

St. Andrew's Medical Centre

No. 22 Autumn 2017

Welcome to our quarterly newsletter, a collaboration between the SAMC team and the PPG (Patient Participation Group)



News from the Medical Centre

New team member

A warm welcome to **Sophie Parker** who has joined SAMC as our **Advanced Nurse Practitioner (ANP)**. Sophie is a trained specialist nurse providing treatment and advice for many common illnesses for which one may have seen a doctor in the past. Her specialism means that she can undertake assessments and examinations, make a diagnosis and provide advice and treatment including a prescription if required. She can make referrals to hospital doctors or other health care professionals, and when necessary liaises direct with the hospital to admit patients.

She works closely with our triage GP on the day. Sophie doesn't see pregnant ladies, children under age 1 and those requiring a continuation of their sick note.

Clinicians' normal weekly schedule

SAMC CLINICAL TEAM - normal weekly schedule from October 1st 2017											
	Normal surgery							Triage (duty) doctor			
Clinician	MON	TUE	WED	THU	FRI						
Dr Bruce	AM				AM		AM	PM			
Dr Reshma	AM					AM	PM				
Dr Allwin		AM		AM		AM					
Dr Rice	AM	PM	AM	PM							
Dr Az		PM			AM	PM	AM	PM			
Dr Riley			AM	PM	AM				AM		
Sophie Parker Advanced Nurse Practitioner	AM	PM			AM		AM	PM			
Ann Goodchild Diabetes Specialist Nurse	2 days monthly - no fixed days (patients are called into these clinic's unless advised otherwise)										
Sue Court Practice Nurse Lead					AM		AM		AM		
Claire Blackwell Practice Nurse	AM	PM	AM	PM	AM	PM	AM	PM			
Helen Lavender Practice Nurse	AM	PM	AM	PM		PM		PM	AM	PM	

* Patients may not make an appointment with their doctor on the days when they are the Triage Doctor

Medical Centre training afternoons

SAMC closed: afternoons of Thursday 12th October; Tuesday 7th November, for mandatory SAMC training required by the NHS West Kent CCG. If you need to consult urgently with a doctor call the Medical Centre, listen to the voice message to phone the emergency number, or phone 111.

SAMC closed: Monday and Tuesday, December 25th and 26th, for Christmas holidays.

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Health event - attack on ashma

We are planning to hold an educational event here at SAMC, probably in December, for **Asthmatics**, focusing on appropriate use of inhaler, inhaler technique and respiratory health, including advice on giving up smoking and flu vaccination. MORE INFORMATION SOON.

Urine samples

If you are dropping off a urine sample at SAMC you will be asked to complete a simple form at Reception (or you can download it from our website).

Samples are processed differently depending on what is being tested, e.g. to check for an infection, or for a routine examination in annual diabetes reviews. Samples are often collected in different containers depending on the requirements of the Laboratory, so it is important that we know why the sample has been provided.

The form is needed as occasionally the incorrect container has been used or the wrong test was requested, resulting in delay in treatment as the test has to be repeated. We are now able to treat urine infections without waiting for Lab results, based on symptoms (described by the patient on the new form) and the results of a dip test at the surgery.

You do not need to fill out a form every time you bring in a sample. If the doctor or nurse has asked you to bring in a sample your symptoms will have already been recorded, but please ensure you have labelled the sample pot with your name and date of birth to avoid any confusion.

PPG & Friends



Update fund raising: Current funds raised from sponsorships, events, donations, and our book shop stand at £4934.

We have **Christmas cards** for sale this year with all proceeds going to our fund. You can buy these at our **Coffee Morning**, here at SAMC on **Saturday November 11th** from 10.00-12.00. Cards priced at pack of 10 £3, 4 packs £10.

Next PPG Meetings: Thursday 23rd January.

New targets for purchase for SAMC: A waiting room blood pressure monitor; 1 additional 24-hour blood pressure monitor; 1 Doppler monitor (used to check pulses in feet/legs, mostly used in diabetic treatment but also to check older patients with leg ulcers to check their circulation; 1 further exam couch.

Lets keep heathy - introducing the SAMC Walking Group

To keep fit you don't need expensive visits to a gym or a tough exercise regime. You can open your front door and go for a walk. From a medical point of view, it gives health benefits and the knowledge that this improves your physical and mental well-being. So, we thought it would be a good idea to set up our own walking group. It will be led by volunteers from the PPG/local community. MORE INFORMATION SOON.

Local help groups & organisations



Citizens Advice

free drop in centre here at SAMC - no need to book.

14.00-16.00 **Oct 13 27; Nov 10 24; Dec 8 22**

Advice line: 03448 487978 www.twcab.org.uk www.citizensadvice.org.uk

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