

The Surgery Newsletter

Autumn/Winter 2018 Issue 31

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A MESSAGE FROM DR ADAMS

The last year has seen a big upheaval at The Surgery both in clinical and administration staff. Following the retirements of Dr Alan Thompson in January 2018 and Dr Penny Milner in August 2018, I am pleased to say that we have successfully recruited two excellent doctors. Dr Billy Phan many patients may recognise from his time as a registrar with us during his final year before full qualification. Dr Emily Moore also joined us in September having completed her training in Kent. We are now fully staffed with a young and dynamic team of 8 doctors, offering a wide variety of skillsets. We are offering more doctor appointments than ever before in the practice and this has seen a noticeable and welcome drop in wait times for routine appointments, at the time of writing this newsletter the current wait time is 3 days.

Autumn is with us and winter is approaching thick and fast, the past few days have seen a noticeable drop in the temperature and with it we have started seeing an influx of patients into the surgery suffering with winter viral symptoms. Please can I remind patients that many of these symptoms are not amenable to antibiotics and the first port of call should be the pharmacy for over the counter treatments.

We started our flu clinics as soon as we received supplies of vaccines however unfortunately there are currently national shortages of vaccines so we are doing our best to ensure we receive adequate supplies as quickly as we can. The flu vaccine is more effective the earlier it is given in the winter period so please do try to book in as early as possible. Given the widely reported issues with effectiveness of last year's flu jab NHS England have put extra resources into making this year's vaccine more effective.

CONTINUED OVERLEAF ...

Regrettably we have had a problem with patients not attending pre-booked appointments without any prior warning. In the past 12 months over 1000 face to face appointments have not been attended, an obvious huge waste of valuable resources. For this reason we now have a policy of writing warning letters to any patient that does not attend an appointment without informing the surgery beforehand. Repeated abuse of appointments will be viewed as a breakdown of doctor patient relationship and could lead to permanent removal from the practice list.

We were honoured to be voted the best practice in Lewisham for the second year running in the recent nationwide NHS patient feedback survey. Please be assured that all the staff at Lee Road Surgery continue, as ever, to endeavour to provide effective, caring and personalised care to all our patients at all times.

The NHS is facing unprecedented challenges going forwards and we hope that working alongside our patients we will be able to weather the storm together. Please feel free of course to offer any suggestions or feedback as you see fit.

We now have eight GP's at the surgery:

Dr Paul Adams - In surgery Monday, Tuesday, Thursday and Friday

Dr Harpreet Malhi - In surgery Wednesday and Friday

Dr Jessica Hart - In surgery Tuesday, Wednesday, Thursday and Friday

Dr Oneet Sandher - In surgery Monday, Tuesday, and Thursday

Dr Monica Stokes - In surgery Monday, Tuesday and Wednesday

Dr Laura Staley - In surgery Tuesday, Thursday and Friday

Dr Billy Phan - In surgery Monday, Wednesday and Thursday

Dr Emily Moore - In surgery Monday, Wednesday and Friday



Get the jab –
Get flu safe
 To book your jab, contact your GP today

NHS

If you are in any of the at risk groups remember to book your flu jab appointment

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YEARS OF THE NHS 1948 - 2018

On 5th July 1948 the NHS was launched by the then Health Secretary, Aneurin Bevan. For the first time, hospital, doctors, nurses, pharmacists, opticians and dentists were brought together under one umbrella to provide services for free at the point of delivery.

Over the last 70 years the NHS has transformed the health and wellbeing of the nation and become the envy of the world.

It is thanks to the NHS that we have all but eradicated diseases such as polio and diphtheria, and pioneered new treatments like the world's first liver, heart and lung transplant.

In more recent times we have seen innovations like mechanical thrombectomy to improve stroke survival, bionic eyes to restore sight and surgical breakthroughs such as hand transplants.

SOME OF THE MILESTONES OF THE NHS THROUGH THE DECADES

1948—1959 This saw the birth of the NHS, charges of one shilling were introduced for prescriptions and DNA structure was revealed in 1953. The link between smoking and cancer was discovered in 1954 and the vaccination programme for polio and diphtheria was launched in 1958.

1960s In 1960 the first UK kidney transplant was successfully carried out and in 1961 in the contraceptive pill is made widely available. The first full hip replacement was carried out in 1962 and 1968 saw a bumper year with Britain's first heart transplant and then a British woman gave birth to sextuplets after fertility treatment.

1970s CT scans revolutionised the way doctors examined the body in 1972, and endorphins were discovered in 1975. 1978 saw the world's first baby born as a result of in vitro fertilisation (IVF) and the decade ended with the first successful bone marrow transplant on a child taking place.

1980s MRI scans were introduced, as well as keyhole surgery being used for the first time in 1980. In 1983 a two year old became Britain's youngest liver transplant patient. The first AIDS health campaign was launched in 1986. 1987 saw the world's first liver, heart and lung transplant carried out in Papworth Hospital, Cambridge. Breast screening was introduced in 1988.

1990s The NHS Organ Donor Register was set up in 1994 and in 1998 NHS Direct was launched and would go on to become one of the largest single e-health services in the world, handling more than 500,000 calls a month.

2000 - to the present day Walk-In Centres were introduced in 2000. 2002 saw primary care trusts launched as well as the first successful gene therapy being carried out. In 2006 NHS Bowel Screening Programme was launched and the vaccination for babies against pneumococcal meningitis began..2012 was the year that the first person in the UK had a hand transplant.

These are but a few of the past NHS milestones and there will be many more milestones to come in the future!



The Surgery over Christmas

The Surgery will be **CLOSED** for Christmas
and New Year on the following dates:

Christmas Day Tuesday 25th December 2018

Boxing Day Wednesday 26th December 2018

New Year's Day Tuesday 1st January 2019

Please make sure that we have received your repeat prescription requests by
Thursday 20th December to ensure that they will be ready for collection
before the Christmas break

The surgery opening hours are 8:00am to 6:30pm Monday to Friday (excluding bank holidays) with a duty doctor available during these hours. Should you require emergency medical treatment outside of these hours then please telephone our **out of hours service**:

SELDOC on 020 8693 9066

Remember to use the appropriate service when you need help outside of surgery hours:

LOCAL EMERGENCY SERVICES

Accident & Emergency	Accident & Emergency	24hr Urgent Care Centre
Lewisham Hospital	Queen Elizabeth Hospital	Queen Mary's Hospital
Lewisham High Street	Stadium Road	Frogna Avenue
London SE13 6LH	London SE18 4QH	Sidcup, Kent DA14 6LT
Tel: 020 8333 3000	Tel: 020 8836 6000	Tel: 020 8302 2678