

## **Summer 2016 Newsletter**

### **What is a clinical pharmacist (GP Pharmacist)?**

Clinical pharmacists are highly qualified health professionals who train for many years to become specialists in medicines and how they work. They can work directly with you, as part of the general practice team, to make sure your medicines help you get better and stay well. Having a clinical pharmacist in the practice team means you can be treated by the best professional for your needs. All pharmacists are registered with the General Pharmaceutical Council.

### **When will I see a clinical pharmacist?**

You will see a clinical pharmacist when you need expert advice on your medicines. If your condition needs diagnosing, you will usually see a GP first, who may then refer you on to a practice nurse or clinical pharmacist. Below are some examples of how a clinical pharmacist can help:

- **Long-term conditions**  
If you have a condition such as asthma, type 2 diabetes, arthritis or high blood pressure, the clinical pharmacist can discuss the medicines you're taking to make sure they're working for you. They can also help you with lifestyle changes to help you manage your condition.
- **Experiencing side effects**  
If you are experiencing side effects from your medicines, you and the clinical pharmacist can discuss this and work together to find a solution, such as changing your medicine or the dosage. If you are taking a number of different medicines, the clinical pharmacist can help make sure they are working well together.
- **Reviewing your medicines**  
If you are taking medicines over the long-term, you should be seen for a review at least once a year. The clinical pharmacist can review all your medicines, discuss how they are working for you and carry out health checks, such as taking your blood pressure. They can also arrange for you to have blood or other tests.
- **After a stay in hospital**  
If your medicines have been changed while you were in hospital, the clinical pharmacist can help explain these changes and ensure you get the maximum benefit from these medicines.
- **Common illnesses**  
If you are suffering from a common illness such as a cold, hay fever, diarrhoea or an eye infection, you may see the clinical pharmacist instead of your GP. The clinical pharmacist may be able to prescribe medicines to treat your condition. You will always be referred to a GP if there is a need.

# Victoria Park Health Centre

203 Victoria Park Road  
Leicester  
LE2 1XD  
Tel: 0116 215 1105

## Your appointment

Just as when you see a GP or a practice nurse, you will see a clinical pharmacist in a private consultation room. Seeing the pharmacist does not replace an appointment with a doctor. You will still be able to see your GP if you need to. A clinical pharmacist will not give you your medicines. You should collect your medicines from the community pharmacy in the usual way. Please let us know if you need to cancel or reschedule your appointment.

For more information [www.england.nhs.uk/commissioning/primary-care-comm/gp-action-plan/cp-gp-pilot/](http://www.england.nhs.uk/commissioning/primary-care-comm/gp-action-plan/cp-gp-pilot/) or visit [www.rpharms.com/our-campaigns/pharmacists-and-gp-surgeries](http://www.rpharms.com/our-campaigns/pharmacists-and-gp-surgeries)

## Flu Jabs arrive in September

### Am I at increased risk from the effects of flu?

Flu can affect anyone but if you have a long-term health condition the effects of flu can make it worse, even if the condition is well managed and you normally feel well. You should have the free flu vaccine if you are:

- Pregnant

Or have one of the following long-term conditions:

- A heart problem
- A chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
- A kidney disease
- Lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- Liver disease
- Had a stroke or a transient ischaemic attack (TIA)
- Diabetes
- A neurological condition, e.g. multiple sclerosis (MS), cerebral palsy or learning disability
- A problem with your spleen, e.g. sickle cell disease, or you have had your spleen removed.
- Are seriously overweight

### Who else should consider having a flu vaccination?

- Aged 65 years or over
- Living in a residential or nursing home
- The main carer of an older or disabled person
- A household contact of an immunocompromised person
- A frontline health or social care worker
- Children (those born between 1 September 2010 and 31 August 2013 through us, others not in the at risk groups are offered through their school)

**Appointments will be available to book from mid-September, call us on 0116 2151105**

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## Staff Changes

- Prabhdeep Bimmut & Sushma Solanki are our Clinical Pharmacists (or GP Pharmacists). They have a great deal of experience in medication and how it can assist you in gaining the most benefits.
- Lorraine Farmer (Practice Nurse) is leaving us to go and work at another GP Practice locally.
- Our previous Practice Nurse, Debbie Taylor is coming back. Initially only one day a week but this is increasing from late September. I am sure many of our patients will remember Deb and want to join us in welcoming her back.
- We also have 2 new additional Salaried GP's starting in August, Dr Faraz Anjum & Dr Shahad Bashagha. They will both be working for 2 days a week, welcome to Victoria Park Health Centre.

## GP Speciality Registrar update

### What is a GP Speciality Registrar?

A fully qualified and registered doctor who is undertaking a 3 year GP registration course that involves further experience in specialities which may include paediatrics, geriatrics, psychiatry, dermatology, general medicine etc. This also includes an attachment to a practice under a supervising qualified GP. All GPs undergo this training before they can become fully qualified GPs and see patients in their own right.

- Dr Bhav Doshi is leaving us but he will be back in August 2017 to complete his 3<sup>rd</sup> year.
- Dr Nazeera Nazir has now completed her 3<sup>rd</sup> year and is available to work as a GP. Dr Nazir may be back here as a locum one day.
- We have 2 new GP Speciality Registrars who start their attachment this August, Dr Soraya Bhatia & Dr Hyun Na.
- Dr Jahnavi Sridhara is pregnant and about to begin her maternity leave. Congratulations and Best Wishes to her and the family. Dr Sridhara will be back to complete her attachment next year.

## Reception Team

Our current reception team are here to help you decide if an appointment is needed, who to see and the best options available. We have a small team at the front desk providing face to face assistance and a larger team who answer the telephones upstairs. They are: - Mike, Bal, Sunita, Jo, David, Lesley, Elaine, Molly, Veronica, Mehraz, Fawzia & Karishma. If you have any problems with our services please mention it to receptionist in the first instance, they may be able to solve the problem for you. Formal complaints can be made either verbally or in writing to Mrs S Taylor (Assistant Practice Manager). All issues (including those raised with the reception team) are used to review processes and to improve quality in our service. They are discussed by the wider team and reported to the CCG on an annual basis. This information is then shared with the CQC (Care Quality Commission) prior to their visit.