#  4Seasons Medical Centre Ltd

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#  Useful Information

**4Seasons Medical Centre Ltd**

Orford Jubilee Park, Jubilee Way, Warrington,

WA2 8HE

01925 597150

Email: cmicb-war.fourseasonsmc@nhs.net

District Nurses: 01925 251485

Health Visitors: 01925 946858

Blood tests (Orford) 01925 946421

Treatment Room: 01925 946421

Children’s Blood tests (Bath St) 01925 946323

Stop Smoking: 0300 003 0818

Patient Ambulance: 0800 032 3240

Social Services Self Ref: 01925 444264

**Please visit our website for more information on all our services**

www.4smc.co.uk

Practice information Leaflet

[**www.4smc.co.uk**](http://www.4smc.co.uk)

**Telephone: 01925 597150**

**Dr A D Malkhandi MB CHB MRCGP**

***Surgery opening times:***

**Monday to Friday 8.00am – 6.30pm**

***Appointment times:***

**Monday to Friday 9.00am – 6.00pm**

## Special Thanks

**Practice Staff**

Doctor: Dr Anita Malkhandi

Practice Nurse: Susan

Health Care Assistant: Cath

Practice Manager: Liz

Reception Team: Karen, Elaine, Lauren & John

Care Co-Ordinator: Heather

**What you can expect from us**

Quality medical care provided by qualified clinical staff, with a referral to a hospital consultant if this is felt to be appropriate

**A Clear Explanation** of the treatment we propose to give you and an understanding response to any questions you may have.

**Courtesy and Respect** from everyone working at the surgery, especially with regards to your rights, privacy and confidentiality.

**Appointments at the Practice**

When requesting a non-urgent/routine appointment, please complete an eConsult via our Website, using the most appropriate heading for your complaint. This will then provide us with information for us to direct you to the right service. Not all appointments need to be with the GP and once we receive your eConsult, this will be screened and directed to the most appropriate service, as we now have specialist teams working with us. We offer face-to face appointments when deemed necessary by the GP as well as Telephone & Video Consultations. Any appointment on the day will be booked by the GP once triaged. Routine appointments for the Practice Nurse & Health Care Assistant

**What we ask of you**

**Cancellations** inform us as soon as possible if you will not be attending for your appointment. Telephone lines are open at 8.00am to 6.30pm. If you are late more than 10 min the GP may ask you to make another alternative appointment.

**Tell us** if you change your address or telephone number.

**Be Patient** If we are running late – on another occasion it may be you who needs the extra time.

**Don’t ask** for someone else to be seen during your consultation without prior arrangements.

**Treat everyone** at the surgery with the courtesy and respect that you would like to receive.

**Did you know….**

Across Warrington, GP’s and other health professionals will no longer routinely prescribe medications for short term minor health problems, unless there are exceptional circumstances, patients will be expected to buy the medicines listed below themselves over – the- counter at a local pharmacy or supermarket.

**Medicines include:**

|  |  |
| --- | --- |
| Pain killers for minor aches and pains  | Hair removal creams  |
| Tonics, health supplements and vitamins | Moisturizers and bath additives for dry skin |
| Earwax remover | Sun creams (unless diagnosed photosensitivity as a result of genetic disorder) |
| Lozenges, throat sprays, mouthwashes gargles & toothpastes | Food and food supplements (except on the advice of a dietician) |
| Indigestion remedies for occasional use |  |
| Creams for bruising, tattoos and scars |  |

**Why?**

NHS Warrington Clinical Commissioning Group (CCG) spends approximately £1million per year on prescribing these medicines.

This money could be better spent on treating more serious conditions such as heart disease and diabetes. Many of these products are readily available, along with advice, from local pharmacies. Some are also available from local shops and supermarkets.

**Why does the receptionist need to ask what’s wrong with me?**

**Its is not a case of the receptionist being nosey!**

The reception staff are members of the practice team and it has been agreed they should ask patients “why they need to be seen” Reception staff are trained to ask certain questions in order to ensure that you receive:

* The most approriate medical care,
* from the most approriate health professional,
* at the most appropriate time.

**Receptionist are asked to collect brief information from patients:**

* To help doctors prioritise house visits and phone calls.
* To ensure that all patients receive the appropriate level of care.
* To direct patients to see the nurse of other health professionals rather than a doctor where appropriate.

**Reception staff, like all member of the team, are bound by confidentiality rules.**

* Any information given by you is treated strictly confidentially
* The practice would take any breach of confidentiallity very seriously and deal with accordingly.
* You can ask to speak to a receptionist in private away from the reception desk.
* However if you feel an issue is very private and do not wish to say what this is then will be respected.

**Once you have completed The Registration Form**

We require:

* **Two forms of photo Id.**
* **New Patient Health Check** (to be booked at reception)
* **Urine Health Screen Test** - The urine tests usually screens for blood sugar + proteins etc. which may show signs of infection or diabetes. These tests also screen for alcohol, amphetamines, benzodiazepines, marijuana, cocaine, PCP, and opioids (narcotics). After a drug test identifies these problems, the doctor can help you start a treatment plan.
* **Hep Screening -** You will need to give a blood sample for this screen test. No fasting required.

**Out Of Hours**

If you need health advice outside of surgery hours please call NHS 111 and you will be able to speak to a health professional.

**Enhanced Access Service**

This service is available Evening & Weekends at multiple locations to see GPs, Advanced Nurse Practitioners, Practice Nurses, Phlebotomy Clinics and Minor Ailments.

To book an appointment with this service, please book directly through our Reception Team.

**Compliments & Complaints**

We are always happy to receive compliments, there is a family and friends recommendation slip at reception for you to fill in and leave your response to the experience you have received from our service.

Complaints or difficulties which you experience can be raised with the practice manager. A formal complaint should be made in writing to the Practice Manager who will acknowledge your complaint and investigate where possible and make you aware of the conclusion by writing to you. A complaints form can be picked up from Reception.

**District Nurses & Health Visitors**

The district nurses have **a Treatment Room and** **Phlebotomy clinic** on the first floor at Orford Jubilee Park. To contact them for advice or an appointment please call 01925 946858 Please note phlebotomy service is open between 8.30am – 14.15pm Monday – appointment only

**Child Health Surveillance Checks**

Baby Health Check 6 – 10 weeks are held by Dr Malkhandi Checks at 7 – 9 months, 21 months and 3 years are held by the health visitor. There are also **Drop-in-clinics** where babies can be weighed and general advice, please contact the health visitor on 01925 946858 for details and venues.

**Protective Learning Time**

Each month on the last Wednesday or Thursday afternoon (alternates), the practice staff have training & education so the practice is closed from 13:00pm-18:30pm – all calls will be diverted to Out of Hours.

**Blood Test & X- Ray Results**

If you require the results of any tests/x-ray you may have had, please request via the eConsult platform. We will no longer be accepting requests for test results over the telephone. The Practice will contact you if any results need urgent attention or you need to see the doctor.

It usually takes 4-5 days for a test result to come back from the hospital, and 10 – 14 days for an x-ray result.

**Dealing With Addictive Medication**

**Including Sleeping Tablets and Tranquilizers.**

We endeavor to help people reduce and eventually stop taking medication known as Benzodiazepines (commonly called Valium, Diazepam, Temazepam, Nitrazepam and Lorazepam) some sleeping tablets and some prescription painkillers.

These tablets can be very addictive and also have some unpleasant side effects.

**PLEASE NOTE: THIS PRACTICE ONLY PRESCRIBES METHADONE IN CONJUCTION WITH THE COMMUNITY DRUG TEAM.**

**How do I get a prescription?**

You will be offered a medical checkup with the nurse before any prescription is given. This allows us to ensure that you are physically and mentally well.

All Benzodiazepine medication is recorded (Prescribed and street) and your total daily dose calculated.

This is then converted to an equivalent dose of diazepam (Valium) as it is the easiest type to reduce down.

This will only be given in 2mg doses. You may well be offered an alternative medication to take as well if you have bad nerves.

**Our Nursing Team**

Our Practice nurses offer a wide range of services to our patients such as;

* Asthma Review
* Chronic Disease Management
* COPD Review
* Diabetic Review
* Cervical Smears
* Baby vaccinations

Our Health Care Assistant offers:

* Blood pressure monitoring
* Weight management
* ECG tests
* NHS & New Patient Health Checks

**Other Services**

* Citizens Advice Bureau alternate Friday afternoons (appointments only)
* Medication reviews by a practice pharmacist
* Physiotherapy
* Minor Ailments
* Mental Health Practitioner

**Chaperone Service**

If you would prefer to have a chaperone present during an intimate examination please tell the Doctor/ Nurse. Alternatively, you can bring a friend or we will ask a member of the staff (male or female as appropriate) to be present.

**Repeat Prescriptions**

These may be ordered in a number of ways,

You can also order online, please ask reception for a username and password.

Email the practice: warccg.fourseasonsmc.nhs.net

Handing in or posting the tear off slip ticked from your prescription.

Contact your pharmacy who will remember to put your request in every month.

**Please allow 48 hours after we have received your request before going to collect it**, remember to make allowances for public holidays and postal delays. Due to possibility of errors, repeat prescription request **are not taken over the phone.**

**Did Not Attend Policy (DNA)**

4Seasons Medical Centre Ltd operates a policy that if you do not attend three consecutive appointments within a 12 month period then the practice team will meet to discuss removing you from the practice.

**A DNA** (Did not attend) is classified as you did not attend you allocated appointment.

**OR** you telephone the surgery to cancel your appointment with an hour of that appointment time.

**Zero Tolerance Our Policy On Violence And Aggression**

4Seasons Medical Centre Ltd pledges to treat patients with dignity and respect. Our staff have the right to be treated with dignity and respect in return. We will not tolerate violence in any form, including foul language towards our employees.

Your prescription will be issued weekly until your full records arrive from your previous GP.

**What happens if I lose my prescription or it gets stolen? (If it is a controlled Drug)**

You must inform the loss to the surgery as soon as possible and also report it to the local police. The out of hours Doctors are informed **NOT** to issue any repeat prescriptions for the drugs mentioned previously. You will be able to contact the surgery and receive a fresh prescription once you have the crime number from the police station. You will receive daily prescriptions for one week following a lost prescription.

**Can I have my prescription early? What if I go away?**

Sorry, prescriptions are **NEVER** issued early for reducing course, even if you feel it is an emergency. You must book a routine appointment whenever you want to discuss your prescription. There are **NO EMERGENCY APPOINTMENTS**

For reducing prescriptions, If you go away, then you will have to see a GP as a temporary patient if you run out of tablets. Please remember: that some GPs will not prescribe these tablets to temporary patients, so any trip away will need careful planning.

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