

Bridge Medical Centre Newsletter Spring 2017



Staff News

Welcome to our new **GP Partners** Dr Shajeena Rahiman and Dr Patience Okorie who have both joined the practice on 1st January 2017.

Dr Rahiman has worked locally for many years both as a locum and as a salaried doctor. Many patients will remember her from working previously in the practice, covering a maternity locum. She will be consulting 4 days a week (8 sessions) and is involved in the 6-8 week checks for new-borns.

Dr Okorie has worked locally for many years as a locum and a salaried doctor. She is working 3 days a week (5 sessions). Dr Okorie has an interest in Paediatrics and Contraceptive services and will be providing Intrauterine Contraception together with a new service of Contraceptive implants.

Our new **Practice Nurse** Melissa Civale RN, DN, QN says *"I have been a District nurse for 10 years now and 2 years ago I was awarded the Queens Nurse title for exceptional patient care. I enjoy spending time with my family, walking, baking and gardening"*.

We welcome our new **Clerical Administrator** Melanie Hicks.

Sue our **Deputy Practice Manager** has just recently retired after 17 years of service; we wish her an enjoyable retirement.

New Patient Registration Now Open

We welcome New Patient Registrations as from 1st March 2017.



If you are in our practice area and would like to register please see our website under "Registrations" or contact our reception staff for further details on how to register with Bridge Medical Centre.

Travel Clinic Service



If you're thinking of travelling abroad, please allow plenty of time ahead of your travel dates to book with one of our practice nurses to receive up to date travel advice.

**Have you made any New Year's Resolutions for 2017?
Do you want to stop smoking?**



The Surgery has recently trained our two new practice nurses Melissa and Jo as smoking cessation advisors, we have set up a patient information board in the waiting room with leaflets on how to stop smoking, if you are interested and would like an informal chat and advice on how to give up smoking why not make an appointment with one of our nurses, alternatively why not take a look at <https://quitnow.smokefree.nhs.uk/>

Did you know that cigarettes contains 4000 chemicals one of which is carbon monoxide?

Diabetes Care at Bridge Medical Centre

Diabetes is a condition that is increasing in the UK and Worldwide. It is important to have an early diagnosis so that your condition can be managed well. Diabetes in the practice is led by our Practice Nurse, Annie Pleasance and GP, Dr Nigel Mohabir. You will be invited to clinics and therefore please make an appointment with Annie to review your condition. This is to prevent complications of diabetes and to improve education and knowledge and to encourage self-management. All the lead Practice Nurses and GP's in Crawley, meet every quarter for educational purposes and shaping local diabetes services.

Please visit our website for further details on diabetes under long term conditions but a useful resource is Diabetes UK <https://www.diabetes.org.uk/>.

A new way to get your medicines and appliances

The Electronic prescription Service (EPS) is an NHS service. It gives you the chance to change how we send your prescription to the chemist of your choice.

If you collect your repeat prescriptions from us, you will not have to visit the surgery to pick up a paper prescription. Instead your GP will send it electronically to the place you choose, saving you time. This can be a pharmacy near where you live, work or shop.

You need to choose a place for us to send your prescription. Ask any pharmacy that offers EPS or ask in reception here at Bridge Medical Centre and your nominated pharmacy can be recorded.

If you have any questions, please ask your pharmacist or at reception here at Bridge Medical Centre.

