



# The Prescription

Countesthorpe Health Centre News

Issue 7 [www.countesthorpehealthcentre.co.uk](http://www.countesthorpehealthcentre.co.uk)

*Book your appointments online*

July/August 2010



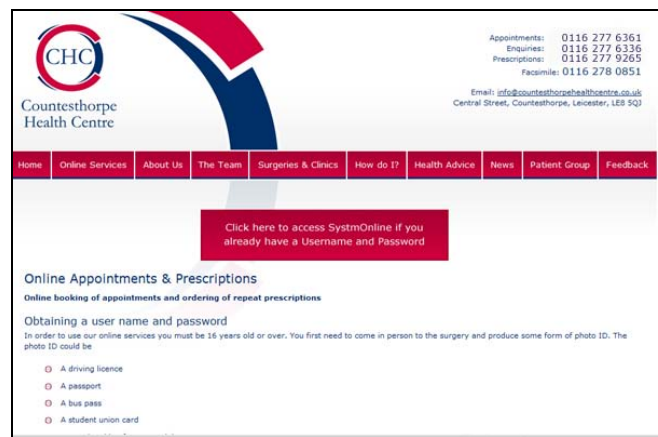
Countesthorpe  
Health Centre

## Online booking for appointments and repeat prescriptions

Since we announced the launch of our online booking system in the last newsletter over 250 people have registered to be able to book appointments and order prescriptions through our web site, [www.countesthorpehealthcentre.co.uk](http://www.countesthorpehealthcentre.co.uk). So far, the feedback has been positive and we welcome your comments too.

Appointments become available every day and these are notified on the web site at the same time as they become available to book by telephone.

If you haven't already registered to book online you can find full instructions on how to go about it on the website. If you prefer to continue booking by phone you can still do so.



## Sorry, but you can't book nurse appointments online

Nurse appointments vary in their length of time depending on what the appointment is for. For example, a blood test will take just five or ten minutes whilst an annual review for diabetes would take 30 minutes. For some conditions you can see any nurse whereas for others (for example, diabetes or asthma) you need to see a specialist nurse.

All this means that we can't use the online booking system to ensure you get the right length of appointment with the right nurse so nurse appointments have to be booked by phone or at reception.

The good news is that there are no restrictions on how far ahead you can book a nurse appointment which means the system, though complex, is very flexible for our patients.

## ...but we can send you a text message reminder

We will soon be able to send you a text message to remind you about your next appointment. Please let us have your current mobile number if you haven't already done so. We will start by sending reminders for nurse appointments as these tend to be booked further in advance and are easy to forget.

## Patient Participation Group

Our patient participation group has been going strong for two years and they are keen to know your views. They are putting together a questionnaire and will be asking patients in the waiting room to complete it at some time in the autumn. We encourage you to help with this as your opinions are important to us. If you'd like to contact a member of the group before then, you can do so via reception or our website.

## Staff News

We're pleased to announce the arrival of a new member of our team of permanent GPs. **Dr Brigitte Gaillard** will be joining us in August and will be in surgery five days a week.

Dr Gaillard was born in Germany and studied medicine in Goettingen and Aachen. She completed her postgraduate training as a GP in London in 1998 and worked as a GP in Liverpool before moving to Leicester in 2009.

She has a particular interest in Women's Health, holding a diploma in Obstetrics and Gynaecology and a Family Planning certificate, and is involved in training medical students and GP Registrars.

We will be transferring any patients who were previously recorded as having Dr Packham or Dr Rashid as their usual GP to Dr Gaillard, however, this is for our administrative purposes and you are still free to choose which doctor you see.

**Dr Maria Keerig** will be undertaking a Masters Degree in Medical Education. This means she will be reducing her number of days in surgery. Dr Ring will also be changing her surgery times.

The availability of all our GPs from August 2010 is shown in this table.

GP	Mon		Tue		Wed		Thu		Fri	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Dr Aram	•	•	•		•				•	•
Dr Browne	•	•			•	•	•	•	•	•
Dr Collins	•	•			•		•		•	•
Dr Gaillard	•			•	•	•	•	•	•	
Dr Keerig	•	•	•			•				
Dr Pearce	•		•	•				•	•	
Dr Ring	•		•	•	•		•			
Dr Bird			•	•						
Registrars	•	•	•	•	•		•	•	•	•

## **New Registrars**

Countesthorpe is a teaching practice which means we see regular changes amongst our team whenever GP Registrars undertake the placement parts of their training with us.

August will see us saying goodbye to four registrar GPs and welcoming four new ones.

It's goodbye to **Dr Anton Boyadijev** who has now completed his GP training and plans to go to Australia to work later this year. Dr Boyadijev has been a popular member of the team and will certainly be missed, although we have mixed feelings about the loss of his infamous bright green car.

**Dr Adnan Abdulali** and **Dr Qasim Shoaib** will be leaving us for a while. They have both completed their first four-month placement with us and will be back at Countesthorpe in December for their second placement period. **Dr Arfah Preston** has likewise completed her four-month placement and will be continuing her training elsewhere.

In their places you will see **Dr Ricky Badiani** who was with us from last December until April and who re-joins us until this December; **Dr Suhanya Kuhan** and **Dr Ritesh Chawda** who will also be joining us until December; and **Dr Siang Yew Lim** who will be with us for a year until August next year.

## **Ex-staff news**

Dr Ruchira Bhalla, who was a registrar from August 2008 until the beginning of this year and who then covered for Dr Collins' maternity leave, is now a proud mother herself. Baby boy, Neil Rana, arrived on 9<sup>th</sup> July. Congratulations from us all!

## **Government White Paper – “Equity and excellence: Liberating the NHS”**

You will probably have heard that the government is planning significant changes to the way that hospital care is planned and paid for and that this will have an impact on GP practices. The consultation period will take place until October and there is plenty of debate within all parts of the NHS.

We are working with practices in the Blaby and Lutterworth area, as well as the PCT, to understand what changes will take place over the next few years. For now, though, you won't notice any real differences but we will keep you informed of any developments that will affect you.

## **Are you eligible for a flu jab?**

Flu jabs will be available from early October for all patients over 65 years of age or with a chronic disease or condition requiring certain drugs. If you are eligible, we'll be contacting you individually and will start taking bookings for flu jab appointments in September.

This year's seasonal flu jab also contains protection against the H1N1 (swine flu) virus.

## **Health Promotion - Chlamydia**

Chlamydia is the most commonly diagnosed sexually transmitted infection (STI) in the UK, affecting both men and women. You don't need to have had lots of sexual partners to be at risk. For most people it has no symptoms so you won't know you have it unless you have a test. Left untreated, it can have serious implications for your health and your fertility but it is easy to test for and easy to treat.

All patients aged between 16 and 25 are encouraged to take advantage of a free test for Chlamydia. You can get a free kit from one of our nurses or from a box in the patient toilets in the Health Centre.

The kit has full instructions on how to take a urine test. Your completed sample can be dropped off at the Health Centre or any other the other places detailed in the kit. Your results will be sent to you by text message.

For more information on Chlamydia and the National Chlamydia Screening Programme visit [www.chlamydia-screening.nhs.uk](http://www.chlamydia-screening.nhs.uk).



National **Chlamydia**  
**Screening** Programme  
[www.chlamydia-screening.nhs.uk](http://www.chlamydia-screening.nhs.uk)

## **Health Promotion Campaigns**

Our last Health Promotion Campaign was around the themes of physical activity and exercise and generated a lot of interest. If you missed the display in the Health Centre, you can still find plenty of useful information on our web site under the Health Advice section.

The programme of Health Promotion campaigns continues in the Health Centre throughout this year.

Sexual Health	July
Asthma/Chronic Obstructive Pulmonary Disease	September
New Year's Resolutions – Get a Head Start	November/December
Emotional Health	January

Experts will be on hand to answer your questions on the launch day of each campaign but you can call in to the Health Centre any time during opening hours to see the displays and pick up information.