



Akerman News Update

FEBRUARY 2015
WELCOME TO AKERMAN MEDICAL

www.AkermanMedicalPractice.com

PLEASE KEEP US INFORMED

Please keep your surgery informed of any changes in your address or phone number by emailing us at AkermanMedicalPractice@nhs.net 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.

Practice Statistics

Total Number of Appointments contracted for by the NHS: 1410

Actual number of appointments issued by Akerman Medical Practice: 1778

Percentage of Appointments above NHS contract: 26% (368)

DNA STATS (last 4 weeks)
Total 285 (16%)
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

IMPORTANT ANNOUNCEMENT

At Akerman medical practice, we are constantly looking at new and innovative ways to work more efficiently and free up health professional time, to improve care for our patients.

Many of you are already using our email, online consultations and electronic prescribing services, which can be used for requesting repeat prescriptions online, and using self care guides from patient.co.uk websites and booking online appointments. We would like to encourage more patients to explore our website and make use

of online consultations.

From 1st March, we will not be taking any requests from patients below the age of 50 for copies of their medical notes or blood test results, patients can email the practice to receive a username and a password this will allow them to log in to the practice system and allow full access to their medical records which can be downloaded and printed for their own use.

If you do not want to allow the NHS to have

access to your medical records / test results, a £10 fee will be applicable. This fee has been agreed, by the BMA (British medical association) under the data protection act,

We will not be signing any further British passport/ naturalization/ driving license identity confirmation forms. You can visit home office or DVLA for a variety of other professions who can do this for you.

Staff changes: Many of you are aware now that Dr. Rodrigues has left the practice due to ill health, we are currently trying to recruit a new GP, there is a national shortage of GP's and we are trying our best to recruit a suitable GP.

Ms. Natalie Connolly no longer works or represents Akerman medical practice with immediate effect.

As part of this governments drive to improve care and make efficient savings to the NHS budget, all practices have to be part of a federation to commission services for their patients. We are glad to inform you that 16 GP practices in South-east Lambeth have federated to form a company by the name of South-East Lambeth Health Partnerships Ltd. More information on this will be available soon.

REGISTERING PATIENTS

We are currently registering patients. Do you have any friends or family that need to register with a GP? Visit our [website](#) and register online.

Register today, do not wait until you are in an emergency. This could delay you, your family or your friends in seeing the doctor when they really need to.

Medicine Wastage

Department of Health estimates that **unused medicines cost the NHS around £300 million every year**, with an estimated **£110 million worth of medicine returned to pharmacies**, **£90 million worth of unused prescriptions being stored in homes** and **£50 million worth of medicines disposed of by Care Homes**.

Sometimes patients receive medicines they **don't actually use**, or **use only occasionally**. This means that they can lose out on the intended health benefits of their prescription. The reasons why patients don't take all their medication can vary and audits have shown that around **half of all the medication returned had not even been opened**. This means that patients are ordering and receiving medication that they don't even start to use. By reducing the amount of medicines being wasted each year, we could increase the available funding for other desperately needed health services.

To know how you can help visit <http://www.medicinewaste.com/help>

Alcohol support

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 have an 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/>

BACK PAIN

Approximately 5 million GP appointments are made for back pain accounting for 15- 22% of all GP consultations

Less than 1 in 100 people have a serious problems, most of the time back pain and may be due to poor posture, lack of exercise or stiffness.

If you suffer from back pain before you consult a health care professional, you may find it beneficial to answer a few [simple screening questions](#) which can be found on our website about your back pain.

To read more visit www.patient.co.uk

Improving and protecting health - self care guidance for patients

Self care does not mean that you need to manage on your own. This resource provides patients with a basic introduction to self care, including what it involves, the risks and benefits, and where it can be accessed, by visiting www.patient.co.uk

DOMESTIC VIOLENCE

What is domestic violence?

- Emotional or Psychological Abuse
- Domestic Abuse Against Men
- Physical Abuse
- Economic or Financial Abuse
- Sexual Abuse

- Female Genital Mutilation
- Domestic abuse perpetrated against people with disabilities
- Forced Marriage
- Honor based violence
- Elder Abuse
- Domestic abuse within gay, lesbian bisexual and

transgender relationships

- Stalking
- Domestic abuse during pregnancy
- Teen 'dating' abuse

If you are going through any of the above make an appointment to see a

OBESITY AND WEIGHT LOSS— BMI (BODY MASS INDEX)

Obesity is a term used to describe somebody who is very overweight, with a higher than normal level of body fat.

It's a common problem, estimated to affect around one in every four adults and around one in every five children aged 11 in the UK.

25.1 per cent women suffer from obesity.

You can calculate your BMI at www.nhs.uk

To get more information on how to manage obesity and reduce your weight visit www.nhs.uk/conditions/obesity

At Akerman medical practice we have a

dedicated dietician called Ms. Grace McCarthy. You can book an appointment to see her at the reception desk or via email. It is important that you keep a food diary for at least two weeks prior to your appointment with Ms. McCarthy.

24.4 per cent men and

DEMENTIA

Local Pharmacies providing minor ailments diagnosis and treatment services.

Visit our website

List of local opticians providing minor eye treatment, visit our website

Out of hours contact details for GP's

[SELDOC—020 8693 0966](tel:02086930966)

Walk in Centre

[Gracefield gardens—020 3049 5030](tel:02030495030)