

The Bosmere News – April Edition

Have you checked your Blood Pressure?

Around 1 in 4 adults in the UK have high blood pressure, but many don't know it. It can increase your risk of having a heart attack or stroke.

Check your blood pressure by using the Patient Pod located in the ground floor waiting room, visiting your local pharmacy or booking an appointment with one of our Healthcare Assistants.

Visit [nhs.uk/blood-pressure](https://www.nhs.uk/blood-pressure) for more information.

Get to know your Nursing Team!

We have a team of highly skilled Nurses and Healthcare Assistants who can help you with a variety of procedures, immunisations, problems and condition management.

Our [Healthcare Assistants](#) wear pale blue uniforms and can perform:

Blood Pressure Checks, Blood Tests, Dressings, ECG's, B12 Injections, Removal of Stitches, NHS Health Checks, Long Term Condition Reviews, and Shingles, Pneumococcal and Flu vaccinations.

In addition to *all of the above*, our [Nursing Associate](#) is also able to perform *Cervical Screenings*. Her uniform is royal blue.

Our [Practice Nurses](#) wear navy blue uniforms. As well as being able to perform all of the above, they are also qualified to do:

Dressings, all vaccinations and injections (including child immunisations), Cervical Screenings, Dopplers, Travel Immunisations, Respiratory Long Term Condition Reviews and Diabetes, Asthma and COPD Management.

Our team of [Advanced Nurse Practitioners](#) wear a black uniform and are able to assist you with first contact acute conditions and problems that include, but are not exclusive to:

Coughs, UTI's, Ear/Nose & Throat Infections, Tonsillitis, Abdominal Pain, Rashes and Eczema.

Many of these appointments are available to be booked online using your Patient Access account. If you do not yet have an account, please visit Reception with your Photo ID and one of the team will be happy to set this up for you.

Managing Hay Fever

Hay Fever is caused by an allergic reaction to pollen that can cause symptoms such as coughing, sneezing, a runny or blocked nose and itchy/red/watery eyes.

Symptoms are usually at their worst between late March and September, and treatment focuses on helping and relieving symptoms.

Non-Medical symptom control can include:

- Minimising time outside particularly around cut grass.
- Wearing a hat/mask/eye protection when outside.
- Using petroleum jelly around your nostrils to trap pollen.
- Washing clothes and areas of the skin exposed to pollen after being outside.
- Regular cleaning and damp dusting of your home.

Medical treatments for symptom control are available in shops or from pharmacists and can include:

- Antihistamine Tablets
- Nasal Sprays
- Skin and/or Eye Wipes
- Eye Drops



Hay fever injections are not currently funded on the NHS but are available from private sources.

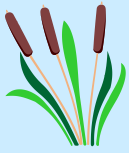
If you have any questions or concerns, please visit your local pharmacist for advice.

NHS Zero Tolerance Policy

The Bosmere Medical Practice adheres to the NHS Zero Tolerance policy.

This includes verbal abuse, aggression, or threats made in person, over the telephone or in written communication, including on social media, towards the practice staff.

Our staff have a right to work in an environment without the fear of abuse. Any reported abuse may result in the patient's removal from the practice list.



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Monthly Statistics!

Last month we:

- Received and actioned **864** eConsults.
- Issued **6540** Repeat Prescription requests.
- Received and actioned **2484** lab reports.
- Answered **7262** telephone calls to the main practice line.

DNA's (Did Not Attend)

Did you know each time an appointment is not attended, it costs the NHS a minimum of £60 per doctor's appointment and approximately £30 for a nurse appointment.



Below are the figures showing in total how many appointments were missed at Bosmere throughout January, February and March this year:

January: **173**
February: **154**
March: **147**

Total: **474** missed appointments over a 12 week period.

If you are unable to attend your appointment, we have a dedicated cancellation line. Please ring 02392 476 941 and press option 1 to cancel your appointment. This is an unmanned line and your message will be actioned.

UPCOMING PRACTICE CLOSURES

Bank Holidays:

- Monday 6th May
- Monday 27th May
- Monday 26th August

Doctor's Corner

Dr Salam Jadhan - Partner
MB Ch.B, IBMS MRCS
MRCGP

Special Interests: General Surgery



I graduated from The University of Basra/Iraq in 2001, and finished surgical training there to become a specialist in general and emergency surgery.

Upon arrival to the UK, I did another degree in surgery and worked in that field for few years before starting my training to become a GP.

1. If you could be any animal, what would you be and why?

A bird. Would be cool to travel to so many places without needing to pay for tickets!

2. What was your childhood dream career?

A Captain of a ship.

3. What came first – the chicken or the egg?

Definitely, the chicken.

4. Who would you love to invite to a dinner party?

All of the neighbourhood for a big feast.

5. Would you rather have feet for hands or hands for feet?

Hands for feet, it would help with admin work!

Staff Changes

We are pleased to welcome Dr Sarah Jamshaid to the Practice. Dr Jamshaid joins us as a Salaried GP on Wednesday's, Thursday's and Friday's.

Dr Jadhan and Dr Mowlem will join the Partnership at the beginning of April and join Dr Chung, Dr Bracegirdle, Dr König and Dr Schaeper as our Partner GP's.

