

TOTTINGTON MEDICAL PRACTICE

16 Market Street, Tottington, Bury, Lancashire, BL8 4AD
Tel 01204 88 5106 Repeat Prescription Line 0120488 8785
www.tottingtonmp.nhs.uk

Practice Opening Times
Monday to Friday 8am to 6pm
The telephone line is closed from 12.30 to 1.15pm each day

WINTER 2010 NEWSLETTER

Doctors in training

Here at Tottington we take great pride in our continued development of doctors in training. As a practice we have maintained training status for many years and currently have four partners who are qualified GP educators. Doctors in training have usually been qualified for many years and bring their own set of skills and experience to the practice. They will always have a permanent GP covering them in case they encounter a problem they need help with. We would like to formally introduce you to our current group of doctors in training.

Hi my name is Dr Stephen Gerrard and I am one of the GP registrars at Tottington Health Centre. I qualified in 2000 after training in Glasgow. I moved to England in 2001 after which I have worked in a number of hospital specialities including surgery and paediatrics. My main area of interest had been Accident and Emergency where I worked until 2008.

Hi, my name is Dr Sabba Janjua and I'm a GP registrar. I have been working in various specialities in hospitals across the region and have been a GP registrar at Tottington since August 2010. I have a special interest in womens health and am pursuing this further by undertaking a diploma.

My name is Dr Zahid Chauhan and I have been at Tottington since August 2010 as a GP registrar. I have a wide range of interests including dermatology and chest medicine. I have previous experience of working in medical specialities at a senior level in hospitals. I am fluent in Russian and Urdu.

Hello my name is Dr Nuzhat Sultana and I am one of the foundation year 2 doctors at Tottington. I am here for four months. I qualified from Pakistan in 2000. I have previously worked in stroke rehabilitation, gynaecology and elderly care. In the future I am keen to develop my skills as a GP with a special interest in gynaecology and women's health.

Hello, my name is Dr Lucy Sutton. I started working here as a trainee in February, as Dr Smith! I'm from Oldham and I qualified from Nottingham Medical School in 2006. I have worked in various specialities including general and elderly medicine, paediatrics, psychiatry, anaesthetics, A&E and obstetrics and gynaecology. I love the diversity of general practice and the continuity of care it affords. I am developing an interest in family planning and women's health. I live in Manchester with my husband, and enjoy socialising, going to the gym and attending music concerts and festivals!

Hi, my name is Dr Muhammad Jatoi. I graduated in 2001 and since then I have worked in various hospitals and specialities. I live in Oldham with my wife and two kids. I am a keen sportsman and plays in first team for Oldham Cricket Club in Central Lancashire League. I have a special interest in dealing with sports injuries.

Changes in the way we refer

As you may be aware from media coverage the NHS is facing serious financial difficulties. Here in Bury we have been asked to review all referrals to ensure patients are managed most effectively. To help this we have set up a policy of 'Peer Review' for referrals. This means that when a referral is being considered, the doctor involved will have to discuss this with other colleagues. This discussion may take place the next day. Please remember this is being done to ensure we refer you to the most appropriate place. This may be in house for things like minor surgery or to other community clinics if appropriate. There has also been a tightening on the eligibility criteria for certain conditions that may not need immediate referral. These include mild varicose veins and early cataracts that are not causing marked visual impairment. These changes are unavoidable and have been imposed on us out of necessity and in response to an unprecedented financial situation. We appreciate your patience and understanding.

Texting facility

The practice is currently setting up a text message service. If you are happy to receive a text message for the purpose of health promotion, review invites and appointment reminders please ask at reception for a consent form. This is still in the early stages of planning however we are keen to move forward once we have built up our mobile contact details with your consent.

Flu Season

Here at the surgery we run annual flu vaccine clinics. Flu vaccine is very well tolerated with few side effects, it is not a live vaccine and you cannot get the flu from it.

Department of Health recommends the seasonal flu vaccine to:-

1. all over 65 years
2. all over 6 months if in a clinical risk group e.g. heart or lung problems (please ask GP if unsure)
3. those living in long stay residential care homes or other long stay facilities
4. carers
5. some pregnant women

If you are in any doubt please contact the surgery. We are running lunchtime clinics and some evening clinics. Appointment not always required.

Are you looking after someone?

You may not consider yourself to be a carer but if you are looking after a relative, friend, partner, child or neighbour who cannot manage without your help due to age, physical or mental illness, addiction or disability then you are a carer.

Sometimes Carers find it difficult to continue with their caring responsibilities because of their own health and well being needs, but help is at hand for carers, and information and guidance is now available through Bury's Carers Health Project.

All GP Practices in Bury are involved in the Carers Health Project and can put you in touch with people and organisations that can offer you the support that you need. Ask at reception or pick up a leaflet in surgery to register. Alternatively contact the Carers team on the number below.

Carers Services Team 0161 253 6008
Website www.bury.gov.uk/adults

The practice encourages training for all members of staff and therefore the surgery closes on the second Thursday in every month

Closed for Training

11th November 10
9th December 10
13th January 10
10th February 10
12.30-4PM

**NEED
MEDICAL
HELP
OUTSIDE
NORMAL
SURGERY
TIMES**

NHS Direct

0845 46 47

BARDOC

0161 763 4242