



# Akerman News Update

www.AkermanMedicalPractice.com

JULY 2014  
WELCOME TO AKERMAN MEDICAL  
PRACTICE SUMMER EDITION

## PLEASE KEEP US INFORMED

Please keep your surgery informed of change in your address or phone number by clicking [here](#) 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.

## YOUR CHOICE OF GP

One less thing to worry about when moving!

New Department of Health guidelines have been issued regarding where patient can be registered.

The new guidance states that patients can register with the GP

that they prefer regardless of where they live.



This means that patients who have moved away from the area, but still live in a London can

remain with Akerman Medical Practice and keep the doctor that you are most comfortable with and who you can trust.



## HEALTH CARE ASSISTANT

We are pleased to announce Craig McCleary in his new role as health care assistant.

For those of you who know Craig, he has been with the Practice for about 6 years and frequently

goes out of his way to help others. His new role will be an extension of this, meaning that he will take a larger part in your health care needs.

He will be trained to provide a number of services

meaning that there will be more that we can offer you as a patient.

Further details on all our clinical staff can be found [here](#) or on our website.

## DATES FOR YOUR DIARY HEALTH AWARENESS DAYS

### July

- **18th** International Mandela Day  
[www.mandeladay.com](http://www.mandeladay.com)
- **28th** World Hepatitis Day  
[www.worldhepatitisalliance.org/en](http://www.worldhepatitisalliance.org/en)

### August

Bone Marrow Stem and Leukemia Awareness Month (spans 15 August to 15 October)

National Women's Month

Organ Donor Month  
<http://www.organdonation.nhs.uk>

- **1st-7th** National Breastfeeding Week
- **1st-7th** CANSA Care Week  
<http://www.cansa.org.za>

- **9th** National Women's Day
- **12th** International Youth Day
- **15th** Commencement of Bone Marrow Donation and Leukemia Awareness Months  
<http://www.lls.org>  
<http://bethematch.org>

## REGISTERING PATIENTS

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

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

## DIFFERENT WAYS OF GETTING HELP

We receive over 200 calls through the reception team every day however, there are other ways you can contact the us other than calling the practice.

Making an Appointment: You do not have to wait for the practice to open. You can log on to [Patient Access](#) and directly book yourself an appointment via email or through our

[website](#) at any time.

It is also worth taking a look at the [online consultation](#) section on the website as this could get your problem sorted quicker.

Repeat prescriptions: This can also be done via [Patient Access](#); with this you could also track the progress of your

medication or you can send us an email or go via our [website](#) and clicking on the order prescription.

Email your doctor for advice. If you have a general query or a non-urgent problem that you would like advice on. Send us an email, it will be seen by the most appropriate person. This could be quicker than waiting for an appointment

The next Patient Participation Group will be on xxxxxxxxxxxx

## SEASONAL CLINICAL ISSUES

### Hay fever:

Many people suffer from pollen related hay fever symptoms during summer. If you have any of the following symptoms

- sneezing
- a runny nose
- itchy eyes

You could be allergic 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
- please email the practice to get a prescription. For further reading on Hay fever please click [here](#)

**Planning to go on holiday?** Visit the [Fit for Travel](#) website to check which vaccinations you may need before you go. A fee of £25 will apply to see the GP or Practice Nurse for advice.



### DNA STATS(LAST 4 WEEKS)

GP 354

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.

*Do you require a sick note from the doctor?*



## SICK NOTE

The first question that needs to be asked is do you require a sick note from the doctor?

If you are off work for less than seven days, the law states that **you** can self certify yourself. You do not need to see a doctor or receive a sick note.

You can download [here](#).

If your employer needs a note from the doctor this is not covered under the NHS. The doctor can do a private sick note but will charge you £20. If required you should ask **your employer** to pay for it.

The doctor cannot provide sick notes if you have been assessed by the Department of Work and Pensions and it has been decided that you are capable of working. This includes if you are appealing the decision.

## 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 doctor or nurse in confidence.

## 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

## 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](#) 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

