

# ABINGDON MEDICAL PRACTICE



NEWSLETTER - WINTER 2018



## STAFF CHANGES

There have been big staff changes since the last newsletter. Ann Murray and Fred Patterson have resigned and 3 new Receptionists Xiomara Forbes, Te-Anna Dacres and Jolanta Stanley have joined the team. We also have two new Registrars, Dr Aaliya Mohamed and Dr Andrea George who will be with us until next summer. We have now added staff photographs to the web site so that you can identify our staff.

## GDPR – HOW IT AFFECTS YOU

GDPR (the General Data Protection Regulations) are about respecting your data and keeping you informed.

For more information on this check the Privacy page on the web site at

## ESSENTIAL INFORMATION

Opening Times:- Mon-Fri 8.00am-6.30pm Sat 8.30am-12.30

Telephone Reception:- 020 7795 8470

SMS to cancel appointment:- 07785582798

Email prescriptions:-  
abingdonmedical@nhs.net

Sign up for internet appointments and all other information:-  
[www.abingdonmedical.co.uk](http://www.abingdonmedical.co.uk)

[www.abingdonmedicalpractice.co.uk](http://www.abingdonmedicalpractice.co.uk).

*This page gives a full account of the data we record and how your data is stored and shared.*

*The easiest way to check your medical record is to sign up for SystemOnline so you can access your record over the internet. You can then check the accuracy of your record and who has added to or accessed the data.*

## VIRTUAL PATIENT PARTICIPATION GROUP (PPG)

We have a 'Virtual' Patient Participation Group and are always hoping to recruit new members.

As a member of the Virtual Group you will be emailed, occasionally, to ask some questions such as what do you think about our opening times, or the quality of the care or service you have received. We will keep our surveys short so



it shouldn't take too much of your time. We would very much like our group to have representatives from all age groups and ethnic backgrounds. Please ask Reception if you'd like to join!

## MISSED APPOINTMENTS

During the months of September (141), October (170), and November (187), a total

of 498 patients failed to attend their appointment. Please contact the surgery if you are unable to attend your appointment. You can also cancel appointments by texting your Date of Birth and appointment details to 07785 582798 or logging onto the web and using SystemOnline.

### **PLANNING YOUR HOLIDAYS**

From travel insurance to vaccinations, here's what to think about before you travel.

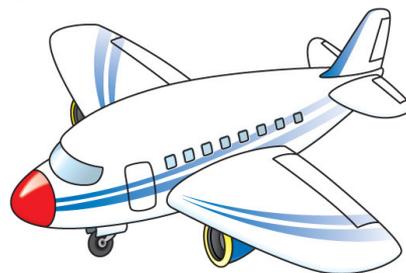
Start preparing for your trip, especially long trips, at least four to six weeks before you go. Read the latest health and safety advice for the country you're travelling to using:

GOV.UK TravelHealthPro country information at least 6 weeks before you go find out if you need travel vaccines and make sure your vaccinations are up-to-date. If diseases such as malaria are a risk, you may need to start treatment before travelling.

Prepare a kit of travel health essentials, including sunscreen, painkillers and antiseptic.

#### Sun protection

When choosing sunscreen, the bottle's label should have the letters "UVA" in a circle logo and at least four-star UVA protection ☑ at least SPF15 sunscreen to protect against UVB



#### Travel insurance

Whether you're off on a six-month trek to the Himalayas or a family holiday in Spain, it's vital to have the right travel insurance.

#### When travelling in

Europe, make sure you have a valid European Health Insurance Card (EHIC).

The EHIC will entitle you to free or reduced-cost medical care. However, it won't cover you for everything that travel insurance can, such as emergency travel back to the UK.

#### Deep vein thrombosis

If you think you may be at risk of developing deep vein thrombosis (DVT), seek advice from your GP.

On long-haul flights, get up from your seat to walk around and stretch your legs whenever you can. Drink regularly, but avoid alcohol, and wear loose, comfortable clothes.

Jet lag is worse when you move from west to east because the body finds it harder to adapt to a shorter day than a longer one.

If you take medication according to a strict timetable, such as insulin or oral contraceptives, you should seek medical advice from a health professional before your journey.

### **CYTOLOGY/SMEAR REMINDERS**

In order to try and improve the attendance for Smear tests, automatic texts will now be sent to patients who do not respond to the usual reminder letters.