



Cookham Medical Centre

News

Winter 2010 Published for CMC by the Patient Participation Group (PPG)

Christmas Opening Hours

Cookham Medical Centre

Closed 2 p.m. Friday Dec. 24

Re-opens 8.30 a.m. Wed Dec 29

Closed 2 p.m. Friday Dec 31

Re-opens 8.30 a.m. Tues Jan 4

Outside these times a normal service will operate.

In an emergency call

01628 524646

Cookham Pharmacy

Normal service except

Sat Dec 25: Closed

Sun Dec 26: Open 2 to 3 p.m

Mon Dec 27: Closed

Tues Dec 28: Open 10 a.m. to 1 p.m.

Sat Jan 1: Closed

Sun Jan 2: Closed

Mon Jan 3: Open 10 a.m. to 2 p.m

Our Newsletter Editor has retired

David Finch has been a stalwart member of the PPG for many years. During much of that time he has gently extracted articles from (sometimes) reluctant authors and crafted them into this newsletter and overseen the printing. This has often been done in a very short time to make sure that information was available when needed. We will miss his involvement in the PPG and wish him well in the future.

“So you’re the new doctor.....?”

Cookham Medical Centre has a long established and enviable reputation as a training practice. It can be nice for patients to meet new doctors but this can also cause some apprehension about whom they are seeing. Medical training has changed significantly in recent years with new nomenclature being given to doctors in training which can be very confusing for patients and staff alike. I hope to try and clarify some of the uncertainty.

Post medical school training consists of Foundation years followed by the Specialty Training Scheme.

Foundation year doctors (F1 or F2) – 2 years

These are the immediate two years after qualifying from medical school. This has replaced the previous ‘house man’ title. Doctors often spend four months on placement in General Practice as well as doing various hospital posts to gain a wide area of experience and to hopefully help them choose an area of medicine to specialise in. An ‘F1’ doctor is in their first year post qualification and ‘F2’ in their second year. CMC regularly has F2 doctors.

Specialty Training Scheme doctors (ST1 / ST2 / ST3) – 3 years

After Foundation years, doctors who have decided to do General Practice as their chosen career and have been accepted onto the regional GP training scheme are called ‘Specialty Trainees’. In total it is a three year scheme and this is reflected in the numbering so a ‘Specialty Trainee 1’ (or ST1) is in their first year of the scheme. Their training at Cookham is overseen by Dr. Birdi, who is a GP trainer, and by other members of the practice as they must undertake regular appraisals and assessments.

During the ST1 and ST2 periods trainees spend most of their time doing various hospital posts that are essential to gain the knowledge and skills to treat the cases of everyday GP life such as Paediatrics and Obstetrics. They will also spend at least 4 months in General Practice itself as either an ST1 or ST2.

ST3 trainees are often referred to as ‘Registrars’ (like myself) as this is the final year of the scheme and is spent in full time GP practice intensively gaining the skills needed to be a GP. During this year Registrars must pass written and observed assessments to acquire the qualification of Member of the Royal College of General Practitioners (MRCGP) which is a new licensing exam now required to be a GP.

I hope this overview is helpful to everyone and if anyone is ever unsure about whom they or their family are seeing please feel free to ask one of us and we will be happy to reassure you.

Dr. Ravi Bansal (GP Registrar)



The PPG recently held a Health Information Evening, which although it didn't have a huge audience, was nevertheless very successful.

The evening, entitled 'Choose Well', aimed to inform patients of the NHS services available to them in the local area and direct them to the service best suited to their need. This would hopefully relieve pressure on A&E and GP services, and help patients receive the right care as soon as possible and wait less time to receive it.

Kaye Laithwaite, Choose Well Project Manager (NHS Berkshire East) opened the evening, with an introduction to the Choose Well project, which is now well under way. Nurse Debbie Roberts gave information about Self-care, and Dr Azmy Birdi spoke about GP services and what they can and can't deal with. Cookham pharmacist, Neelm Saini gave very clear information as to the many services you can expect from your pharmacy, a lot of which had been unknown to the audience. The evening continued with Ian Rimell (from St Marks Urgent Care Centre) detailing what injuries and ailments could be dealt with at St Marks Urgent Care Centre. Many patients were not aware you could book an appointment there, on 03000 24 2000. The speakers concluded with Dr Ibrahim Alisa giving an outline of what you should go to A&E for, and the times when it is vital to call 999.

If you would like a summary of the evening, please go to www.cookhamdoctor.co.uk/healthevening.htm or if you would prefer it emailed to you, email: chris.oxtooby@btinternet.com

Flu vaccination

Free vaccinations have been provided for those aged 65 and over, or who are in one of the following "at-risk" categories

- chronic (long-term) lung disease
- asthma (patients who have been prescribed asthma medication during the last 6 months)
- chronic heart disease
- chronic kidney disease
- chronic liver disease
- chronic neurological disease (neurological disorders include motor neurone disease, Parkinson's disease and multiple sclerosis)
- suppressed immune systems (whether caused by disease or treatment)
- diabetes
- pregnant women
- carers

Anyone else has been able to buy a vaccination from Boots the Chemist. Cookham Medical Centre is not allowed to supply or charge other patients. Some patients who do not qualify have been provided with flu vaccinations in the past and understandably have been disappointed to find that they could not be vaccinated this year.

One thing less to worry about!

The government has announced that Pharmacists will not, after all, be able to over-rule a GP and substitute generic drugs where a doctor has prescribed a branded drug.

For a long time most drugs prescribed in Cookham have been generic. Where there is clinical need, a branded drug will be prescribed.

Staff changes

Ibrahim Alisa (GP registrar) is leaving shortly. We wish him every success.

Vinay Uppal will be joining the practice in December as a ST2 GP registrar. See article on page 1 to discover what ST2 means!

Putting names to faces

At the request of the PPG, an information board, showing photos, will be displayed in the waiting room.

PPG funds

The PPG relies on donations to provide services (e.g. Newsletters and Health Education Evenings) to patients. Much of the £500 grant from the NHS provided to fund health information evenings and associated costs has now been spent. We now need to find additional funding if we are to continue our activities at the present level.

We welcome donations from individuals and organisations. If you would like to help in this way, either by making a donation or persuading others to do so it would be much appreciated. Please contact our fund-raiser (Alison Standen). **Thankyou.**



YOUR COMMENTS

I would like to make a comment, but I'm not sure how to do so. Is it alright to give it to a member of the PPG?

Comments may be put in the comments box in the waiting room or given to a member of the PPG.

I notice that all the books have gone from the patient library. I understood that those about mental health would be retained. Where are they?

The books are now kept by Norma Morrison, who will make them available as required.

Bones and Groans

The next health evening will look at Osteoporosis, Osteoarthritis and Rheumatoid Arthritis, concentrating on living with the conditions.



Date:
Wednesday
9th March

Place:
Pinder Hall,
Cookham

Time:
8.00 p.m.

**Look out for posters
nearer the time**

Friends of Cookham Surgery – Stay in Touch

We would be delighted if you would join our mailing group, 'Friends of Cookham Surgery'. We can then email you newsletters, as they are produced, (which vastly reduces the cost of distribution and our carbon footprint). In addition, you will receive details of Public Health Education Evenings, organised by the PPG, and information about medical services and any changes and news at the Medical Centre. (You should receive no more than 6 emails per year)

To join the mailing list, please e-mail our secretary chris.oxtooby@btinternet.com

or ask for a form at the reception desk.

(You can unsubscribe at any time by advising the same e-mail address.)

Your Patient Participation Group

Next year, patients will have been consulted about services at Cookham Medical Centre for 25 years. Originally our involvement was informal. We were a group of interested people, who were keen to help the practice develop in the best interests of patients. When it became apparent that we needed to influence the wider NHS, we became more organised, so that we would be taken seriously. We became a Patient Participation Group (PPG) and affiliated to the National Association for Patient Participation. The committee meets every two to three months with the Practice Manager and one of the GPs. We are determined that the needs of Cookham patients will be considered in the changes that will come with re-organisation of the NHS.

Many of you will be familiar with the "health information evenings" that are organised from time to time. We are keen to see that patients have the opportunity to learn about services available to them and new treatments. We invite subject matter specialists from the NHS and elsewhere to share their knowledge. Usually one or more of our own GPs is on hand to give a local perspective and to hear the concerns and questions of their patients in a way that is not possible in a ten minute consultation. We want to make these events as relevant to you as possible, so are always pleased to hear your suggestions for topics.

This newsletter is provided free. The PPG collates and produces the information, which is reviewed by the practice to ensure that the content complies with their policies. Articles are often written by members of the medical centre team. We would like your views on the information we provide. What do you like, are there things you would like to see included?

We work with the practice each year to analyse your comments in the patient survey and to agree the action plan to address any improvements.

In the waiting room is a comments box. We discuss your comments at committee meetings and monitor action taken by the practice as a result.

The PPG committee comprises representatives of local organisations and elected volunteers. If you would be interested in joining us or learning about

our work, please contact the chairman Brian Schirn on 01628 521809 or any committee member.

We are particularly keen to have the views of young people represented.

PPG committee

Brian Schirn *	Chairman
Chris Oxtoby *	Hon Secretary
Roger Battye *	Hon Treasurer
Pat Cronshaw	(MS representative)
Julia Mercer	(Elizabeth House rep.)
Alison Standen	(CVS representative)
Joyce Sayer	(WI representative)
Mary-Lou Kellaway	(Parish Council rep.)
Rose Coop *	
Sally Somerville *	Elected member *

Cookham Medical Centre Lower Road Cookham, Berkshire SL6 9HX

The Aims of the Patient Participation Group are included in the Constitution, which is available on request.

Any matter raised with a member of the PPG is treated with complete confidentiality

Health Centre Doctors

Dr Azmy Birdi	Dr Peter Roberts
Dr Mike Sealy	Dr Susie Hayter

Dr Cathie Scothorne

Dr Emma Bradbury (Locum)

Dr Ravi Bansal (Registrar)

Dr Ibrahim Alisa (ST2 Doctor)

Practice Manager: Ruth Franklin

Appointments	01628 810242
Visits and Advice	01628 524646
Fax number	01628 810201

We welcome contributions from readers, but reserve the right to select articles for publication.
Copyright Cookham Patient Participation Group 2010