



# Akerman News Update

DECEMBER 2014  
WELCOME TO AKERMAN MEDICAL  
PRACTICE WINTER EDITION

www.AkermanMedicalPractice.com

## Seasons greetings

Big thank you to all our patients who have been helping out with medical students. All our medical students highly appreciate your support and input in their training.

## PLEASE KEEP US INFORMED

**NHS ENGLAND HAVE SENT US A LIST OF 250 PATIENTS FOR WHOM WE HOLD WRONG ADDRESSES THEY WILL BE TAKEN OFF THE LIST BY THE END OF MARCH WE ARE TRYING TO CONTACT THESE PATIENTS TO UPDATE THEIR ADDRESSES 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.

## REPEAT PRESCRIPTION

If you are on regular medication and you need a repeat prescription of your medication to cover you over the holiday period, please make sure these are requested before Friday the 19th of December. If you run out of your normal

medication. You can also get emergency supply of your regular medication for up to 7 days from your regular pharmacist.

## STAFF NOTICE

**Currently Dr Ryan Rodrigues is away from the practice until further notice, we give further update in the next newsletter in February.**

## OPENING TIMES OVER THE CHRISTMAS PERIOD

WE WILL BE OPEN AS NORMAL UNTIL 24TH DECEMBER.

25TH-28TH—CLOSED

29TH -31ST THE SURGERY WILL BE OPEN AS USUAL BUT **WE WILL BE PRIORITISING PATIENTS FOR EMERGENCY APPOINTMENTS ONLY.**

CLOSED NEW YEARS DAY

REGULAR TIMES WILL RESUME AS NORMAL AFTERWARDS

## NHS ENGLAND FRIENDS & FAMILY TEST

The Friends and Family Test (FFT) for patients is a single question survey which asks patients whether they would recommend the NHS service they have received to friends and family who need similar treatment or care.

If you would like to take this survey please click [here](#)

## Alcohol

Drinkers often cram their drinking into a few sessions, usually over the festive period and weekends.

However, this way of drinking can not only harm their health, but also put their personal safety and that of others at risk. It can also impact on relationships with family, friends and employers.

What do you really know about alcohol and how it might be affecting your life? Use the menu on the right to find out more.

See more at: <http://www.knowyourlimits.info/>

## Flu and Pneumonia Vaccination

We have currently managed to vaccinate 60% of our patients aged over 65 and just under 40% of people in the at risk group. If you have not had your flu vaccination as of yet and belong to one of the categories below please contact the surgery to get your flu vaccination so as to avoid catching and passing on flu over the festive season.

- Over 65 years of age
- Heart Disease
- Bronchitis
- Emphysema
- Kidney Disease
- Diabetes
- Stroke
- Sickle Cell
- Chronic Liver disease

For further information please follow this link.

<http://www.patient.co.uk/medicine/influenza-vaccine>

**The next Patient Participation Group will be on 11th December, 6.30pm (if you want any specific issues related to the practice to be discussed at this meeting please email the practice manager by 8th December so we can add it to the agenda for the meeting.)**

## SMOKING CESSATION

If you are planning to quit smoking in the new year, we are here to help you quit smoking.

Please do ring the surgery to book an appointment for smoking cessation clinics. We are able

to offer various nicotine products and Champix on NHS prescriptions free of charge to help you quit. You can get further information from the [NHS Smokefree](#)

## 65 Year Old and Over

Are you over 65 years old and living alone at home. DO you know anyone who is over 65 and lives home alone.

They can receive extra help and support over the festive season by contacting the Age UK Lambeth branch .

More in formation available [here](#)  
Or call



## DNA STATS(LAST 4 WEEKS)

GP x

Nurse x

*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 .*

## 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

## EBOLA

Ebola virus disease is a serious illness that originated in Africa, where there is currently an outbreak. But for people living in countries outside Africa, it continues to be a very low threat.

The current outbreak of the Ebola virus mainly

affects three countries in West Africa: Guinea, Liberia and Sierra Leone. Around 14,413 cases and 5,177 deaths have been reported by the World Health Organization. This is the largest known outbreak of Ebola.

To know more about the

global situation about ebola visit the WHO site [here](#)

## Opening times for local pharmacies over the Christmas period.

Millennium Pharmacy (Lothian branch) - 8am– 11pm closed 25th,26th, 28th, 1st

Day Lewis Pharmacy - 9am –7pm closed 25th-28th December

New Park Pharmacy - closed 25th,26th, 28th, 1st

Westbury Chemist - Every day 9am-12am

You can also request emergency contraception at all the above pharmacies

Dentists  
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Opticians for minor ailments  
Oval eyes—  
Medirex

Out of hours contact details for GP's  
SELDOC

Walk in Centers  
Peckham and Gracefield gardens

## 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.