GP board members of SELHP LTD. <http://www.selhp.org.uk/>

ALLERGIC RHINITIS (HAY FEVER)

Allergic rhinitis is inflammation of the inside of the nose caused by an allergen, such as pollen, dust, mould or flakes of skin from certain animals.

It's a very common condition, estimated to affect around one in every five people in the UK.

Allergic rhinitis typically causes cold-like symptoms, such as sneezing, itchiness and a blocked or runny

nose. These symptoms usually start soon after being exposed to an allergen.

You can have an allergy to:

- tree pollen, released during spring
- grass pollen, released during the end of spring and beginning of summer
- weed pollen, released any time from early spring to late autumn

To read more click on this link [here](#)

If you suffer from hay fever or have been previously prescribed hay fever medication like nasal sprays or Clarityn tablets, you need to start using them before the start of the pollen season. You may request a repeat prescription for hay fever medication by clicking [here](#).

GETTING INVOLVED

We want you to feel that you are being listened to, and that your views are making a valuable contribution in setting health priorities and shaping health services for people in Lambeth. Thank You to all those who attended our last Patient Participation Group To read the minutes and outcomes of the last PPG meeting click [here](#) (Lambeth CCG website)

If you would like to be involved in setting the Lambeth CCG health care agenda more information is available here

ANTIBIOTIC RESISTANCE

About 80,000 people could die if there were a "widespread outbreak" of an antibiotic-resistant blood infection, according to a government document.

The National Risk Register of Civil Emergencies says such an outbreak could be expected to hit 200,000 people - and two in five of them "might die".

The document also says "high numbers of deaths could also be expected" from other forms of resistant infection.

It warns infection risk could make "much of modern medicine" unsafe.

The Cabinet Office document says the number of infections "complicated" by antimicrobial resistance is expected to

"increase markedly over the next 20 years".

"Without effective antibiotics, even minor surgery and routine operations could become high-risk procedures, leading to increased duration of illness and ultimately premature mortality," it says.

It says procedures such as organ transplantation, bowel surgery and some cancer treatments would become unsafe.

To know more on how you can help to reduce antibiotic use [click here](#)

<http://tinyurl.com/mzw9qv4>



DNA STATS (LAST 4 WEEKS)

GP 70

Nurse 55

Not attending appointments and not cancelling them is unhelpful. These are appointments that could be used by other patients who would like to see the doctor or nurse.

OVER 40'S NHS HEALTH CHECKS

If you are over 40 and have not had an NHS health check in the last 5 years. Ring the surgery to book an appointment requesting an NHS health check. This check includes having your height, weight and blood pressure measured. Receiving diet and exercise advice and routine blood

tests, to rule out diabetes and raised cholesterol levels. We are then able to calculate your individualized risk of suffering a heart attack in the next ten years, depending on your score. Where appropriate

HEALTH CARE CHECKS FOR OVER 65'S

If you are over 65 years of age and haven't seen your GP in the last 18 months or you are over 85 years of age, we would like to encourage you to come in for a full health check up.

to identify a health intervention that could stabilize or monitor a health problem, so enabling an older person to follow their chosen lifestyle as closely as possible.

Please ring the surgery to request your holistic health care check with our health care assistant Craig McCleary

This health check can take up to an hour and includes methods that could be used

WANT TO CHECK YOUR BLOOD PRESSURE?

No need for an appointment. You can check your BP using our machine in reception area or Admin can take you to a private room if needed

OUR LIST IS OPEN AND WE ARE CURRENTLY REGISTERING PATIENTS IF YOUR FRIENDS AND FAMILY NEED TO REGISTER WITH AN NHS GP [CLICK HERE](#) TO REGISTER.

VACANCY

We currently have a vacancy for a full time Spanish-speaking receptionist. More details can be requested by email the practice at akermanmedicalpractice@nhs.net with the subject as Reception Vacancy.

DEMENTIA

We are currently targeting patients that have a high risk of dementia (Those with diabetes, hypertension, stroke, heart disease or any other long term illnesses.)

If you are in the high risk group you will be asked to participate in an assessment by the HCA.

OUT OF HOURS

When the surgery is closed, there are other options than going and waiting for 4 to 6 hours in A&E.

The first option should be [SELDOC](#). You can call

them directly on [020 8693 0966](tel:02086930966) and they will first do a telephone assessment with you, however if it needs to go further they can do a home visit. No waiting at hospital.

The other option is [NHS 111](#) on 111. This has taken over from NHS direct, they will advise you who the best person to see, GP or A&E



The next Patient Participation Group will be held on June 11th look out for more details.

Our next issue will be out in June 2015