

SUMMARY CARE RECORDS

Summary Care Records contain details of a patient's key health information – medications, allergies and adverse reactions. They are accessible to authorised healthcare staff in emergency settings in England and can support better, safer prescribing of medication for patients by providing up-to-date information on a patient's allergies, previous adverse reactions and medications. Patient care can be supported by healthcare staff having faster access to the medical information and patients may not be required to repeat information to different NHS staff treating them.

Medical Records

CARE DATA EXTRACTION

NHS England is commissioning a modern data service from the HSCIC (Health and Social Care Information Centre) on behalf of the entire health and social care system.

It plans to collect confidential information from your medical records to improve services offered and to provide the best possible care for everyone.

Confidential information from your medical records, along with your postcode and NHS number but not your name, are sent to a secure system where it can be linked with other health information to allow those planning NHS services or carrying out medical research to use information from different parts of the NHS.

You have a choice. If you are happy for your information to be used in this way you do not have to do anything.

However. If you have any concerns or wish to prevent this from happening, please speak to practice staff or ask at reception for a copy of the leaflet "How information about you helps us to provide better care".

HOT WEATHER GUIDE



On hot sunny days you can easily get dehydrated which can lead to heat exhaustion or heat stroke. Symptoms are dizziness, nausea and vomiting, muscle weakness or cramps, pale skin and high temperature, which when untreated, can lead to intense thirst, headaches, aggression and confusion. Everyone is at risk from the heat.

- Avoid going out between 11am and 3pm. Plan your day so that you do not have to go out in the heat.
- If you go out, stay in the shade, wear a hat and loose fitting clothing preferably cotton.
- Drink plenty of water at regular intervals even if you do not feel thirsty.
- Avoid alcohol, tea and coffee as they make you dehydrated.
- Stay cool, take cool showers and baths.
- See your doctor if you have sunburn, are worried or develop any of the symptoms above.



Central London
Clinical Commissioning Group

Need to see a GP urgently this weekend?

Vomiting? Ear Pain? Back Ache? Upset Stomach?

You can walk in or book a
same day appointment this
Saturday and Sunday at:

North West London Medical Centre, 8am to 4pm
Victoria Medical Centre, 8am to 4pm
The Connaught Square Practice, 10am to 6pm
Third Floor Lanark Medical Centre, 10am to 6pm
Westminster & Pimlico Health Centre, 10am to 6pm

Unregistered patients are welcome. Using
this service will not affect your registration
at your own practice.

For immediate, life-threatening emergencies, call 999



North West London Medical Centre 1

56 Maida Vale
London W9 1PP
Tel: 020 7624 4433

Open 8am to 4pm
Saturday and Sunday

Maida Vale
 16, 332, 98, 46



Victoria Medical Centre 3

29 Upper Tachbrook St
London SW1V 1SN
Tel: 020 7834 2298

Open 8am to 4pm
Saturday and Sunday

Victoria
 24, 36, 2, 436, 185

Third Floor Lanark Medical Centre 2

3rd Floor, 165 Lanark Rd
London W9 1NZ
Tel: 020 7624 8616

Open 10am to 6pm
Saturday and Sunday

Maida Vale
 16, 332, 98, 46

Westminster & Pimlico Health Centre 4

15 Denbigh Street
London SW1V 2HF
Tel: 020 7834 6969

Open 10am to 6pm
Saturday and Sunday

Pimlico and Victoria
 24, 36, 2, 436, 185



The Connaught Square Practice 5

41 Connaught Square
London W2 2HL
Tel: 020 7402 4026

Open 10am to 6pm
Saturday and Sunday

Marble Arch
 390, 274, 148, 94,
436, 414, 159

PATIENT ONLINE SERVICES - SYSTMOnline AND SYSTMOnline APP

Linked to our clinical system and available to our existing patients enabling them to

- ◆ Book or cancel appointments
- ◆ Order repeat prescriptions
- ◆ Change contact details
- ◆ Complete and submit surveys and questionnaires

IT Update

To register for this service please show photographic ID to the receptionists and they will provide you with a personal login and instruction details.

- ◆ It also enables new patients to self register although they will still need to come in to the practice to show proof of address and Photo ID

We are also hoping that in future you may be able to view some of your medical records via this system.

PATIENT INFORMATION

We are required to ensure the following information is up-to-date for all our patients.

- Home address and contact details
- Whether a patients drinks or smokes
- Regular blood pressure readings
- Height, weight and BMI details

Staff News

- ◆ Dr Anna Dentschuk joined us in January and is working Wednesdays, Thursday afternoon and Friday morning.
- ◆ Nurse Claire, Manager Carole and ex-Secretary Helen completed a Will of Iron triathlon for the Willow Foundation charity, swimming 8.75km (5.4 miles), cycling 196 km (122 miles) and running 51km (32 miles) in a week during May.
- ◆ Dr Leigh will be taking an extended break for the month of August and his clinics will be covered by two locum doctors, Dr Janaki Goru and another, to be advised.
- ◆ Anthony Murroko is our new IT administrator and who has assisted our migration to our new IT system and fixes things when they go wrong!

REMINDER: REPEAT PRESCRIPTION REQUESTS

Repeat requests cannot be accepted by telephone for safety reasons. Instead please fax, post, ask your pharmacy or use our website to order prescriptions. Please allow 24 hours to process a repeat prescription or private prescription, so ensure you request your medication before it has run out. You can now also order via SystmOnline — see above

Opening and Closing times

Monday-Friday 08:00 am — 06:30 pm
except

Wednesday 08:00 am—20:30 pm

Walk-In Clinics are held on Monday, Tuesday and Fridays from 10.30-11.30am with doctors operating a rota system.

Telephone: 020 7722 3382

Fax: 020 7722 2390

www.wellingtonhealthcentre.co.uk

Diabetic Patients

Ensuring your care and essential checks are up-to-date is vital for your wellbeing so make an appointment with us to discuss and review your care.

Also download "15 Healthcare Essentials" from Diabetes UK for further advice.
www.diabetes.org.uk

Some of our most requested and popular patient information leaflets are also available on our website.

PATIENT PARTICIPATION GROUP

- The next meeting of the PPG will be held at the surgery
- at 6.45pm
- on Tuesday 15 July
- All patients welcome.

NICE figures report that more than 25% of people in England are obese and another 42% overweight.

Obesity can be a precursor of ill health such as diabetes, heart disease, stroke and cancer.

Small realistic steps to losing weight and gradual, long-term changes to dietary habits and activity levels are better than quick fixes.

Make an appointment with the nurses for more information and advice.

Carers

If you are a carer and need additional information or support, discuss your needs with your GP

Also visit www.carers-network.co.uk

It is reported that up to 75% of cervical cancers could be prevented by early detection and treatment making screening vital. If you have been putting off making an appointment for a smear test, don't, book one today.

Healthchecks

Aged 40-74? An NHS Healthcheck could help you reduce your risk of heart disease and stroke, ask the receptionists to book an appointment for you with one of our nurses.

Named GP

All patients aged 75 and over will have been informed which GP is taking responsibility for their care. This is part of the NHS plan to ensure everyone has a relevant care package to meet their physical and psychological needs, and encourages greater joint working between health and social care professionals.