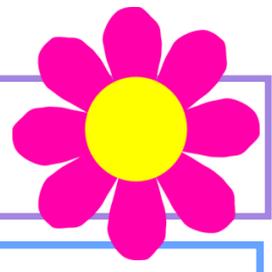


## Claremont Medical Practice Spring Newsletter



### Announcements

We are delighted to welcome Dr Barry Coakley to the team. Barry is an experienced GP and joins us as a Partner having recently relocated to the area with his young family.

Emily Lampitt is also back in her role of Assistant to Practice Manager, following the birth of her second little boy. Congratulations Emily!

A familiar Claremont face is retiring at the end of May. Dawn Witkiss, who has worked at the practice for 17 years, is looking forward to a not so restful retirement running her own market gardening business. We are sorry to see her go but wish her all the very best for her new venture.

Welcome back to Dr Peter Acheson after his recent skiing accident. Peter would like to take this opportunity to thank patients for all their good wishes and kindness during his recovery.

Good Luck to Amber White, our Modern Apprentice, who is expecting her first baby in July.

We have two weddings to celebrate over the next few months; Dr Kerry Boyle, and one of our secretaries Lisa Rowsell. Congratulations and good luck to them and their husbands to be.

Congratulations to Drs Jim Forrer and Kerry Boyle, and our Lead Nurse Jane Macdonald, who all ran the challenging 20 mile East Devon Grizzly Run in March, raising money for Cancer Research. Kerry and Jane beat Jim (as did his wife!) There is always next year Jim.

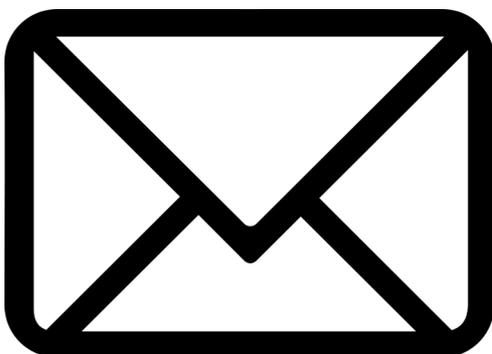
Jane also ran the London Marathon again this year in an impressive time of 3 hours 37 minutes.

Jo Watkins, a member of our admin team, recently took part with other members of her family in the London Moonwalk walking 26 miles during the night around the sights and streets of London. They raised £1300 for Breast Cancer care. Well done.



Claremont Medical Practice has a long history of supporting GP registrar and medical student training. Now we are delighted to say we will also be hosting placements for student nurses. A thank you and fond farewell to Hope Davey and Charlene Strudwick, our students from February to April, and welcome to Christine Ashman, who started with us on the 3rd of May.

A grateful thanks to a Lymptstone patient for her donation towards medical equipment for the branch surgery as a way of showing her appreciation for the service she and her friends and family has received over the years. The funds were used to purchase a wall-mounted Ophthalmoscope. Her generosity was very much appreciated



DOTPOST – receive correspondence from us to your own private online account.

Dotpost is an easy to use online secure mailbox where you can receive personal documents directly to your smartphone, tablet, or computer. Patients will receive an invitation to sign up for this service in some mailings from the practice.

**Did you know you do not need to see the doctor for hayfever symptoms?**

**Community pharmacists can offer advice on how to avoid triggers and how to treat your hayfever.**

You do not need a prescription for hayfever medicines.

Many treatments are available for little cost from a community pharmacy.

**Please help us save NHS resources which could be invested in improving local healthcare services.**




**CONSULT YOUR DOCTOR ONLINE**

Visit the surgery website to get treatment and feedback from your own GP



**Consult**

**How does it work?**

- 1 Visit the surgery website and click on "Consult Online"
- 2 Find your health condition and fill out a simple online questionnaire
- 3 Your GP will get back to you with feedback and treatment options

**HEALTHY PEOPLE**  
Living healthy lives in healthy communities

**NHS**  
Northern, Eastern and Western Devon Clinical Commissioning Group

**Making your local health record work better for you**

**Information about shared records**

This practice is part of the local shared care record initiative. This means that as from 1st April 2016 it will be possible for you to give permission for other health care professionals to view your GP health record when they are providing you with care.

If you have any concerns or questions, please take a copy of our leaflet: *'Making your health records work better for you'*

Or ask to speak to LEBBIE SARGANT, PRACTICE MANAGER  
Alternatively, email the project at: [D-CCG.informationgovernance@nhs.net](mailto:D-CCG.informationgovernance@nhs.net)




### Travel Vaccinations

It is important that you obtain travel advice and current information about what vaccines are recommended for specific countries when travelling abroad. We advise doing this at least 6-8 weeks prior to leaving for your destination as you may require a course of vaccines.

Information about which vaccines may be required and general travel advice is available on the following websites:

Fit for Travel - <http://www.fitfortravel.nhs.uk/home.aspx>  
Nathnac - <http://travelhealthpro.org.uk/>

The practice will only supply and administer travel vaccinations covered by the NHS.

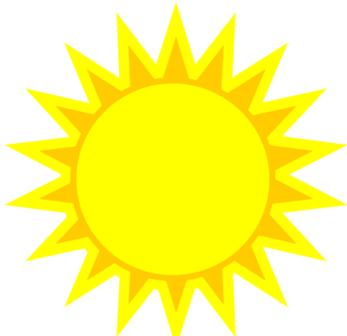
These are: Diphtheria/Tetanus & Polio, Typhoid and Hepatitis A

Please check which vaccines you may require by using the above websites before booking an appointment with the Practice Nurses.

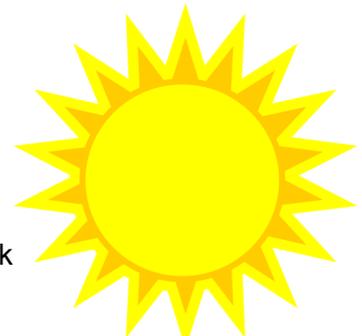
Anti-malarial medication can be obtained with an online consultation through <http://www.travelpharm.com/>

We are happy to provide you with a record of your vaccination history on request in order for you to check what vaccinations you have had and whether you need boosters.

Travel clinics in Exeter can be accessed for any other vaccines required. For prices and appointments please contact them directly.



Travel Health Consultancy  
22 Southernhay West  
Exeter  
Ex1 1PR  
Tel: 01392 430590  
Mob: 07811 216526



Email: [enquiries@travelhealthconsultancy.co.uk](mailto:enquiries@travelhealthconsultancy.co.uk)

Boots Travel Vaccinations and Health Service  
<http://www.boots.com/en/Pharmacy-Health/Health-shop/Travel-health/Travel-vaccinations-and-advice/>



### Nurse Practitioner Clinics

We now offer regular Nurse Practitioner surgeries run by Jane Macdonald, our Lead nurse. Jane is a qualified Nurse Practitioner and Non Medical prescriber. She can offer telephone advice and see and treat a range of problems including minor illnesses, diabetes problems, asthma problems, wound infections.



### **systemonline** BOOK REQUEST REGISTER

Manage your healthcare provision online. You can use this facility to book or cancel

appointments, order your prescriptions online and view your GP Record using the Internet at your convenience, even when we are closed.

You will need to register with the practice to access this service, and once registered you will be given information that will enable you to create your username and password.

### Your GP

All our patients have a named GP who is responsible for their overall care at the practice. Please contact us if you are not aware who this is. If you have a particular preference we will make reasonable efforts to accommodate your request.



Please let us know if you cannot keep your appointment. You can either telephone on 01395 273401 or text us on 07519 341 887

Please give your name, date of birth and time and date of your appointment (please note that we are unable to reply to messages sent to this number)

### Buddy System

Following patient feedback regarding the importance of having continuity of care we have introduced a Buddy System whereby our GPs have an allocated Buddy to cover their patients when they are not available. Wherever possible your named GP's Buddy will deal with any results, prescription requests etc for you in their absence. Should you wish for more information please ask one of our secretaries.

A new research study called PROSE is currently being undertaken by the practice.

This study is looking at the effects of an exciting new drug for patients with moderate to severe psoriasis. It is normally only available for people who have severe psoriasis who have already tried powerful treatments such as methotrexate. Claremont has been selected to be one of a few practices in the UK to take part in this international research.

If you are over 18 and have moderate to severe plaque psoriasis and are interested in finding out more about the study, please contact either Dr Douglas or Dr Acheson or any member of the research team on 01395 273666

### Prescription Requests

May we please remind you that we require 48 hours notice (i.e. 2 working days) for prescription requests.

Orders made via pharmacies may take longer. We would advise patients to check with their preferred pharmacy.



### SMS Reminders

If you would like to be sent an appointment reminder and other updates via text message please provide us with your mobile phone number.

### Extended Hours

Monday Evening	6.30pm - 8.00pm
Tuesday Morning	7.00am - 8.00am
Saturday Morning	8.30am - 11.45am

Please note these appointments are bookable in advance

NB: The practice is not open for all services at these times ONLY for these surgeries