

BRIDGE LANE GROUP PRACTICE - PATIENT GROUP

PATIENT BRIEFING

Our most recent Briefing was in the Practice on Wednesday 7 February and was open to all patients of Bridge Lane.

We had a Practice Update with Dr Pearson then a Question & Answer session with practice staff.

It was an interesting session, and thanks to those who came out on a cold evening.

Our next Patient Briefing is on Wednesday 5 June in the Surgery at 5 pm.

We aim to present a practice update then a session on the NHS App - how useful is it in primary care? We hope to see you then.

PREPARING FOR AN APPOINTMENT

Seeing a GP (or any health professional) can be anxiety provoking. Have you ever sat down and been unable to answer the question "how can I help you today?" - I know I have! You will probably only get 10 minutes so how to make the most of it - be prepared!

Before your appointment:

- write down your 2 or 3 most important questions.
- write down details of your symptoms, including when they started and what makes them better or worse
- figure out what you would like to happen after the consultation
- your GP may find it useful to hear about more than your immediate symptoms - one GP said "I want to know about any emotional stresses that may have changed people's lives -- the loss of a child or a spouse, job setbacks, I want to know about anything that might have had a powerful effect on the patient."

During the appointment:

- do not be afraid to ask if you do not understand, for example: "can you say that again? I still do not understand."
- write things down, or ask a family member or friend to take notes.

Before you leave your appointment:

- check you have covered everything on your list
- try to summarise what you have learned
- if tests or appointments are to be booked, ask what to do if you are not sent dates
- ask how you will be notified of test results

After your appointment:

- write down what you discussed and what happens next - keep your notes.
- book any tests that you can and put the dates in your diary.

PATIENT GROUP

The Patient Group is organised by a committee consisting of Zenobia Cowan-Davies (chair); Jamie Gillespie (secretary); Julia Rossman; Barrie Temple; Laura Roberts; Jan Forbes and David Herbert.

It acts as a link between Bridge Lane Group Practice and its patients and works to (a) contribute to the improvement of services (b) ensure the Practice is responsive to the needs and wishes of patients (c) help patients take more responsibility for their health. We appreciate your messages and suggestions - please keep them coming.

PRACTICE NEWS

Our three new GPs have now settled in and we know a little more about them.

Dr Alisha Patel joined us in September 2023. She graduated from Barts and the London School of Medicine, and completed her post-graduate GP training at St Helier Hospital. Alisha has a special interest in Artificial Intelligence in General Practice.

Dr Anna Stubbens joined us in October 2023. She graduated from King's College London, and completed her post-graduate GP training at St George's University of London. Anna has a special interest in Sexual and Reproductive Health.

Dr Charlie Hine joined the team in October 2023 having graduated from Leeds University and completing her post graduate GP training in Poole, Dorset. Charlie has lived for just over a year in Perth, Australia working in the Accident and Emergency department during the covid pandemic and returned to the UK in March 2022. In addition to working at Bridge Lane she also undertakes a research fellowship, splitting her time between Poole and London.

Finally, sadly our current GP trainee, Dr Chetan Mehta, is leaving the Practice to continue his training.

NHS APP

It is becoming clear that of all the available health apps, the NHS App is becoming the most used and the most useful. You may not be aware how it interacts with your GP practice, but now you can find out.

The next Patient Briefing organised by the patient committee is on Wednesday 5 June at 5 pm in the surgery. The Digital Care Co-ordinator for Wandsworth, Andraya Catlyn, is talking to us about how the app can help patients to use primary care services and how it is developing.

The committee is planning several training sessions soon for those of you who have not yet used it. Keep an eye out for dates.

If you would like to receive this newsletter regularly, please contact jamiiegillespie44@btinternet.com