

Hurley Clinic Spring/Summer Newsletter

How we manage your care at the Hurley Clinic



1. Who are our doctors

We have a number of part time doctors that regularly work at the clinic.

These are:

GPs	DAYS OF THE WEEK THAT THE GP IS HERE				
	Mon	Tues	Wed	Thurs	Fri
Dr Satinder Kumar (Lead GP)	YES	YES	YES – AM ONLY		
Dr Lucy Duffield				YES	YES
Dr Omar Hashmi (Partner)	YES				
Dr Angharad Kouroumali (Dr Kouroumali works in term time ONLY)				YES	YES
Dr Norma O'Flynn				YES	
Dr Saad Shakir (Regular Locum)	YES				
Dr James Taylor (Regular Locum)	YES	YES	YES	YES	YES

We also have other locum GPs that work at the practice doing Ad hoc sessions throughout the months of the year.

In addition we have a team of 4 nurses and a Health Care Assistant that help to manage your care

2. Planning and delivering your care together

We know that it is important for us to ensure we plan your care as a patient as much as possible and that all patients are able to feel comfortable about any GP in the practice who will know about what is happening regarding their treatment.

We record all your health information on our computer systems and this is accessed by all GPs, Nurses as well as Administrative staff. This allows them to have the latest information about you and is readily available to us when we see you. In this way it can help to ensure we have continuity of care for our patients.

Weekly Clinical Meetings

We also achieve continuity of care through weekly clinical meetings attended by all our regular doctors and sometimes our locum doctors to discuss individual patients and any issues that arise. This means that all our team are made aware of special arrangements patients' care and clinical management. This is an important part of ensuring we all act together consistently and in the best interest of you as the patient. We would like for you to be assured that you can book an appointment with any of our regular GPs or locums, and Nurses, and you will receive the same high quality care regardless of who you see.

Our GPs and nurses also attend special meetings with district nurses and health visitors across the borough to help manage the care of patients in the community especially those that may be housebound, or are vulnerable adults or children.

FOCUS ON: Antibiotics



Getting better without using antibiotics

How should I treat my cold?

The best way to treat most cold, coughs or sore throats is to drink plenty of fluids and rest. Colds can last about two weeks and may end with a cough and bringing up phlegm. There are many over the counter remedies to ease the symptoms – paracetamol, for example/ ask your pharmacist for advice. If the cold lasts more than 3 weeks, or you become breathless or have chest pains, or have a chest complaint, see your doctor.

What about my children, they're always getting coughs and colds?

It's very common for children to get coughs and colds, especially when they go to school and mix with other children. Ask your pharmacist for advice. If the symptoms persist and you are concerned, see your doctor but you shouldn't expect to be prescribed antibiotics.

Why should antibiotics not be used to treat coughs and colds?

All colds and most coughs and sore throats are caused by viruses. Antibiotics do not work against infections, such as colds, caused by viruses. Viral infections are much more common than bacterial infections.

What are antibiotics?

Antibiotics are important medicines used to treat infections caused by bacteria. Bacteria can adapt and find ways to survive the effects of an antibiotic. They become 'antibiotic resistant' so that the antibiotic no longer works. The more often we use an antibiotic, the more likely it is that bacteria will become resistant to it. Some bacteria that cause infections in hospitals, such as MRSA, are resistant to several antibiotics.

Why can't different antibiotics be used instead?

They can, but they may not be as effective, and they may have more side-effects. And eventually the bacteria become resistant to them too. We cannot be sure we will always be able to find new antibiotics to replace the old ones. In recent years fewer new antibiotics have been discovered.

How can antibiotic resistance be avoided?

By using antibiotics less often we can slow down the developments of resistance. It's not possible to stop it completely, but slowing it down stops resistance spreading and buys some time to develop new types of antibiotics.

What can I do about antibiotic resistance?

By only using antibiotics when it's appropriate to do so. We now know that more coughs and colds get better just as quickly without antibiotics. When they are prescribed, the complete course should be taken in order to get rid of the bacteria completely. If the course isn't completed, some bacteria may be left to develop resistance.

So when will I be prescribed antibiotics?

Your doctor will only prescribe antibiotics when you need them, for example for a kidney infection or pneumonia. Antibiotics may be life-saving for infections such as meningitis. By not using them unnecessarily, they are more likely to work when we need them.

Further information can be found on the following website:

www.nhs.uk/antibiotics

Sexual health services in Lambeth and Southwark



Burrell Street Clinic (4 – 5 Burrell Street, London, SE1 0UN Tel 020 7188 6666) walk in only and appointments available when

booked online. Services include sexual health screening, HIV testing (including rapid HIV testing) free condoms and lubricants, pregnancy testing and advice, treatment for infections, information and advice, referrals, emergency contraception including contraceptive, pills, injection, rings and patches, and implant removal/insertion and coil fittings when booked online <https://www.zesty.co.uk/practices/walworth-road-contraception>. Coil and implant appointments are added to the system every Friday at 12 noon.

Opening times

- Monday, 8am – 6pm
- Tuesday, 8am – 6pm
- Wednesday, 12.30pm – 6pm
- Thursday, 8am – 6pm
- Friday, 8am – 6pm
- Saturday, 8am – 3pm
- Sunday, 9am – 4pm

Walworth Road Clinic (157 – 169 Walworth Road, London, SE17 1RY Tel: 020 3049 4006) walk in only and appointments available when booked online. Services include sexual health screening, HIV testing (including rapid HIV testing) free condoms and lubricants, pregnancy testing and advice, treatment for infections, information and advice, referrals, emergency contraception including contraceptive, pills, injection, rings and patches, and implant removal/insertion and coil fittings when booked online <https://www.zesty.co.uk/practices/walworth-road-contraception>. Coil and implant appointments are added to the system every Friday at 12 noon.

Opening times

- Monday: 8am – 6pm
- Tuesday: 8am – 6pm
- Wednesday: 12.30pm – 6pm
- Thursday 8am – 6pm
- Friday: 8am – 6pm

Streatham Hill Clinic (41 A – C Streatham Hill, London, SW2 4TP Tel: 020 3049 4006). Walk in only and appointments available when booked online. Services include sexual health screening, HIV testing (including rapid HIV testing) free condoms and lubricants, pregnancy testing and advice, treatment for infections, information and advice, referrals,

emergency contraception including contraceptive, pills, injection, rings and patches, and implant removal/insertion and coil fittings when booked online <https://www.zesty.co.uk/practices/walworth-road-contraception>. Coil and implant appointments are added to the system every Friday at 12 noon.

Opening times

- Monday: 8am – 6pm
- Tuesday: 8am-12 noon
- Tuesday (young persons' clinic – 24 years and under): 12 noon – 6pm
- Wednesday: 12.30pm – 6pm
- Thursday: 8am – 6pm
- Friday: 8am – 6pm

Camberwell sexual health centre (Ground floor, Camberwell Building, 94 – 104 Denmark Hill, London, SE5 9RS, Tel 020 3299 5000) Services include sexual health screening, HIV testing (including rapid HIV testing), post-exposure prophylaxis after sexual exposure (PEPSE) for HIV, free condoms and lubricants, pregnancy testing and advice, abortion information and referral, treatment for infections, information and advice, referrals, emergency contraception, hormonal contraception including contraceptive, pills, injection, patches, rings, and implant removal/insertion and coil fittings.

Opening times

- Monday: 9am – 7.30pm
- Tuesday: 9am – 7.30pm
- Wednesday: 1 – 7.30pm
- Thursday: 9am – 7.30pm
- Friday: 9am – 7.30pm

The walk in service is available until 3pm Monday – Friday, outside of these times appointments are available.

Unplanned pregnancy

For unplanned pregnancy and abortion advice patients can self-refer to:

- BPAS (British pregnancy advisory service) 03457 30 40 30
- Marie stopes 0345 300 1202
- NUPAS (National unplanned pregnancy advisory service) 0333 0044 6666.

Consult your doctor online



Visit the surgery website to get treatment and feedback from your own GP – without seeing us in person.

How does it work?

1. Visit the surgery website (www.hurleyclinic.co.uk) and click on one of three options
 - a) Need advice about a specific problem or condition? – I want help for my condition
 - b) Not sure what your symptoms mean? – I want general advice
 - c) Need to request test results, sick note, referral letter or medical report? – I want administrative help
2. Fill out a simple questionnaire
3. We get back to you by the end of the next working day with your GP's feedback and treatment options

Staff News

Goodbye to Receptionist, Nicora, and to Nurse Haddy Khan. We wish them well. We are currently recruiting new Nurses and a Health Care Assistant (HCA) to cover our blood clinics.

We welcome in our reception team Alan and Vilma as the newest staff members.



hurley group

The Hurley Clinic, Ebenezer House, Kennington Lane, London, SE11 4HJ
Tel: 020 7735 7918

Email: lamccg.hurleyclinc@nsh.net

Website: www.hurleyclinic.co.uk