

# High Green Medical Practice

Your Health is Our Concern

Mary Potter Centre, Gregory Boulevard, Hyson Green, Nottingham NG7 5HY

Tel: 0115 942 3216



**SPRING  
2016**

## **Practice Newsletter**

Welcome to the latest Practice Newsletter our aim is to provide you with information about the Practice and the services we provide as well as information relating to health issues or new initiatives.

### Current Health Focus

#### **Do you really need to see a GP?**

Did you know that your local pharmacy can give advice and treatment on a range of minor ailments?

Under the **PHARMACY FIRST** scheme, if you are exempt from prescription charges and in most instances you will get the same medicines your GP would have prescribed, completely **FREE** of charge from your local pharmacy.

They can help with conditions such as temperature/fever, sore throats, earache, head lice, constipation, conjunctivitis, hayfever and much more.

### **Practice Opening Times**



Monday	8am to 7pm
Tuesday	8am to 8pm
Wednesday	8am to 7pm
Thursday	8am to 8pm
Friday	8am to 7pm

If you ring the surgery outside of our opening hours your call will be directed to the out of hours service.

Tel: 0115 9423216

### Patient Views - We want to hear what you think!!

High Green Medical Practice aims to give a friendly and professional service to all our patients.

If you have any concerns about any aspect of our service, would like to give your opinion on what we could do better, or what we are good we'd love to know!

You can do this by leaving a message with one of the receptionists, however if you feel the issues you have need to be looked in to more thoroughly, please put your concerns in writing to the Practice Manager.

### Practice Staffing

#### **Nurse Harriet Gilbert back after Maternity Leave**

We are pleased to welcome back, our Practice Nurse Harriet Gilbert, after her maternity leave. She will be working in the practice on Tuesdays, Wednesdays and Thursdays.

#### **Dr Ali and Dr Nawaz**

Dr Ali is currently on Maternity Leave and Dr Nawaz is expecting to take maternity leave from mid- June.

#### **More GP's**

We are currently hiring locums to ensure we can meet the needs of our patients.

High Green is also a training practice, therefore we regularly have GP's that are fully qualified doctors, but wish to gain experience working in a surgery.

#### **Dr Khan**

Patients may have noticed that Dr Khan is not seeing as many patients as he used to, it has been necessary to reduce his surgeries so he can run other aspects of the surgery to ensure its smooth running.

# High Green Medical Practice

Your Health is Our Concern

Mary Potter Centre, Gregory Boulevard, Hyson Green, Nottingham NG7 5HY

Tel: 0115 942 3216

NHS



## **PRACTICE CHARGES FROM 1<sup>ST</sup> May 2016**

### **Non NHS Requests**

GP letters (relating to any personal or medical history)	£25.00
Insurance/Medical Forms	£35.00
Mobility Forms/(Bus/Tram)	£5.00
Duplicate Sick Notes	£5.00
Driving License Forms	£25.00
Reports (For Insurance/Solicitor purposes)	£130.00
For Complex/In depth reports	£175.00
HGV Medicals/DVLA D4 Medical	£80.00
Men ACWY – For Travel Only	£45.00

Any requests for supporting letters are to be made in writing. Please allow 10-14 days for completion.

**PLEASE NOTE OUR GP'S OR NURSES WILL NOT COMPLETE PASSPORT OR CITIZENSHIP FORMS**



**Keep in touch with us online at:**

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

&

[twitter @HighGreenZK](https://twitter.com/HighGreenZK)

## **MAKING AN APPOINTMENT**

If you need to book an appointment for the same day you should ideally be ringing the surgery at 8am, understandably, this is our busiest time so it may take a few attempts to get through. We ask that patients bear with us as we try to answer telephone calls and attend to patients that may arrive at the desk.

We would like to make you aware that you can come down to the surgery at 8am and make an appointment at the desk. Some patients find this is easier than trying to get through on the phones.

We also ask that patient call **AFTER 10 am** for test results or general enquires.

## **CAN'T GET AN APPOINTMENT ?**

Please bear in mind that

**196**



*patients failed to attend appointments that they had booked in April*

To try and manage this problem we are stringently applying our '**REMOVAL OF PATIENTS PLOICY**' – a copy of this

policy is displayed in the patient waiting area, which explains that if more than 3 appointments are missed, patients will be removed from our practice and will have to register elsewhere.

Patients are reminded that they need to let us know as soon as possible if they cannot attend an appointment so we are able to offer appointments to patients that would really like one.



# High Green Medical Practice

Your Health is Our Concern

Mary Potter Centre, Gregory Boulevard, Hyson Green, Nottingham NG7 5HY

Tel: 0115 942 3216



## RAMADAN 2016



More than 50 million people with diabetes worldwide opt to fast during Ramadan

Remember to break your fast if:

- Your blood sugar is less than 60 mg/dl (3.3 mmol/L)
- Your blood sugar is less than 70 mg/dL in the first few hours after start of fasting
- Your blood sugar is higher than 300 mg/dL (16.7 mmol/L)

Speak to your healthcare professional about how often you should test your blood and setting your target level.

## Should students fast during exams?

The Association of School and College Leaders (ASCL) has said students should be told they can be exempt from fasting and "made aware that Islam does not require them to put their futures in jeopardy". In its Ramadan and Exams 2016 information paper, ASCL warned that "fasting and staying up late for prayers may affect memory, focus, concentration and academic performance".



The Practice website is also full of information to health related websites. Keep up to date by on to [www.highgreenmedicalpractice.co.uk](http://www.highgreenmedicalpractice.co.uk)

The Practice also has Facebook and Twitter accounts

Tweet us: @HighGreenZK

Connect on Facebook: [facebook.com/HighGreenMedicalPractice](https://www.facebook.com/HighGreenMedicalPractice)

## ONLINE ACCESS

We will be offering access to coded medical records. Patients **MUST** accept Data Protection conditions. Access only provided if we agree that all the criteria are met and there is deemed to be no risk to the patient having access. Please enquire for more details.

