

Newsletter - 14

For Patients

By the Patient Participation Group
November - December 2016

Meet Our Doctors and staff - 3. Dr. Amir

I initially started my GP training in Norwich, however, due to family commitments I moved and transferred my training to West Midlands.

I completed my GP training in Walsall almost 3 years ago. I started working at Bath Row Medical Practice

as a salaried GP in March 2015. I'm thoroughly enjoying working here. All the staff are very supportive and friendly and there is a good mix of patients I have a special interest in family planning and sexual health & I am trained in fitting coils and implants. We have a coil/implant clinic once a week at the surgery for patients.

I am married with two children. Outside work, I like to spend time with my family and enjoy baking. I try to attend the gym at least once a week and have recently started to take squash lessons.

I plan to continue to work at the Practice and build good relations with my patients.

Dr A Amir MBBS, MRCP, DRCOG, DFSRH



Flu jab -

Here is what the NHS website (www.nhs.uk) says :-

"Flu symptoms :- can hit quite suddenly and severely. They usually include fever, chills, headaches and aching Muscles. You can often get a cough and sore throat."

Because flu is caused by a virus & not bacteria, antibiotics won't treat it. Anyone can get flu, but it can be more serious for certain people, such as:-

1. people aged 65 or over
2. people who have a serious medical condition
3. pregnant women "

Ask about the Flu jab available in this Medical Practice

The Care Quality Commission of the NHS

came to visit and inspect Bath Row Medical Practice
this August 2016

The Care Quality Commission monitors, inspects and regulates health and social care services.

They publish what they find, including ratings to help people choose care. They inspected our Practice in August and alongside observing care; reviewing records, policies and procedures; interviewing staff and placing a questionnaire for patients in the waiting area, they were keen to meet with representatives from the PPG. They were interested to know about our relationship with the Practice and our views about the care provided. The report, together with their rating will be published in the autumn.

(We will give more details of the report in the next Newsletters - but the indications are that it was a very Positive & good report.)

(Article by PPG member Rodger)

Boulton and Wattshername of Birmingham (and Bath Row) - discuss their owners -



There they go - out in the car again
Why can't they WALK ?

We know that going out and WALKING is so good for you
And FUN don't we Boulton ?



We certainly DO!



I'm always asking for a Walk We know our bodies need it Don't we ?



We Certainly do !

Cartoon by PPG member Jan

Patient Group - on-line

(by PPG member - Jan)

Our 'Bath Row Medical Practice' has now set up a group of patients who 'talk' to us 'on-line'.

This is the **Virtual Patients Participation Group**.

We all realise that it is not possible for some patients to come to meetings regularly but at the same time - communication from patients to the Medical Centre staff is very important.

If you would like to join this group - do give your name and email address to reception staff - saying that you would like to join the Patient Participation Group as a Virtual Member.

Look out for PPG members coming to the Waiting Room (from time to time) and talking about the Patients groups and asking if there is any matter that you would like to talk about.

Also, if you have joined the 'Virtual Group' & would like to see what the rest of the group is doing - You could come and 'visit' a meeting and/or you can read The Minutes of the PPG meetings on The Practice website :-

bathrowmedicalpractice.co.uk - see the dates, instructions and details in the box below :-

Come & join the Patient Participation Group

(give your name to a receptionist)

Our next meetings are at 6.15pm

Here at the Surgery on these dates:-

Wed 19th October 2016

Wed 16th November 2016

Wed 7th December 2016

Editor's Note

You can see the Minutes of PRG meetings and all editions of The PRG Newsletter on the Practice website.

www.bathrowmedicalpractice.co.uk

Click on 'Have your say' Then

Click on 'Patient Representative Group'then

Click on 'Minutes, Reports and PRG Newsletter'then

Scroll down to the bottom of the page & click on the one you Would like to see - wait a few seconds & it will appear.

(Don't forget to scroll down the page to see - page 2)

CHILDRENS PAGE

COLOUR THE PICTURE

Ask at Reception for coloured pencils



This is Dr. Merryman's

drawing of Bath Row !

(Picture sent in by PPG member John)

Can you now read what Dr Merryman says -

La-ght-r is -h-
B- - t M-di- - ne

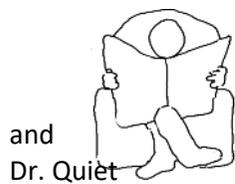
Dr. Exercise



And Dr. Diet



Dr. Merryman



and
Dr. Quiet

Changes in Medical Care over the last century

(Article by PPG Member – Ros - who says:- I qualified as a doctor in 1962 and after house jobs in my training hospital, trained in paediatrics and psychiatry and have worked across services in all kinds of conditions as well as liaison work with the acute services I found myself continually taking training courses while training others as well as ultimately taking a managerial role...)

I have lived and worked through a great deal of change in health care in my lifetime & am so interested in how the care has changed. Here is the first part my summary of how Health care has changed over the last Century:-

What was health care like before 1948 ? (ie before the formation of the NHS)

1. Health Care funded by Charitable organisations -

Pre the 1948 Act, provision was provided in part by Voluntary Hospitals ie funded by Charities or Foundations with Boards of Governors and staffed by Consultants (who were unpaid) and with Schools of Nursing. These were largely Training Hospitals, Specialist Hospitals & Cottage Hospitals. Funding was becoming problematic as philanthropic ideals were changing and there were various forms of insurance available but these could be complicated and difficult.

2. Health Care Funded by Local Authorities -

Under the Poor Law there were 'Poor Law Hospitals' or Infirmaries alongside Workhouses, Asylums, and Isolation Hospitals and were council funded Locally. It was recognised that in particular, the Infirmaries which were poorly staffed with poorly trained staff admitted people with a wide range of problems and were actually treating more patients, more seriously ill than in the voluntary sector

For patients -visiting a doctor was expensive and and going to hospital was quite daunting.

1948 there was the NHS ACT and the repeal of Poor Law Act.

In the inter -WW1 and WW2 years there was rising concern that there was a need for change and the experience of managing services during the war indicated the possibilities of running an integrated service that was tax funded by government.

The NHS was free at the point of delivery and funded from taxation The new structure brought a range of professionals under one umbrella with 3 sectors:-

1 .Hospitals

The Service provision was paternalistic. The management at hospital level was small And led by the Medical staff and Senior Nursing staff.

2. Primary Care

It was most often the wives of the GPs who managed the administration alongside their husbands. A receptionist might be employed if there were several GPs working together to manage the waiting room and some of the administration at most. Surgeries were often in the GPs house with the dining room as waiting room.

3.Community Care

Such as the Public Health Education Department, local clinics for children In particular and voluntary charities.

(This article is part of a bigger study in progress - by PPG member - Ros)

A Personal Recommendation for a delicious Healthy dish

Cauliflower and Rice – Easy Peasy

Serves at least 4

Ingredients:

- 1 tsp of cumin seeds
- 1 tbsp olive oil or rape seed oil
- 1 tsp salt
- 1 large tea cup of Basmati Rice
- 1 medium cauliflower
- 2 large tea cups of water
- Black pepper
- Fresh coriander (optional)

Method

1. Wash and break the cauliflower into florets. Pick the nice tender green leaves from around the cauliflower and cut into 2.5cm lengths
2. Heat a large saucepan on a moderate heat until moderately hot. Add the whole cumin seeds and continue to warm until you can smell the cumin seeds.
3. Add the olive /rape seed oil carefully and fry until you can hear the seeds cracking.
4. Immediately add cauliflower and coat in the oil.
5. Add the rice and stir to coat in oil.
6. Add the 2 cups of water and salt.
7. Bring to the boil and clap on a tight fitting lid.
8. Reduce heat to moderately low and cook for about 20 mins or until the rice is cooked and the cauliflower is tender.
9. Add several grinds of black pepper and chopped fresh coriander

This can be served on its own with a side of yoghurt, cucumber and tomato or with stews or curries as a vegetable/ rice side dish. (There is no need to wash or soak rice unless it is bought loose.

Recipe by PRG member Fran