

PPG Newsletter January 2023

Surgery News

Dr Arthanari became a partner at Abbey Medical Centre in October 2022. She graduated in India and did her GP Training in Oxfordshire. She has vast experience in Obstetrics and Gynaecology before training as a GP. She is proficient in family planning and does fit coils and implants. She also holds special interest in dermatology and mental health. Dr Arthanari is also a keen runner and is interested in encouraging like-minded patients to participate in Park Runs, etc. Those interested should contact the surgery.

She is a training GP so is actively involved in training other doctors. We currently have one Physician Associate who is supported by Dr Arthanari. Initial assessments may be undertaken by that Associate although this is optional.

We currently have approx. 2,400 patients on record. We are supported by Millman Road Practice and are part of the Whitley PCN.

Winter Resilience

You can expect to have multiple viral illnesses this first winter without Covid restrictions in place. It can take up to 3 weeks to recover. Most coughs and colds will get better without seeing a clinician. The NHS needs to be available to care for those whose illnesses won't get better on their own. If you have a cough, cold or flu like symptoms click this link to see if you need to contact us. <https://www.nhs.uk/conditions/common-cold>

Surgery Website

The Surgery website is <https://www.abbeymedicalcentre.co.uk>

We want to encourage patients to fill out the Family and Friends Test. The link can be found on the practice website.

Clinical Issues

Children's health care for Under 5 is managed by Tracie at Child Health Berkshire West and you can download the app free plus get valuable information and assistance from [Child health | Berkshire West Clinical Commissioning Group \(berkshirewestccg.nhs.uk\)](https://www.berkshirewestccg.nhs.uk/child-health)

We have recently conducted thorough patient COPD reviews and contacted those affected

We are actively promoting the ACR (Albumin Creatinine Ratio) home tests for those at risk of kidney problems. If you are contacted by the NHS to take a test, please do so.

Physiotherapy services are now provided directly by Berkshire West NHS. Details are available on the website.

Bowel Cancer Screening for the over 60s is conducted every 2 years and you are encouraged to participate when offered. Early diagnosis is essential in the treatment of Bowel Cancer.

Diabetic Eye Screening is also offered annually and those invited are encouraged to participate.

Patient Information

May we please remind you to keep the surgery updated with any change of address or contact details

The Patients Participation Group is still in need of new members. Meetings are held once every 3-4 months and are limited to 1 hour in length. Anyone interested can advise surgery reception or find a form to apply on the surgery website.