

# Bridge Medical Centre Newsletter Spring 2012

This is the 10<sup>th</sup> edition of the newsletter, which is also available on our website:

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



## SICK CERTIFICATES

From April 2010 the forms Med3 and Med5 were replaced by a single revised Statement of Fitness for Work. GP's are not obliged to issue NHS medical certificates for periods of less than 7 days duration. However if a patient requires a short term certificate, a GP is entitled to charge.

## STATEMENT OF FITNESS TO WORK

The doctor may issue, free of charge a Statement of Fitness for Work to patients for registered patients. A Statement is NOT required until the patient has been off sick for more than 7 calendar days (i.e. including Saturdays and Sundays). The statement may be issued on the day the patient is assessed. Please contact the GP as soon as the end of your 7 calendar days of sickness.

A Self Certificate (SC2) may be obtained from your employer or downloaded from government website <http://www.hmrc.gov.uk/forms/sc2.pdf>

## Opening Hours

Monday to Friday: 8.30 -13.00  
14.00 -18.30

**Repeat Prescriptions** in advance.

**Appointments** can be booked on the day via our telephone triage system.

**Extended hours appointments** are available Tuesday evenings 18.30 to 19.30 and alternate Saturdays 9.00 till 11.30. These are pre-bookable only. The surgery will not be open for any other business

## Have you made any New Years Resolutions for 2012?

Do you want to stop smoking or lose weight? If so, please speak to your doctor or nurse as there are support programmes to help you do both of these.

Have you put off having your smear? Please make an appointment to have it done or to discuss this with a nurse who may be able to alleviate any concerns.

Remember we are here to help!

## Staff News



Sadly Dr Julian Jackel has decided to leave us and go back to Australia. We are sorry to see him go and he will be missed but we send our best wishes for the future.

Welcome to Dr David Riley who is with us as part of his training. He is a fully qualified doctor but gaining experience in General Practice, so some of you may be seen by him. He has written a section overleaf to explain about his training.

Finally, welcome back to Health Care Assistant, Stephanie who is returning after maternity leave.

## Useful Websites/Phone numbers

Bowel Cancer	<a href="http://www.bowelcanceruk.org.uk">www.bowelcanceruk.org.uk</a>	Tel: 0800 840 3540
Arthritis	<a href="http://www.arthritisresearchuk.org">www.arthritisresearchuk.org</a>	Tel: 0300 790 0400
British Heart Foundation	<a href="http://www.bhf.org.uk">www.bhf.org.uk</a>	Tel: 020 7554 0000
Migraine	<a href="http://www.migrainetrust.org">www.migrainetrust.org</a>	Tel: 020 7631 6970

## Disclaimer

Whilst every effort has been made to select reputable websites, Bridge Medical Centre cannot be held responsible for any errors, inaccuracies or omissions in the content of the websites.

## Getting the most out of your GP consultation

Most GP appointments are 10 minutes so use the following tips to make the most out of your time with your doctor.

### Be prepared

Make a list of any questions, problems or symptoms you want to discuss before you see your GP.

Take a pen and paper with you to the appointment to note down any points you might otherwise forget.

If you need an interpreter, be sure to let the surgery know in advance or bring someone with you to interpret.

If you think you may need to be examined, wear loose clothing.

Bring a list of any non-prescription medicines you might be taking.

If you are anxious about seeing your doctor, you can bring someone with you for support.

You can also ask the practice to provide a chaperone if you feel uncomfortable being examined on your own.



### During the appointment

Don't be afraid to ask questions! If you don't understand something, ask your doctor to repeat it or write it down.

If you're prescribed a drug, make sure you know why it's been given to you and how long to take it for. If you forget to do this at the time, pharmacists are experts in medication and can give advice.

If you have a problem that you find difficult to discuss, don't wait until the end of the appointment or when you're about to leave. No matter how embarrassing you think your problem is, your GP will have heard it many times before.

### What if I have lots of questions?

Try to only talk about one problem at a consultation.

If you have several problems, it's better to concentrate on the main problem than rush through lots and not be satisfied with the doctor's response to any of them.

Be prepared to make another appointment to sort out each problem individually.



## A New Face!

Some of you may have noticed a new face among the doctors here at BMC! My name is Dr. David Riley, and I am an FY2 (Foundation Year 2) doctor working here on rotation.

"What does that mean?!" I hear you cry! Well, let me try to explain:

Firstly, I am a qualified doctor, and not a medical student! After finishing medical school and qualifying as a doctor, junior doctors spend at least two years rotating through several different areas of medicine, gaining a breadth of experience and knowledge on the way. I have been working as a doctor in hospitals for over a year now, before coming to BMC to gain experience in General Practice as well. During these first years, doctors spend 3-4 months in each job, before moving on to the next. We have not yet become an expert in a particular area or developed a speciality, but are developing a general knowledge of all areas of medicine, and deciding which area of medicine most appeals to us as during this second year, we apply for further training in the area of medicine that we wish to specialise in for the rest of our careers.

In addition to seeing patients, either on my own or in conjunction with one of the other doctors, at the surgery or on home visits, writing referral letters and signing prescriptions I have regular teaching sessions at the East Surrey Hospital, presentations to prepare to give to other doctors, maintaining a portfolio of my work to show how I am developing as a doctor, revision for exams and job interview practise to try to fit in as well! Hopefully you now understand a little more about what I do, and I look forward to seeing some of you during my time here.