

CROWN STREET SURGERY

AUTUMN 2015

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Patient Group Meeting -Tuesday 29th September 2015 7pm

All Welcome

Agenda– Phlebotomy– Community clinics, Acton Network PPG, Antibiotics and Staff Role Information

A warm welcome to Crown Street

Over the winter we have appointed 2 new Receptionists to join the team, replacing Jacqueline who left to pursue her chosen career in the probation service and Georgina who is moving into a HCA role in the practice. Ubah will be working full time, has a business degree and speaks Somali. Agnes will be working here part time, as well as in a local care home and speaks Polish.

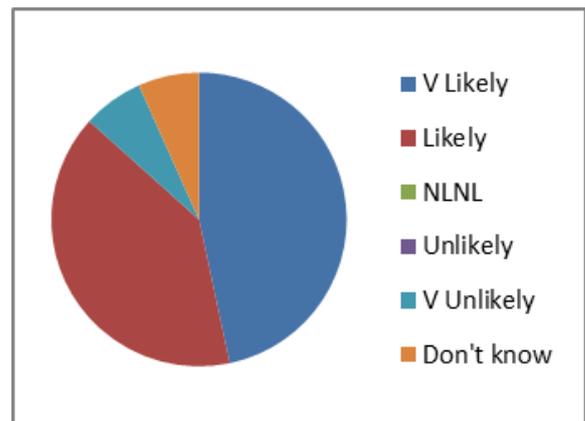
Both have settled in well with the team and we hope you like them as much as we do!

As mentioned above, one of our long standing Receptionists Georgina has moved into a Health Care Assistant Role to replace Dolores who retired in May this year. Georgina is utilising her previous care experience and training on the job with our nursing team. She will be splitting her time between Reception and her HCA role so you will be spotting her both in her clinical room and behind the desk.

Dr Sagar, our new GP partner started in May, replacing Dr Kenny who left in November last year. He is already becoming very popular with the patients he has seen so far! (Profile on page 2)

Friends and Family Test June 2015

How likely are you to recommend the surgery to your friends/family?



Flu Clinics 2015

Please book an appointment or attend our walk in clinic if have one of the following conditions or fall into one of these groups:

- Diabetes
- Asthma (using a regular steroid inhaler)
- Pregnant
- Registered carers
- Severe diagnosed lung conditions
- Diagnosed heart conditions
- Severe liver or kidney disease
- Stroke
- Cerebral palsy or learning difficulties
- Immunosuppressed

Date	Time	Additional Information
29th September 2015	6pm –830pm	Walk In
Every Tuesday OCT/NOV	830am– 1230pm	Booked
22nd October 2015	6pm –730pm	Booked

* If your child falls into any of these groups please book with the nurse for a nasal flu vaccination.
* PLEASE SPEAK TO RECEPTION IF YOU



Hello!

Crown Street's
New GP Partner



Dr Anil Sagar - MBBS
BSc MRCS MRCGP
(London 2006)

I was fortunate enough to be offered a partnership at Crown Street Surgery earlier this year and formally started in May 2015. Prior to this I completed my medical training at Guys, Kings' and St Thomas' School of Medicine in 2006, trained as a surgical doctor for three years and then subsequently completed my GP training in Kingston Upon Thames where I was born and raised. There are 5 GP's in my family so I am continuing the family tradition to some degree. In saying that, family gatherings tend to be focussed on one topic of conversation which can become quite boring for the relatives that aren't medics. GP's however do have great anecdotal stories.

Crown Street work together as a team and it is this ethos that attracted me to this practice. In General Practice, one needs the health care professionals, allied administrative and management staff to work synergistically together which is clear here. This sense of teamwork and putting others first was highlighted when I just joined the surgery. To make me feel welcome, I believe one of the more senior GP's in this surgery, a diehard Queens Park Rangers fan I must add, bought me a Manchester United coffee mug. I am further led

to believe that he didn't take the easier option of ordering it online, but physically purchased it from the store. I appreciate the above is a little tongue in cheek, but certainly my first impressions of Crown Street are positive.

Having completed my postgraduate core surgical training, I think this is something I could add to the practice. Furthermore I perform joint injections and have a specialised interest in Men's Health as my years in surgical training were specific to Urology. I am keen to represent Crown Street at the CCG level having done this in a previous post so that patient's views are represented to those that shape future local healthcare. Lastly I hope to be more involved in teaching and training over the next few years at Crown Street.

On a personal level I am married (to a GP – see above re. conversations that tend to happen at home) and we have a little boy who is nearly two. I now truly appreciate the challenges of childcare. We live in Kew and you may see me cycling to and from work on occasions. I love sport with football and cricket being the top two for me and cycling being the most recent hobby I've grown to enjoy.

General Practice has changed in the last ten years in a number of ways. People are living longer and having more chronic diseases for which more resources are required. Coupled with this, there are currently fewer and fewer doctors wanting to train to become a GP which puts increased strain on an already tight system. But even with these issues, the essence of general practice is that patient / doctor relationship which will always be a constant; a privilege for both parties involved.



Information
about F2's

- ◆ They are already Doctors
- ◆ In their 2nd year post registration
- ◆ They are able to prescribe
- ◆ Their focus will be on acute medicine
- ◆ They will be able to do home visits
- ◆ They will have 20-30 min appointment slots
- ◆ They will be here for a 4 month placement
- ◆ Dr Garg and Dr Newth will be their supervisors



The Department of Health recommends that:

- all pregnant and breastfeeding women should take a daily supplement containing 10 micrograms (0.01mg) of vitamin D
- all babies and young children aged six months to five years should take a daily supplement containing vitamin D in the form of vitamin drops- babies fed with more than 500ml daily of formula do not need this as

formula is fortified with vitamin D.

breastfed infants may need to receive drops containing vitamin D from one month of age

People should also take a daily supplement containing 10 micrograms (0.01mg) of vitamin D if they:

- are aged 65 years or over
 - aren't exposed to much sun – ie those who cover up their skin for cultural reasons, are housebound or confined indoors for long periods (office workers)
- You can buy single vitamin D supplements or vitamin drops containing vitamin D (for use by under-fives) at most pharmacies and supermarkets. Women and children who

qualify for the Healthy Start scheme can get free supplements containing the recommended amounts of vitamin D.

Store	Price
Morrison's	£2.49 90 tabs
Boots	£2.19 90 tabs
Lloyds	£2.99 60 tabs
Asda	£2.00 60 tabs
Tesco	£2.75 90 tabs
Holland and Barrett	£1.77 100 tabs