

# The University Surgery Newsletter

August 2017

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## Doctors:

Dr. Anne Lawson

Dr. Dapo Alalade

Dr. P. Sethi

Dr. J. Den

Dr. C. Wong

## Leaving

We are sorry to announce that Dr Colgan will be leaving the Practice on 23rd August. She's moving on to do a PHD and she will be greatly missed by both patients and staff. We wish her all the best in all her future endeavours.

## Welcome to The University Medical Centre



### Surgery Opening Times

**MONDAY—FRIDAY**  
08:00am to 06:00pm

**Every TUESDAY**  
07:00am to 20:00pm

**Booked appointments only  
between 7am to 8am and  
06:30pm to 08:00pm**

**SATURDAY MORNINGS**  
Doctor—08:00am to 10:00am  
Nurse—09:00am to 12:00pm

**Booked appointments only**

We provide emergency walk-in appointments with a **Triage Nurse** most days between 9am and 5:30pm, **for our registered patients only**. Phone at 8am to make an on-the-day emergency appointment with the duty Doctor. **We do not run a walk-in GP clinic**. On-the-day and triage appointments are limited and are on a first come first served basis.

### Sexual Health Clinic Forthcoming Closures

**Bank Holidays, all day, on**  
Monday 28th August  
Monday 25th December  
Tuesday 26th December  
Monday 1st January 2018

**Target Training Events, From  
1pm on Wednesday's**  
27th September, 25th October,  
22nd November, 24th January  
2018, 28th February, 28th March

#### Useful Contacts:

**Out of Hours—111**  
**Sexual Health—0300 300 2016**  
**Dental—111**

This is on Tuesday mornings 9am to 1pm on a pre-booked basis, term time only.

### Patient Access

Did you know you can register for online services. You can update your details, make appointments, request repeat prescriptions, (It is **NOT** possible to request contraception (the Pill) on-line), view your patient summary, immunisations and allergies. To access this just come into the surgery with your I.D. and ask reception for your registration details.



### Missed appointments/ DNA's (Did not attend)

A DNA is recorded on your screen if you fail to attend an appointment without prior notification. We have recently experienced a high number of patients not attending their appointments. **In June and July there were 274 missed appointments**. This equals to 45 hours of wasted time which therefore increases the waiting time to book a routine doctors appointment.

We are asking our patients, if you are not able to attend, that you **cancel your appointment** either by phone or online and allow at least 24hour notice so we are then able to reuse that appointment. Please encourage friends to do the same if need be.

### Chaperones

Please ask for a chaperone if you want one during your consultation.

### Arriving

When arriving for an appointment, please check-in at reception before taking your seat.

### Your Details

Please ensure you keep us informed promptly of any changes to your phone number or address.

This is very important in case we need to contact you in an emergency or to remind about appointments.

### Cervical Screening

If you are female and aged between 25 and 65, it's very important to be screened regularly. If you haven't been screened in the last three years, book in with nurse. Please book an appointment with our Nurse.

### Smoking

Please let us know if you have a history of smoking and if you want help giving up.

### Registrations

Please encourage your friends to register at a GP practice whilst they are well, and not leave it until they become unwell.

**The University Medical Centre  
The Nuffield Centre  
St Michaels Road  
Portsmouth  
PO1 2BH**

**Tel: 02392 736 006  
www.universitysurgery.com**



## Vaccination Season

### Vaccinations

**FLU:** If you are eligible (you're aged over 65 or have a chronic illness), please remember to have your yearly flu vaccination. Please contact the surgery from 18th September to arrange an appointment.

**SHINGLES:** If you are aged between 70 and 80, you **might** be eligible for the one-off Shingles vaccination, if you've not had one previously. Please contact reception to ask for details.

**Meningococcal ACWY:** If you are a fresher and this is your first year at University and under 25 years old, it is strongly advised that you have the MenACWY vaccination, if you've not already had it.

## Blood Pressure Monitor

### Blood pressure monitoring machine

There has been a new blood pressure machine installed in the waiting room. Please feel free to use this. It is simple to use and will provide you with your blood pressure result which should be handed to the doctor or nurse you're seeing to be recorded within your records.



## Diabetes and Asthma

### Diabetes and Asthma

If you have either of these conditions, regular monitoring is very important, so please remember to come in for your annual review. [www.diabetes.org.uk](http://www.diabetes.org.uk) [www.asthma.org.uk](http://www.asthma.org.uk)

## Out Of Hours Services

### Out of Hours Services

If the surgery is closed and you are unwell and need medical advice, there is a range of services available.

**St Mary's Treatment Centre: Minor Injuries & Minor Illnesses Unit (Milton Road, Portsmouth, PO3 6DW):** is a walk-in Centre and can treat minor injuries such as cuts, sprains and small fractures. This unit is open to all NHS patients, no appointments required. Open 7 days a week 8am to 10pm. Maps available from reception.

**NHS 111: Phone 111 free of charge from landlines** and mobiles, for the NHS non-emergency helpline.

**Pharmacies:** expert advice on a wide range of long term conditions and common illnesses such as coughs, colds and stomach upsets. Treatments and advice for minor ailments, allergies and self care.

### Practice Population

As of February this year, our population size is approximately 19500, and due to the unusual nature and location of the Surgery, we have a far higher than average young population.

- 0 - 19 years = 2144
- 20 - 29 years = 12181
- 30 - 39 years = 2822
- 40 - 49 years = 637
- 50 - 59 years = 223
- 60 - 69 years = 95
- 70 + years = 97

## Practice Population

## PPG Meeting

### Patient Partition Group (PPG) - **looking for new members**

Chairman of the PPG: Narcisse Kamga  
Vice Chairman: Bernard Webster

PPG email address - [universitiesurgery.ports.ppg@gmail.com](mailto:universitiesurgery.ports.ppg@gmail.com)

The next meeting is yet to be arranged but this will be advertised. If you are interested in joining and influencing the future of the Surgery, please email the above address, or ask at reception.