

COPPICE & AMC NEWS

Dr Houska Dr Pease Dr Ponnusami Dr Mavhew Dr Lim Dr Ravchaudhuri Dr Miu Dr Montero

Hellos (New appointments)

We welcomed new staff as follows; Karen Breen started in December working at AMC Reception. Deborah Carrington joined us in March as Systems Support Lead at Angmering.

Dr Yolanda Montero joined the Practice in April working Mondays and Fridays. Her main interests are Cardiovascular Disease, Diabetes, Elderly Care, and Mental Health.

Sean Little, who had been working as Bank Paramedic Practitioner joined us as a permanent member of the team in April, working Mondays and Wednesdays assisting with triage, visits and frailty work.

NHS Health Check

The NHS Health Check is a health check-up for adults in England aged 40-74. It is designed to spot early signs of stroke, kidney disease, heart disease, Type 2 diabetes or dementia. If you have no pre-existing conditions, you can expect to receive a letter from your GP inviting you for a free NHS Health Check every five years.

The Lawns Surgery

Dr Shlosberg is retiring at the end of June 2019 and the Surgery will be closing. Patients are registering at Surgeries in the locality. We welcome them to the Surgery.

Children's Blood test appointments

For children under 12 who require blood tests appointments can be made at the Children's Centre by telephoning 01903 205111 ext. 86700.

Online services

For more information about the surgery please visit www.angmeringmedicalcentre.nhs.uk www.thecoppicesurgery.nhs.uk For ordering repeat prescriptions or making a routine GP appointment please register for Online services through our website.

PPG

The next Patient Participation Group meeting will be held on Wednesday 26th June 2019 at the Angmering Medical Centre.

The group aims to meet once every 3 months. We would welcome new members, any patient of the practice may join the group. Please contact Debbie Carrington if you would like to join 😊



Referrals to Hospitals

If you have been referred by your GP to the hospital and you wish to chase an appointment, please contact the Referral Support Service on 01273 446067. Please be aware that some routine referrals have an 18-20 week waiting time.

Self-Referrals

Patients can self-refer for these services:

Counselling: contact Time To Talk on 01903 703542.

Physio: <http://www.westernsussexhospitals.nhs.uk/services/physiotherapy/physiotherapy-self-referral/>

Midwife: <http://www.westernsussexhospitals.nhs.uk/services/maternity/>

Private Referrals

Please advise where you would like to be seen and if you have a particular consultant you would like to see. Please allow up to 5 days for your referral to be processed and please do not book your private appointment before this time.

BLOOD TEST RESULTS

Please note, you will only be contacted by the surgery if the doctor has requested a follow-up. If you have not been contacted by the surgery within 7 working days of your blood test, please assume that your blood test result has come back normal.

Other Useful Numbers

If you have had a recent minor injury within the last 24 hours, please visit

Local Minor Injury Clinics:

Park Surgery: 01903 717154

When the surgery is closed at the weekend, please contact 111.

MEET THE URGENT CARE TEAM

Alex Walter

I'm Alex Walter and have worked at The Coppice and Angmering Medical Centre since September 2017. By background I am a paramedic, who spent ten years working in Brighton and Hove, where I ended up as one of the Duty Managers for the Ambulance Service. During that time I also qualified as a Specialist Paramedic Practitioner, spending much of my time at university again.

I then spent the next few years working as a Practitioner across multiple locations in London and the south east, such as Walk in Centres, Minor Injuries units, Urgent Care/Treatment Centres, A&Es and in the Worthing / Arun area for the local Out of Hours GP service – where I still work occasionally. During that time I have been back to university twice more and undertaken further study in healthcare and advanced assessment. Soon I start at my fifth university to undertake my independent prescribing course (paramedics have only recently been allowed by the UK government to undertake this course.)

My role at the surgery is to undertake telephone triage of “on the day” issues and arrange the most suitable clinician to see the patient, or sometimes I can deal with the issue on the telephone. After that I will see patients in surgery for their urgent needs. Then I head out on home visits, to see the permanently housebound patients, before returning to the surgery to see more on the day problems face to face and the never ending administrative work, such as reading discharge summaries from the local hospitals and writing referrals.

I also undertake Anticipatory Care Planning for the surgery. This is where I go to meet our patients who have complex health needs and discuss their future care needs and most importantly their wishes, what they would like us to do for them as their conditions develop and also what they do not want us to do. In addition I also undertake our Learning Disability Reviews, to ensure that these patients always receive the care they need, especially if they might not ask for it themselves.

I enjoy working at the surgery, so much so that earlier this year I increased my hours by nearly 50%! The most rewarding part of working in general practice is getting to know my patients and helping them through their issues and hopefully gaining a successful outcome at the end. Outside of the surgery, I also work closely with local schools delivering First Aid training. Finally and most importantly, I am supported by my wonderful wife (not in healthcare!) and like to spend as much time as I can with my three children, one crazy Chocolate Labrador and two Guinea pigs!

Anisa Parish

My name is Anisa, I am an Advanced Nurse Practitioner working at the Coppice Surgery for three years. My background is A&E/Urgent Care/Unscheduled Care. I am an Adult and Paediatric nurse, an Independent Nurse prescriber and I have a Masters level module in Management of Minor Injuries, I am also nearing the end of my full master's qualification in Advanced Clinical Practice.

My role as Advanced Nurse Practitioner allows me to work autonomously and in collaboration with the team of Doctors. I am responsible for seeing, treating, discharging patients, making complex decisions based upon my enhanced level of skills, assessment, investigations, interpretation of results, and referrals, in order to diagnose and plan and deliver care to my patients. Appointments are normally booked in with me after clinicians have contacted patients on the urgent triage list for the day. I also perform home visits and can help adults and children with urgent/acute episodes, long term/chronic conditions and health promotion.

