

DORKING MEDICAL PRACTICE

at New House & Hillside Surgeries



NEWSLETTER

March 2016

New Partner

We are delighted to announce that Dr Gemma Kong will become a Partner on 1st April, bringing the number of Partners to five. Dr Loveless works 2 days per week, Dr Qureshi 3 days, Dr Beattie 3.5 days and Dr Sagar & Dr Kong 4 days. They are supported by Dr Moffett (2 mornings), Dr Peppiatt (4 days) and Dr Harcourt (3 mornings).

Website

If you have not yet visited our website we would recommend that you visit www.dorkingmedicalpractice.co.uk as we are continually updating it with useful information about the practice, your general health and where to go for more advice. In addition, you can sign up for online services, such as ordering prescriptions, booking appointments and viewing a summary of your medical records.

Food Bank in Dorking

Latest figures show that over 1 million people have received at least 3 days emergency food in the last 12 months. If you would like either to help the charity, or are in need of emergency food, please visit The Christian Centre, Church Street, Dorking RH4 1DW or email info@dorkingarea.foodbank.org.uk

Urgent Prescription for General Practice

General practice is facing some of its toughest challenges, with workload and patient demand at unprecedented levels. For more information from the British Medical Association about the changes that are needed, please search online for "urgent prescription for general practice".

Antibiotics

GP practices receive poorer patient satisfaction scores the fewer antibiotics they prescribe, according to a study in the British Journal of Medicine.

It comes as NICE has recommended GPs have their individual antibiotic prescribing monitored and reviewed at least once a year. However, at the same time, the Government is increasing patient scrutiny of GP practices, with the 'Friends and Family Test', which asks patients to consider whether they would recommend the practice. The study found that practices who prescribed fewer antibiotics in line with Government recommendations are likely to fare worse.

Dr Tim Ballard, vice chair of the RCGP, said it was 'concerning that patients associated a prescription for antibiotics with a satisfactory visit to their GP, particularly as we know that in many cases antibiotics are not appropriate forms of treatment and could actually do more harm than good, so it may be better not to prescribe. Public perception needs to change – our patients need to understand that when diseases become resistant to antibiotics, it means that antibiotics will cease to work and as it stands, we don't have an alternative.'



Alcohol Guidelines

The Chief Medical Officers' guideline for both men and women is:

- Do not drink regularly more than 14 units per week
- If you do drink as much as 14 units per week, spread it evenly over 3 days or more. If you have one or two heavy drinking sessions, you increase your risks of death from long term illnesses and from accidents and injuries.
- The risk of developing a range of illnesses (including cancers of the mouth, throat and breast) increases with any amount you drink on a regular basis.

As well as the risk of accident and injury, drinking alcohol regularly is linked to long term risks such as heart disease, cancer, liver disease, and epilepsy.

If you are pregnant or planning a pregnancy:

- the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.
- Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk.

Tips for reducing the amount drunk:

- limit the total amount of alcohol you drink on any occasion;
- drink more slowly, drink with food and alternate with water.

Fines for missed appointments

A poll of more than 500 UK people found that nearly a third were willing to accept a fine of £10 or more for a missed GP appointment. A total of 22% would accept a fine between £5 and £9, while 13% would accept a fine below £5. Just 29% of respondents said they would not be prepared to pay anything for a missed appointment. The average fine patients said they would accept was just over £10. Dorking Medical Practice averages around 24 HOURS per MONTH wasted through missed appointments. Frustrating when so many people are struggling to obtain an appointment!



Safe Haven

Monday 7th March will see the launch of a new mental health service in Epsom, called Safe Haven. Safe Haven is a free evening drop-in service especially for those with emotional and mental health needs. It's an informal, safe space that supports each individual to take control of, and improve, their own mental health.

Dr Julia Chase, GP lead at Surrey Downs Clinical Commissioning Group, says "The Safe Haven welcomes those who are suffering due to stress, anxiety and depression. Often the evenings are the hardest. When your front door closes and you find yourself alone with your own thoughts, that's when you need the most support. That's why the Safe Haven is open every evening of the year, 6pm until 11pm.

"There are private spaces for one on one time with a professional, as well as access to peer support from others attending the Safe Haven. There is also the option to simply have your own space if you prefer."

Safe Haven is a drop-in service, and there is no need for an appointment. Visitors will be supported in a way that suits their needs, and they can remain anonymous if they wish. You can find Safe Haven at the Surrey Choices building: The Larches, 44 Waterloo Road, Epsom, KT19 8EX.