

# Jorvik Medical Practice

## Newsletter Winter 2009

**Practice Manager**  
Mrs Dana Homer

**Partners**  
Dr David Fair  
Dr David Hartley  
Dr Julia Alexander  
Dr John Lockett  
Dr Nicola Gill  
Dr Tony Pegrum  
Dr Ben Shorten

**Salaried**  
Dr Rachel Grainger  
Dr Shireen Fatheazam  
Dr Neil Metcalfe

**GP Registrar**  
Dr Elisabeth Drury

**Nurses**  
Alison Marshall  
Jan Jones  
Iffa Settle

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**Telephone**  
8am – 6 pm  
**Surgeries from**  
8.30am - 6pm  
**Visit requests**  
call before 10.30  
**Results**  
call after 10.30  
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**Urgent Out of Hours**  
0845 056 8060

**York Hospital**  
631313

**Social Services York**  
613161

**Citizens Advice**  
636066

**NHS Direct**  
0845 4647

**Registrar Births & Deaths**  
654477

**Swine Flu Vaccinations** have now arrived. The vaccine is aimed at all over 6 months of age who are in the ‘**at risk groups**’ (see box). Please note not all over 65s are eligible – only those in ‘**at risk groups**’. We will be inviting those eligible to attend specific clinics that are being set up, starting with those most at risk. Letters are already being sent. If you have received a letter please call 724199 or 724196 after 9am to make your appointment. We do not have the flexibility to give this vaccine opportunistically as it comes in 10 dose vials that need pre-mixing and don't keep long.

*Don't forget you need the seasonal flu vaccine as well!*

### SWINE FLU AT RISK GROUPS

All age 6 months and over with:

**Chronic respiratory disease**  
(including asthma)

**Chronic neurological disease**  
(including strokes)

**Chronic heart disease,**

**Those with impaired immune systems**

**Chronic liver disease,**

(including those on chemotherapy and transplant patients. Persons without a spleen. Those on long term steroid treatment. Persons with arthritis in disease modifying drugs.

**Diabetes**

**Chronic kidney disease**

**Pregnant women.**

**Carers for at risk patients.**

**Please avoid** dropping into surgery hoping to be seen there and then. We do not offer a drop in service and nurses and doctors will be busy with booked appointments. We will obviously try and deal with true emergencies but there are times when there is no medically qualified staff on the premises. Emergencies may well be better directed to A&E. It is much better to phone and a doctor will ring you back. The doctor can deal with many problems over the phone and, if you do need to be seen, a suitable time can be arranged for you, minimising disruption to staff and other patients.

### Appointment system at our practice.

Over the years we have made changes and modified our appointment system. Many changes are as a result of directives from the Department of Health. We also listen to our patients and try and make it as easy as possible for you to access our services. We appreciate we won't please everyone all the time.

### How to book a GP appointment.

- You can pre-book appointments with a GP up to three weeks in advance or make a 'same day' appointment.
- Pre-bookable appointment times are between 8.30 – 9.20am and 1.30 – 1.50pm. All other appointments are released on the day.
- If pre-bookable appointments have been taken on the particular day you wish to be seen, you will be asked to ring on the day you wish to be seen.
- If all GP appointments have been taken on the day but you feel you need to be seen, you can speak to the doctor on call. Please give the receptionist a short description of your symptoms and the GP will phone you back.
- Some problems can be dealt with on the phone and there are some telephone slots available with your usual GP or the 'on call' GP.
- You can telephone, call in or use the internet.

We are now sending text messages to remind you of appointments with us. The day before your appointment an automated message will be sent to your mobile, reminding you of date and time. We hope this will help you to remember and reduce missed appointments. We do not share your phone number with any other parties. Please ensure we have up to date contact details for you.

**N**umerous supplements, vitamins, herbal and "natural" remedies are freely available from health shops, supermarkets, pharmacies and of course the Internet. Although generally safe remember that being herbal or natural does not mean that they are totally safe and free of problems. In fact much less is known about their risks and benefits with certainty as they are not subject

to the rigorous regulation of drugs. They can also interfere with other medications you may be taking. For example St Johns Wort is known to have many important interactions with other drugs including anti-depressants, warfarin and contraceptive pills. If you are on prescription medications seek advice from a pharmacist or a doctor before taking any non prescribed preparations.

We welcome back Dr Neil Metcalfe. You remember him as he was with us as a GP Registrar a couple of years ago. He now works with Hull York Medical School sharing his time between an academic/educational role and 2 days a week as a GP with us.

The benefits of taking low dose **ASPIRIN** in people with a history of heart disease or strokes are well established. The benefits of taking aspirin for others is much less clear, and may be outweighed by the small risk of harm from taking it. We would advise you not to start taking regular aspirin unless you have been advised to do so by your doctor.

If you take **STATINS** (such as simvastatin or atorvastatin) remember you should not eat grapefruit or drink it's juice. Grapefruit contain high concentrations of a chemical that stops statins from working.

*And Finally  
The Jorvik Medical Practice now recycles almost  
all it's paper/cardboard/glass/cans waste.*