



FOREST EDGE NEWSLETTER



July 2016 Volume 2 Issue 8

This quarterly Newsletter is issued by the Forest Edge Medical Practice, located on Manford Way Chigwell Essex. IG7 4DF. The information is offered as best practice at time of writing.

Redbridge Clinical Commissioning Group. This has allowed our practice to understand the developments that are going on in Commissioning Services in Redbridge and across the North East London Sector.

Dr. M. Tahir - GP

Dear Patients,
Welcome to the July newsletter of 2016

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A. The Doctors notes

Dear Patients,
Although I grew up locally in Dagenham I went to a small medical school in Newcastle-upon-Tyne. After having done my house jobs in Newcastle I decided to move back to London. I was lucky enough to join the Forest Edge Practice as a partner on the 23rd October 1993. I have seen many developments over the last 22 ½ years at the surgery. These have included moving into our current location, a modern Health Centre.
My role at the practice mostly involves day to day clinics that comprise both booked appointments and emergencies. I have a special interest in Diabetes management and I am lucky to work with our Diabetic Nurse Specialist Sister Kane. I also have an interest in Sports Medicine and I have been the Club Doctor for Dagenham & Redbridge Football Club since 1999. For the last 4 years I have been working 2 sessions a week part time for

B. This quarter's awareness information on the TV

Information added to the TV display last quarter included a changing the anticoagulant centres which test the blood being delivered by Britania pharmacy. Advice on getting your holiday injections arranged a month in advance, additional advice on the effects and timings of sunburn.

C. Patient Participation Group comment

I joined the Patients Participation Group (PPG) a few months ago out of curiosity after reading about it (PPG) at the surgery. I have found the meetings lively and informative. For example, recently when my wife was being discharged from KGH, we had to decide whether to wait for her medication or collect it later. As we have discussed the issue of discharge at PPG meetings, I was aware that issues around medication could lead to delays, I opted to collect the medication later. Needless to say I went back about six hours later and the medication still was not ready. I am now more aware of the many changes taking place within the NHS both local and national. Would I advise anybody to join the PPG? Absolutely.

Enoch Odoí.

D. Clinical Commissioning Group

There are many issues coming to the fore at the Clinical commissioning Group. One



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of the main activities is trying to resolve what is known as RTT. This is referral to treatment time, which is the time it takes for a patient who has been sent to a consultant to see the consultant and it is enshrined in Law and there are financial penalties if the target time of 18 weeks is missed. The CCG is intent on resolving the issues.

Patient transport to and from the Barts has become problematic with patients unsure if a carer or family member can accompany them. The current rules allow carers but not family or friends. Barts has been asked to explain and resolve.

E. Children's health

Healthy activity for children is essential. The guidelines show the 5's and under should be physically active for around 3 hours spread throughout the day. Those 6 and above should be doing about 60 minutes of activity that raises their heart beat and has them breathing heavily, as well as exercise for muscles and bones.

Meningitis symptoms.

Fever & or Vomiting, Bad Headache, a rash anywhere on the body, & dislikes bright lights. Other symptoms such as cold feet and hands, sleepy, and floppiness. Sometimes rolling a glass over the rash shows that the rash does not disappear. If the child has some of these symptoms call the doctor or 111. The conclusive answer is from a blood test but antibiotics may need to be given before the blood test results are available.

F. Key Medical Changes

There has been a case reported recently where a patient did not inform the doctor of recreational drug use and the patient died, due to the interaction of a prescribed drug and cocaine. Always tell the doctor

what you are taking.

G. Hospital Info Update

At King George the outpatients area has been refurbished with new seating and redecoration. They are working hard at reducing patient waiting times. In some cases several patients are called for examination almost at the same time and go to adjacent rooms and the consultant goes from one to the other. This avoids the consultant having to wait while the patient is prepared for examination or gets ready to leave.

Health1000 has been located in the old Spearpoint surgery area beside the blood testing and outpatients area.

All hospitals are NO SMOKING areas.

H. Prescription & Health changes.

Infants born on or after 1 May 2015 will be attending general practice for their routine 12 month appointments where, for the first time, immunisers will be administering four vaccine injections at the one visit as these infants become eligible for the MenB booster.

I. General info

The general advice for Out of Hours assistance is:-

1. For life threatening situations dial **999**
2. Fractures and serious cuts. Go to **A & E**
3. Discomforting conditions use a walk in centre or the Urgent Care at King George.
4. For rapidly deteriorating ailments or GP advice **call the surgery** or NHS on **111**.
5. If you need an **urgent appointment** in the evening call 020 3770 1888 and ask for a **HUB** appointment.

Forest Edge APPOINTMENTS ONLY

020 8559 9996

Forest Edge Surgery ENQUIRIES etc

020 8500 9938