

Alwoodley Medical Centre

Patient Participation Group Newsletter October 2018

PPG.AlwoodleyMedicalCentre@outlook.com to contact your Patient Participation Group



Life as a GP- A Reward and a Challenge

Dr Raj Sathiyaseelan, aka Dr Raj, graduated from Leeds University Medical School in 1998 and became a GP in 2004. Prior to that, he worked in hospital for seven years where he had a special interest in oncology and palliative

care. He works full time at AMC and is also an officer for the Leeds Medical Committee. He is married with two children and enjoys spending time with his family, travelling and going to the cinema. Here he shares his professional life across two days.

Monday morning.....

7am: I see patients for one hour before my on call starts

8am: Between myself and another doctor we tend to have up to 150 phone calls to make which range from requests for appointments that need triaging, issuing prescriptions, requests for sick notes and even complex consultations. There are also urgent requests for advice, appointments and visits to triage which have to be dealt with straight away.

1pm: Lunch – that's pretty much on the go!

1.30pm: Throughout the day, I deal with all the correspondence received from the hospitals, out of hours service, A&E and NHS 111. This is significant for our population of over 15,000 patients and I would normally receive 200 documents from the urgent care sources around the area. This is in addition to approximately 600 prescription requests that need checking, amending, reviewing and issuing.

3.30pm: One of my other tasks is to review all the test results received on the day for myself and any doctors who are away and for our trainee doctors and nurses. Amongst all of this, there are requests for medical examinations, reports, insurance and solicitors reports and numerous other non-NHS but essential administrative tasks.

6pmish: The day ends.

Tuesday....

8am: Today I am not on call so my days are a little more structured. I start by dealing with my own results, documents and any administration work that needs to be done.

8.30am: Morning surgery begins and it is here each day that I have the privilege of meeting amazing people who rise to the challenge of a myriad of medical and life issues.

11.15am: This is the time when I deal with any phone calls and clear up my administration work from the morning surgery.

11.30-12noon: It's time to make any home visits for the day.

1pm: Usually, there is a Partner's or clinical meeting to attend or I would head to meetings with the CCG, or other local stakeholders in the Leeds health economy in my role for the Leeds LMC. Again, lunch is pretty much on the go!

2.50pm: Afternoon surgery begins. Again, I meet some amazing people

5.30pm: I clear up any administration for the day

6pm: Time to head home

The working day at AMC is intense. We have a hard working team and we all pull together to get the work done. In all life as a GP is both rewarding and challenging. It is a privilege to work as a GP in Leeds and at AMC and I hope to continue for a number of years to come.

Practice News

The Practice is pleased to welcome Nakash Hussain as our new prescribing pharmacist, replacing Joanne Harris.

Have you registered for ONLINE ACCESS yet? Ask Reception for details or visit <https://patient.emisaccess.co.uk/> to access your online patient record
www.Alwoodleymedicalcentre.co.uk Tel 0113 393 0119 or **111** for urgent calls out of hours

A Trip Down Memory Lane Can Boost Life for those Living with Dementia

Currently, 1 in 14 people over the age of 65 are living with a dementia related condition, and many of us know a family member or close friend suffering with this disease. As a carer, it is difficult watching a loved one retreat further and further into a world of their own. But having dementia does not mean life should stop - there are all sorts of activities that can promote wellbeing and also give carers a few free minutes for themselves.

- Looking at historical photographs – these encourage memory and initiate conversation
- Listening to music from a relevant era – this is known to improve mood and encourages singing whilst at the same time enables recollection of events associated with particular songs
- Organising – an old tin full of mixed up pens, pencils and rubber bands can encourage the use of logic as well as provide some free time for the carer
- Doing simple jigsaw puzzles with no more than 30 pieces – made from family photographs, these stimulate memories and conversation; there are a number of online companies who produce these quite cheaply
- Playing other simple games such as picture dominoes
- Knitting – this action is a reminder of previous garments knitted and can trigger memories attached to them
- The website <https://dementiapartnerships.com/> has some interesting information to help you understand more about this condition

There is also a lot of useful information on and www.nhs.uk/conditions/dementia/activities

Flu vaccination programme

The flu vaccination programme has now started, initially for those aged 65 and over. This year there are three different vaccinations – for those aged 65+, those with chronic disease and for children. Patients falling in to these categories are strongly encouraged to take up this free service to guard against flu. Patients should contact the surgery to find out when the clinics are running.

Details of clinics available for patients to book on to may also be found on our website <https://www.alwoodleymedicalcentre.co.uk/services/flu-clinic/>

Repeat prescriptions

A new initiative to encourage adult patients to order their repeat prescriptions directly from the Practice has proved a success. From June 1st, community pharmacies, online pharmacies and other dispensing contractors were advised they would no longer be able to order repeat prescriptions on behalf of a patient. They can now only be authorised by the patient, a relative or carer.

The move has been implemented by the pharmacy team within the north Leeds locality and is designed to give patients full control over their prescriptions, AMC Business Manager, Jayne Tait, said: "Patients have responded well once they understand the reason for the changes."

Repeat prescriptions can only be ordered online or via the Patient Access App which you can download to your phone, at reception or via letter or post. Requests will not be taken over the telephone.

The exception is repeat prescriptions for children up to the age of 13 which have to be made either at reception or via letter or post. This is due to data protection.

Outreach Clinics Prove Successful

Clinicians at Harrogate District Foundation Trust Hospital are delighted with the success of their outreach clinics at AMC. The partnership between GPs and HDFT was launched in 2016 and allows patients to save time by avoiding the potential inconvenience of a trip to hospital. Clinics currently running are gynaecology, X-ray, urology, rheumatology, audiology, ENT, physiotherapy, general surgery, trauma, orthopaedics (shoulder) and diabetes/endocrinology. HDH spokesperson, Paul Widdowfield said: "We are pleased with how the outreach clinics are running and value our partnership with AMC. There is, of course, capacity for us to see more local patients which is something we'd welcome."

PPG (Patient Participation Group)

Our next meeting will be held on **Monday 21st January 2019 at 6pm** at Alwoodley Medical Centre.

We are keen to get more patients involved with our patient participation group. If you would like to attend or have any questions you would like to raise, please visit the website for more information or contact us by email.

PPG.AlwoodleyMedicalCentre@outlook.com

www.alwoodleymedicalcentre.co.uk/about/patients/patient-participation-group/