

ECP**NHS**

THE ELIZABETH COURTAULD SURGERY

SURGERY NEWSLETTER

September 2014

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GLUTEN FREE FOODS

New guidelines from Mid Essex CCG have limited the quantity of gluten free products prescribed in Mid Essex to 8 units of bread and/or flour each month.

This is to save the NHS £100,000 a year.

Gluten free products are available in the town's supermarkets.

**Flu booking
starts 15th
September**

**The Elizabeth
Courtauld Surgery**
Factory Lane West
Halstead
Essex
CO9 1EX

Tel 01787 47 59 44
Fax 01787 47 45 06

Surgery Hours
8.30am - 6.30pm
(Monday, to Friday)

6.30pm - 8.30pm
(Monday evenings by
appointment only)

MINOR ILLNESS? GET IT SEEN!

Feeling Unwell? Need to see somebody quickly?

If you have one of the following conditions, you can book an appointment at our Minor Illness Clinic.

HELP — QUICKLY

To meet the needs of people who have come down with a new condition which really needs some quick medical advice and help, we have a team of three Nurse Practitioners supported each day by a duty GP.

Those of you who have seen Karen, Philippa or Vera will know that they offer a service which works well for patients. People are happy to see the Nurse Practitioner team and tell us that it works well for them.

They see about 50 patients a day in their minor illness clinic. Most can be given an assessment, advice and, if needed, a prescription straight away. Sometimes it is necessary for them to seek further advice from the duty GP

who works alongside them. Together with the clinics run by Dr Spencer on Fridays we are able to provide plenty of time to see patients with new, minor conditions. Many of these appointments are available on the day.

If you feel unwell with one of the following problems, ask for our Nurse Practitioner Minor Illness Clinic.

If you have:

MINOR ILLNESS

Sore throat or coughs
Eye infections



Earache,
Sinus problems
Hay fever
Chest infections
Minor stomach complaints,
Constipation,
Diarrhoea
Urine infections
Skin complaints, including

- rashes,

- minor allergic reactions
- insect bites
- stings,
- sunburn

MINOR INJURY

Minor wounds,
Minor burns,
Bruising
Swelling
Minor head injury with no loss of consciousness or vomiting
Muscle, bone and joint injuries e.g. sprains, strains and soft tissue injury

WOMEN'S HEALTH

Emergency contraception
Cystitis
Thrush
Contraception advice
Breast examination

For these types of questions, the Nurse Practitioners will have more readily available appointments than the GPs. You can ask for them when you call to book to see somebody.

If our receptionists ask you for more information when you are booking it will be to help you get an appointment with the most appropriate person.



FOOD is the most abused anxiety drug.
EXERCISE is the most underutilised anti-depressant



NEW ROOM

DR SALMON MOVES

Many of you will have noticed that we have had building work done in the surgery.

We are rapidly running out of space here as we expand our services to meet rising demand.

We have moved our store room from a large room near the exit near Dr Khalsa's room. To accommodate this we built a new store area in the corner of our big Multi-Purpose room. This has made the room smaller but it is still large enough

to hold the meetings we need to have in it. Dr Salmon has moved into the new consulting room.

Breast Screening

The Breast Screening service tell us that they have a high rate of patients who fail to attend appointments without giving them notice. The high rate of DNA (Did not attend) means that many of their clinics are not fully used and adds cost to the process. If you are sent an appointment for screening, you are strongly advised to take up the

offer. Regular screening prevents deaths from breast cancer – it is estimated to save around 1,300 lives a year. Around a third of breast cancers are diagnosed through screening.

Breast Feeding Advice

We host excellent Breast Feeding advice in the surgery on the First Friday of every month in the multi-purpose room from 2-4pm. If you have any questions or would like help and advice come along or call 07795 612 776



CHANGES AT THE SURGERY

Elizabeth Courtauld Surgery is a Training Practice. We train new GPs for the East of England Deanery here in Halstead. Drs Prasad and Kreis-Alsayed are both qualified to teach the next generation of GPs. Many of you will have met our two current registrars (trainee GPs) - Dr Geetu Khalsa and Dr Atul Lotlikar. They are both due to finish their training in October and November respectively. They will then in all likelihood leave us to work as fully qualified GPs elsewhere.

THE NEW BOY

Our latest Registrar is Dr Kolyu Kolev who has recently started seeing patients at the surgery. He is in his second year of GP training having already qualified in his native Bulgaria. He has worked in A&E and as a GP in the Middle East. He has made

a good first impression here with his friendly, open approach to his colleagues and to his patients. We are sure he will prove very popular during his six months with us. The training programme involves the Registrars seeing patients on their own and sometimes with their trainer. Each consultation is discussed with the trainer afterwards and learning points are picked up and discussed.

MORE TIME

In many ways the programme allows patients to have a different type of consultation. For a start the appointment slots are longer—from 30 minutes initially, down to 10 Or 15 as the registrar approaches the end of the training. Each consultation is discussed in order for the GP Trainer to be sure that the regis-

trar has not missed anything and has made the correct decision. As the new Doctors have already been through years of training, they have good experience of clinical conditions and are using this time to improve their consultation techniques.

GOOD CARE GIVEN

The feedback we have had from patients has been extremely positive. They have valued the time which the registrars spend with them, they have commented on how good it is that they ask lots of questions and listen to the answers. Patients feel confident that they are being well looked after. While it is sad when they leave, it is also good to know that they have enjoyed their time in Halstead and have enjoyed working with our patients.

REPEAT PRESCRIPTIONS

The request line is now open 24 hours a day, 7 days a week.
Call 01787 479 889 and leave your message.
You can also order online from our website

www.elizabethcourtauld.gpsurgery.net