

# Carepoint Practice

"Lead by Example"

## CAREPOINT PRACTICE **SPRING/SUMMER** NEWS LETTER 2020

### MY HEALTH

Carepoint Practice and their Patients' Participation Group held a very successful My Health event on the 9th January. It was the first time such an event had been held at the surgery. The workshops were very well attended and the organisations manning the various stalls were really busy.

### INTRODUCING DR. BEDI

Dr Bedi studied both Medicine and Biomedical Sciences at the University of Nottingham, graduating in 2012. She completed her foundation training at Brighton.

Dr Bedi then decided to specialise in General Practice completing her training in Chichester in 2017. She has an active interest in Women's Health, diabetes and chronic disease management.

Dr.Bedi joined Carepoint Practice in January 2019 shortly after moving to the Northwood area. Dr.Bedi has a keen interest in medical education and developing the doctors of the future. She is currently teaching first year medical students at Imperial College London, a role she takes great pride in.

Outside the world of medicine, Dr Bedi enjoys experiencing other cultures through travelling, cooking and yoga. She has a particular interest in helping to increase medical facilities in developing countries having helped set up medical camps in Honduras and Kenya.

### THE TRIAGE SYSTEM

Carepoint has a fantastic triage system whereby all your queries are assessed with a GP to ensure you receive the best advice. We also give secure online access to patients to request appointments through our online triage system, request medication and access personal health records conveniently online. Because of this triaging system, Carepoint patients are very fortunate because they can normally have an appointment very quickly, unlike other surgeries where wait times can be many weeks.

### TRAVEL

- EHC CARDS

Patients are requested to check that their EHC cards are up to date. If not, the cards can be renewed up to the end of this year.

- VACCINATIONS

Patients should make sure that all their travel vaccinations are up to date before they commence their overseas travel. Please obtain the necessary form from reception at least six weeks before your travel date. This is as some vaccinations may take up to 6 weeks to have effect. Some vaccinations for foreign travel are not provided on the NHS & these would have to be given via a private travel clinic.

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## **CORONAVIRUS**

The Government and the NHS are well prepared to deal with this virus.

In order to help protect yourself and others please follow the recommended guidelines:-

Always carry tissues and use them to catch your cough or sneeze.

Bin the tissue and to kill the germs, wash your hands with soap and water or use a sanitiser gel.

Find out more at [gov.uk/coronavirus](http://gov.uk/coronavirus)

## **REPEAT PRESCRIPTIONS**

The NHS in North West London is increasing its efforts to reduce the waste of medicines and other prescribed products paid for by the NHS. Medicines are wasted when they are prescribed and supplied, but not taken or used by the patients.

Waste often happens because medicines are ordered and provided for a patient when he or she does not want or need them.

It is wasteful and unnecessary to stock pile medication at home and if it becomes out of date it can only be thrown away thus wasting precious NHS resources.

## **PATIENTS' PARTICIPATION GROUP**

PPG's act as representatives of the patient population and is a way of connecting general practice with the community they serve. This includes assisting the practice in organising health promotion events, working with local groups and supporting annual flu clinics.

Members of the PPG will be in the surgery on Monday 9th March and Friday 13th March and will be able to give you more information.

Alternatively please complete the form online.

This newsletter is compiled by members of the Patients' Participation Group. There is a dedicated noticeboard by the blood monitoring screen with information of activities within the area. These notices are kept up to date by the PPG who also maintain the children's books and the magazines.

