



# The Abingdon Medical Practice

**Dr Corbett**

**Dr Kilduff**

**Dr Chua**

**Dr Raby**

88-92 Earls Court Road  
Kensington  
London W8 6EG

**Tel Number:**  
**020 7795 8470**

**Fax Number:**  
**020 7795 8480**

[www.abingdonmedicalpractice.co.uk](http://www.abingdonmedicalpractice.co.uk)

# WELCOME TO OUR SURGERY

The Abingdon Medical Practice is situated beside Pembroke Square in the ward of Abingdon close to Kensington High Street. Our surgery is located on the ground and first floors of the building. It is designed to allow ease of access for all and a lift is available for those who are unable to use the stairs. We regret that there are no parking facilities at the surgery.

The practice works in conjunction with the Kensington and Chelsea Primary Care Trust (PCT) who manage the provision of NHS general practice services within the area. We are also available to see patients on a private basis - consultation fees available on request.

## THE PRACTICE TEAM

### The Doctors

**Dr Clare Corbett** MA, MB, DCH, DRCOG, MRCGP  
Qualified in London in 1979.

Dr Corbett's interests lie in women's health, paediatrics and acupuncture. She is the GP member of the Maternity Services Liaison Committee at the Chelsea and Westminster Hospital.

**Dr Ciaran Kilduff** MB, BCh, BAO, MRCP (UK), MRCGP, DRCOG  
Qualified in Dublin in 1987. Diploma in Practical Dermatology

Dr Kilduff's particular interests are in the prevention and management of adult medical diseases, skin problems and stress-related disorders. He is also an approved GP trainer and supervises GP registrars working in the practice.

**Dr Seok Mee Chua** MB BS, BSc, DCH, MRCGP  
Qualified in London in 1991.

Dr Chua's interests lie in paediatrics, women's health and mental health problems. She is also involved with work on children's medicine and appraisal of other GPs in the Kensington area.

**Dr Adrian Raby** MA, MB BS, BSc, MRCGP  
Qualified in London in 1993.

Dr Raby's interests include mental health and substance misuse. He is also interested in Medical Law and ethics. He is actively involved with medical student teaching at Imperial College as well as being an approved trainer of GP registrars in the practice.

**Dr Lindsay MacInnes** MB, DRCOG, MRCGP  
Qualified in Sheffield in 1972.

Dr MacInnes works part time in the practice. She was in full-time practice in Fulham for many years. Her other interests are in health screening and disability assessment.

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**Daska Barnett BSc (Hons) MCOptom** - Principal  
**Elaine Styles BSc (Hons) MCOptom Dip CLP** - Consultant  
**Chloe Robson BSc (Hons) MCOptom** - Optometrist  
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**Miss M.A. West Wittering, West Sussex PO20**

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**Mrs K.M. Hammersmith, London W6**

I particularly like the friendly helpful staff. You are near perfection and I always recommend you to friends!

**Mrs B C Barnes, London SW13**

Friendly, professional, fantastic!

**Ms S.V.H. Kensington, London W8**

Enthusiastic, helpful, happy and professional staff. I am very happy to make the journey for an excellent service.

**Mrs S.G. Essex CO7**

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**Mrs M.B., West Kensington, London W14**

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**Mr M.B. Peterborough PE4**

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"Our smile advertises us to the world," said Peter, who has over 17 years' experience as a qualified dentist.

"We offer a full range of treatments, from traditional dentistry such as check ups, cleans and filling through to modern cosmetic techniques including implants, veneers and teeth whitening to create the best smile possible for each client.

"We also fit the Inman Aligner, which is an affordable, discreet and rapid way of correcting crooked front teeth."

Peter and the team understand that for some people a trip to the dentist can be a daunting prospect. "That's why we take the time to get to know our patients, and to tailor our services to each one, with treatment plans as individual as they are," he added.

For more information, call (020) 7937 2160, or click onto [www.scarsdaledental.co.uk](http://www.scarsdaledental.co.uk).

## THE PRACTICE STAFF

### Administrative

Reception Manager ..... Ann Murray  
Senior Receptionist/Administrator ..... Frederique Patterson  
Receptionists ..... Nora Kammiri, Rebecca Curtis and Kimberley Chandler  
Secretary ..... Nikola Sultan  
Data Entry Clerk ..... Meron Tesfom

### Clinical

Practice Nurses ..... Amanda Afoa-Peterson and Lisa Clark  
Health Care Assistant ..... Nora Kammiri  
Phlebotomist ..... Valentina Frolov  
Health Visitor ..... Safia Ahmed  
Counsellors/Psychologist ..... Alan Pope and Monica Bard  
Dietician ..... Vicky Bittle

## SURGERY OPENING TIMES

Monday	8.00am - 1.00pm	1.30 - 6.30pm
Tuesday	8.00am - 1.00pm	1.30 - 6.30pm
Wednesday	8.00am - 1.00pm	1.30 - 6.30pm
Thursday	8.00am - 1.00pm	1.30 - 6.30pm
Friday	8.00am - 1.00pm	1.30 - 6.30pm
Saturday	8.30am - 12.30pm (Booked appointments for working adults)	

On the first Wednesday of every month the surgery is closed from 12 noon to 1.30pm.

## TELEPHONE ENQUIRIES

If you would like to discuss a matter over the telephone with one of the doctors please telephone between 12 noon and 12.30pm. The doctors will be able to answer any medical queries at this time. Please do not ask to be put through during surgery times unless it is an emergency as this interruption is disruptive to the patient who is consulting at that time. If you are unable to speak to your doctor please leave your name and number and a brief description of your problem with the receptionist and the doctor will call you back at a convenient time. Please remember that many enquiries eg results, appointments, letters, prescription enquiries, can be dealt with by a nurse or an administrative member of staff.

## HOW TO REGISTER AS A PATIENT

To register at the practice you need to live within the practice catchment area as outlined on the back cover of this booklet. If you have moved into the area from another GP you need to provide your medical card or all details of your previous GP plus your NHS number. This helps the Primary Care Trust arrange for the transfer of your medical records from your previous practice.

We would like you to complete a short health questionnaire, and we also request that you see a member of the practice for a health check.

Visit our website on: [www.abingdonmedicalpractice.co.uk](http://www.abingdonmedicalpractice.co.uk)

## MAKING AN APPOINTMENT

Consultations are by appointment only. **Appointments can be made either by telephoning 020 7795 8470 or by calling into the surgery. Urgent medical problems which you feel cannot wait until the next routine appointment will always be dealt with on the same day.** Please ring after 8.00am. If you wish to see a specific doctor please allow longer for non-urgent conditions. Our aim is to offer appointments for non-urgent conditions within three working days of the request. **Please inform us as soon as possible if you are unable to attend your appointment** as someone else may need it. Please note that due to the constraints of the National Health Service we are only able to offer appointments lasting 10 minutes. Inevitably this means we need to focus on a single problem area. We really do make every effort to run on time and therefore if you are more than 10 minutes late, you may be asked to re-book your appointment (in order to avoid delaying the patients who arrived on time) or wait until a free slot is available. This may not be until the end of surgery. Thank you for your co-operation.

## TELEPHONE APPOINTMENTS

It is also possible to arrange a telephone appointment with your doctor as it may be that the matter can be dealt with over the telephone. Please call the surgery before 10.00am if possible and reception will advise what time is available to speak to your doctor.

## CONTINUITY OF CARE

We recommend that you see the same GP on an on-going basis. This may mean you have to wait a little longer to get an appointment with your doctor who knows your history. Always let reception know who your usual doctor is when booking an appointment.

## HOUSE CALLS

If for strictly medical reasons you are unable to attend the surgery please call before 10.00am if possible. The doctor will call you back to discuss your request.

## OUT-OF-HOURS CALLS

If you need a GP or District Nurse outside of normal surgery hours **please telephone 020 8969 7777.** Out-of-hours cover is provided for the practice by Kensington and Chelsea PCT in conjunction with the GP Out-of-Hours service. If you require medical advice or are unsure on what you should do, please ring **NHS Direct on 0845 4647.** This is a computer-assisted advice line manned by fully trained nurses who can offer advice.

Please note all calls to these numbers are recorded for legal reasons but are strictly confidential.

## LOCAL WALK-IN NHS CENTRES:

1. St Charles Urgent Care Centre, Exmoor Street, London W10 6DZ. Tel: **020 8962 4262.** The UCC is a new primary care walk-in centre designed to treat patients with a minor injury or illness.  
**Opening times:** Monday - Sunday 8.00am to 8.45pm
2. Charing Cross Urgent Care Centre, St Dunstan's Road, London W6 8RF. Tel: **020 8846 1005/ 1006.** It can provide urgent, unplanned care, no appointment necessary  
**Opening times:** 24 hours a day
3. Parsons Green, 5-7 Parsons Green, London SW6 4UL. Tel: **020 8846 6758.** A walk-in centre led by trained nurses who can treat a range of minor injuries and illnesses.  
**Opening times:** Monday - Friday 8.00am to 7.45pm Saturday - Sunday 9.00am to 12.45pm

For the latest information click to: [www.abingdonmedicalpractice.co.uk](http://www.abingdonmedicalpractice.co.uk)

## TEST RESULTS AND SPECIMENS

**Please telephone the practice between 2.00 and 3.00pm Monday to Friday** to obtain the results of your investigations. You should telephone one week after the test has been carried out. The doctor will usually advise the receptionist of your results, allowing information to be passed on to you over the telephone. Sometimes the doctor may want to discuss the result with you and you may be asked to make an appointment. The reason for this is that some laboratory results are complicated to explain and are, therefore, better dealt with face to face. Specimens may be left with the reception desk before 3.00pm Monday to Friday. Please ensure that specimen containers are properly labelled as investigations are not carried out on un-labelled specimens.

## REPEAT PRESCRIPTIONS

**You may order a repeat prescription by one of the following methods:**

1. **Tick the items you require on the detachable counterfoil** from your last prescription or put the request in writing including your name and date of birth
2. By fax to 020 7795 8480
3. By e-mail to [abingdonmedical@nhs.net](mailto:abingdonmedical@nhs.net)

**(Please note this e-mail address is for repeat prescription requests only – all other queries should go directly to reception)**

The prescription will be ready for collection with two working days. If you would like it posted back please enclose an SAE allowing for possible postal delay.

**We do not accept repeat prescription requests over the telephone in the interest of your safety.**

## PRIVATE PRESCRIPTIONS

Please note that private prescriptions from consultants will only be converted into NHS prescriptions if we have been involved in the referral. However, the initial prescription from your consultant should be taken to the chemist for dispensing in the normal way. Please book an appointment with your GP or put in a written request if you need to continue with this medication. This will only be issued **when** we have received a letter from your consultant informing us of the treatment plan.

**Prescriptions from private GPs cannot be converted into NHS prescriptions.**

## PRIVATE TREATMENT

We regret that we are unable to administer treatment prescribed in the private medical sector such as chemotherapy or infertility treatment.

## TEACHING AND TRAINING

The practice is committed to training and education. We are a fully approved training practice for GPs completing their training - the GP registrars who spend a year working with us are fully trained doctors who have already worked for at least three years in hospitals before entering general practice.

We also teach medical students from Imperial College Medical School. We do ask for your help and co-operation in this area, but if you feel you would prefer not to have a medical student sitting in during your consultation, your request to see the doctor alone will be accepted without question. Occasionally we video-record consultations for teaching purposes and to provide us with feedback on our consultation skills. However, this would only be done with your prior knowledge and consent.

Visit our website on: [www.abingdonmedicalpractice.co.uk](http://www.abingdonmedicalpractice.co.uk)

## FREEDOM OF INFORMATION - PUBLICATION SCHEME

The Freedom of Information Act 2000 obliges the practice to produce a Publication Scheme. A Publication Scheme is a guide to the 'classes' of information the practice intends to routinely make available. This scheme is available from reception.

## PERSONAL HEALTH INFORMATION

Patients' personal information is held in confidence by the practice. Occasionally the practice collates statistics to support audit and research. This information is anonymous and used for audit purposes only. Any request for information regarding a patient has to be accompanied by a signed authorisation form from the patient concerned. We are registered under the Data Protection Act 1988.

## ACCESS TO RECORDS

If you wish to have access to your medical records you should make your application to the reception manager in writing. She will then reply to you and you will be invited into the surgery to read the records. A charge will be made for any copies taken.

## COMPLAINTS AND SUGGESTIONS

If you have a comment, suggestion or complaint, please either speak to a member of our reception team or one of the partners or put it in writing to our reception manager, Ann Murray. A complaint will be acknowledged within 48 hours and a full response within 10 working days.

## YOUR RIGHTS AND RESPONSIBILITIES

Patients will be treated with respect and courtesy at all times and the practice staff expect the same in return. We support the NHS policy of zero tolerance with regard to abusive behaviour. Anyone attending the surgery who is abusive, be it verbal or physical, will risk removal from the practice list.

## CHARGES

Charges may be made for services to patients which are not available on the NHS such as certain travel vaccinations, private medical certificates, private insurance claim forms and various types of medical examinations to name but a few. The receptionist will inform you of these charges, which follow BMA recommendations. A list is displayed at reception for your information.

## PRIVATE INSURANCE

We are always happy to make referrals into the private sector if required. However, please note that we are unable to sign insurance claim forms if we have not been previously involved in the referral. As it is non-NHS work, there is a charge for this service in accordance with BMA recommended guidelines.

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ADVERTISING FEATURE

## Smile with Style!

Going to the dentists may be something that fills you with dread whether it's to have a check-up, a filling or an extraction, but dentistry has changed so much for the better and the aim now is for healthy mouths that stay healthy by having regular check-ups. Teeth are for life and can last a lifetime if they are looked after properly.

You may be surprised to learn that, according to the Adult Dental Health Survey (UK) of 1998, about three-quarters of the population have some form of gum disease and more teeth are lost through gum disease than decay. So regular visits to the dentist are vital, not only to monitor tooth decay, but also to help prevent gum disease.

However, dentistry is no longer just a case of filling and extracting teeth, as it was for many years. Nowadays, many people turn to cosmetic dentistry, or 'aesthetic dentistry', as a way of improving their appearance, much as they would try a new hairstyle or perhaps even cosmetic surgery. The treatments can be used to straighten, lighten, reshape and repair teeth. Cosmetic treatments include veneers, crowns, bridges and tooth-coloured fillings.

Speak to your dentist who will be delighted to advise you on what is available, and the costs involved, to give you a smile to be proud of.

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**Tel: 020 7938 3331**

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**Tel: 020 7229 1730**

Mr Haysam I Youssef

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## SERVICE WITH A SMILE

JAMES HULL & Associates, situated on Earls Court Road, offer private dentistry aimed at giving the very best personal service possible.

“We’ve been established for over 11 years, and in that time we’ve built a reputation for friendly, professional service in our relaxed premises,” said Helen Derrick, the practice manager.

With a team of four general dentists, the practice is able to provide dental care for a variety of conditions. “Alongside traditional dental services like examinations, cleaning, polishing and fillings we offer a range of hygienic and cosmetic services,” Helen explained. “Darsh Patel is our orthodontist, and another member of staff, Kenneth Harper (who once featured in the TV programme "Make Me Perfect"), specialises in implants, gum surgery and cosmetic dentistry.

The cosmetic services include teeth whitening and Invisalign, which is a new way of straightening teeth to ensure the best-looking smile.”

“It’s revolutionary because it doesn’t use brackets or wires, and is virtually impossible to spot,” said Helen.

Tooth whitening is also an area that is proving popular with their clients. “We have three dentists, Peter Wilkie, Steven Preddy and Klaudia Tombolis who take care of our whitening,” said Helen. “By having a qualified dentist carry out the treatment, you’re guaranteed safe, quality care. Klaudia is also our Invisalign specialist.”

The surgery itself is a relaxed, welcoming space that utilises the most modern designs and equipment. “We understand visiting the dentist can be a daunting prospect, but our friendly staff help to relax patients who may be a little nervous,” Helen added.

The surgery is located on the ground floor with good disabled access, and there is parking available outside. The surgery is open on Saturdays, and evening and early appointments are available upon request.

For more information call James Hull & Associates on **020 7938 3331**.

ADVERTISING FEATURE

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## CLINICS AND OTHER SERVICES

We provide the following clinics which are all held in the surgery.

### Infant And Baby (Child Development) Clinic

The clinic is held every Wednesday afternoon between 1.30 and 4.00pm. It is run by a doctor in conjunction with a health visitor and our nursing team. The health visitor will be happy to see you to discuss any problems related to child-care during these times and by appointment outside of baby clinic time. Appointments will be made for you with the doctor for developmental checks. **Please note that sick children should not be brought to this clinic as they may infect the well babies.** If your child is unwell please make an appointment in the usual way.

### Diabetes

The clinic is held monthly and is run by Dr Kilduff and our practice nurse. We aim to offer a full assessment of your diabetes (for Type 2 Diabetes only - late onset) on an annual basis. Appointments are booked through our Reception Manager Ann Murray.

### Asthma

Asthma care within the practice is co-ordinated by one of the partners, Dr Raby who has an interest in this field. We aim to see all those on treatment for asthma at least once a year to check that they are on optimal treatment. We do not run a designated asthma clinic but are happy to see you by appointment with either our practice nurse or your usual doctor. Practical issues such as the use of your inhaler device or peak flow meter are best dealt with by the practice nurse.

### Maternity Services

All the partners at the practice are on the Obstetric list which means that they are able to offer you the full range of antenatal and postnatal care at the practice in conjunction with the local midwives and hospitals.

### Family Planning Services

All the doctors and practice nurses are fully qualified in all aspects of family planning. We offer a full range of services and appointments can be made in normal surgery hours. Coil fitting (IUD) and contraceptive implants are performed within the practice by Dr Corbett - please discuss it first with your usual doctor who will liaise with Dr Corbett for you to arrange a suitable appointment.

### Travel Vaccinations

Our practice nurses can advise you and administer the inoculations you may require for travel abroad. **It is best to seek advice at least six weeks before travelling.** Please note that there is a charge for some of these vaccinations and the accompanying certificates - the receptionist will advise you of these charges before your appointment.

### Minor Operations

All the doctors have been approved to carry out certain minor surgical procedures. These include minor skin lesions and cysts and are carried out at the end of a morning surgery to allow adequate time. This appointment should only be made after prior discussion with your usual doctor. You need to tell the receptionist the reason for your appointment so that it is appropriately scheduled.

Visit our website on: [www.abingdonmedicalpractice.co.uk](http://www.abingdonmedicalpractice.co.uk)

## New Patients

**ALL new patients are required to undertake a brief health check** as part of the registration procedure. This is carried out by our practice nurse or health care assistant and provides us with a record of your health needs and promotes early detection of illness. Please bring a urine sample for testing at this check.

## Over 85 Year Old Patients

Our practice nurses offer a comprehensive annual health check for all patients over the age of 85. Please speak to reception who will arrange an appointment for you.

## Non-NHS Examinations

Medical examinations for special purposes such as pre-employment, fitness to travel, elderly drivers, fitness to undertake sports etc, will be provided by appointment only. There will be a charge for this service; please ask the receptionist beforehand.

## Cervical Smears

These are carried out by the practice nurses or the doctors. Appointments can be made through reception.

## HOW CAN WE HELP YOU?

### Our Reception Team

The reception manager is there to ensure that the practice runs smoothly and all our patients get timely and appropriate access to a health care professional most appropriate to their needs. She is supported by a fully trained reception team - they are there to help you and are acting on instructions from their manager and the partners in the practice. Please help them by understanding the problems they sometimes face when trying to please everybody. Please be assured that any information discussed with them is strictly confidential.

### The Practice Nurses

Our practice nurses are fully qualified in all the traditional nursing skills including **dressings, stitch removal, injections, travel vaccinations, cervical smear tests and ear syringing.**

They are also specially trained in the care of problems such as diabetes, asthma, blood pressure, wound management, ulcers and contraception. They are supported by a trained health care assistant and phlebotomist (person who takes blood samples).

### The District Nurses

The district nursing team is managed by a senior nurse who is supported by a team of 3-4 fully trained community nurses. The team provides high quality nursing care for housebound people.

**Important roles they fulfil include:**

- Caring for the dying patient at home
- Promotion of continence
- Management of patients with leg ulcers and wound care
- Management of medication

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- Carer support
  - Pre- and post-operative management
  - Rehabilitation after hospital admission
  - Management of housebound patients with diabetes, high blood pressure and lung diseases
- You can contact the district nursing team directly on **Telephone: 020 7795 8423 (voicemail) or 020 7795 8424** - please leave a message and they will call you back.

## The Health Visitors

The practice has an attached health visitor with her own office in the surgery. She has expertise in all aspects of the care and development of babies, in particular with feeding problems, and children up to the age of 5 years. The baby clinic (Wednesday afternoons) is run by the health visitor in conjunction with Dr Chua. The health visitor can visit families at home if necessary. The direct contact telephone number for the health visitor is **020 7795 8400.**

## Dietician

The practice is able to offer appointments with a highly trained dietician here in the surgery. There are set guidelines on who they feel they can help most so please make an appointment with your usual doctor or the practice nurse if you feel referral might be helpful.

Alternatively, your doctor or nurse may suggest to you the benefit of seeing the dietician.

The dietetics service may feel you would benefit more from joining one of their groups and will advise you accordingly.

## Counselling/Psychological Treatment

The practice has the services of two experienced counsellors (Alan Pope and Monica Bard) who are available to see patients for short-term counselling. The therapist can arrange longer-term counselling or psychotherapy outside the practice if necessary. Patients who wish to see the counsellor should discuss it with their usual GP in the first instance.

## Social Services/Social Workers

Self referral directly to Kensington & Chelsea Social Services Department is the usual way to discuss a problem with a social worker. The telephone number is: 020 7361 3013. However, if in doubt discuss the matter with the district nursing team or your usual doctor.

## SELF TREATMENT OF COMMON ILLNESS AND ACCIDENTS

Many common aches and pains can be simply treated at home without the need to consult a doctor.

### Back Pain

The spine is a complex arrangement of bones separated by discs which act like shock absorbers. Most back pain is caused by injury to these discs or the ligaments that hold the bones together. Most backache will resolve in a few days. If it does not, or if your back pain is also accompanied by pain down your legs or arms, you should consult your doctor. For relief of symptoms please take regular paracetamol and Nurofen.

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## Burns

Apply large quantities of cold water to the affected area as soon as possible and maintain this until the pain subsides. This may take as long as 15 minutes! If the skin is unbroken but blistered apply a loose, dry dressing. If the burn is larger than two inches in diameter or if the skin is broken, consult your doctor.

## Coughs, Colds And Flu

The majority of these are due to viruses and therefore antibiotics do not cure them. The following advice will help:

1. Rest.
2. Fluid intake: two to three litres per day.
3. Temperature control: paracetamol 500mgs x two tablets four to six hourly.
4. Sore throat: aspirin gargles, Merocaine Lozenges.
5. Runny nose/catarrh: Sudafed Capsules or Elixir.
6. Cough: Benilyn or Tyxilix.

Please consult the doctor if you are ill for more than a week, if you are coughing up green or yellow sputum, or you cough up blood. If you are over 65 or suffer from diabetes, asthma or chronic illness please make an appointment for a flu vaccination in October.

## Minor Cuts And Grazes

Wash the wound thoroughly with water and a little soap. To stop bleeding apply a clean handkerchief or dressing firmly to the wound for about five minutes. Cover with a clean, dry dressing.

## Diarrhoea

In adults diarrhoea is usually caused by a viral infection and is therefore unable to be treated directly. The symptoms can usually be eased by Imodium which is available from the chemist, or by medicines containing codeine. Holiday diarrhoea may be due to bacteria. In both cases consult your doctor if the symptoms persist more than a few days. Diarrhoea in very young children and babies needs careful attention. Most babies have loose bowel actions during their first six months due to their predominantly liquid diet. Diarrhoea should be treated by giving increased fluid intake or by a specially formulated solution such as Dioralyte which is available from a chemist. If the symptoms persist for more than 24 hours, or are accompanied by vomiting or weakness, consult your doctor.

## Gastroenteritis

Gastroenteritis describes a group of diseases affecting the stomach or part of the intestine. Symptoms are often diarrhoea, sickness and stomachache. Because the lining of the stomach is likely to be inflamed, medicines are often immediately vomited up. To avoid dehydration you should drink large quantities of water, diluted fruit juice or thin soup. If you are still vomiting, stick to water only. Try sipping it, frequently, in small amounts. Consult your doctor if you continue to be sick for more than 24 hours (six hours in the case of babies and infants).

## Head Lice (Nits)

These creatures, contrary to popular belief, prefer clean hair, and are, therefore, not a sign of poor personal hygiene. Medicated head lotion can be obtained from the chemist without prescription.

## Insect Bites And Stings

Antihistamine tablets eg Piriton or Clarityn can be obtained from the chemist without prescription and will usually relieve most symptoms. **Note:** bee stings should be scraped away rather than "plucked" in order to avoid squeezing the contents of the venom sac into the wound.

## Nosebleeds

Sit in a chair, lean forward over a basin or bowl with your mouth open. Pinch your nose firmly with your thumb and first finger. You should pinch the fleshy mobile part just below the bony bridge. It is useless to pinch the bridge itself. Keep your nose pinched for approximately 10 minutes. Avoid hot drinks or hot food for a few hours after that. Try also not to wipe your nose too much, or to sneeze. If the bleeding persists, consult your doctor.

## Sprains

Firstly apply a cold compress, containing ice if possible, for 15-30 minutes. A bag of frozen peas is ideal for this. This will reduce blood flow to the sprained area and, therefore, minimize bruising and subsequent swelling. Apply, firmly, a crepe bandage and give the sprain plenty of rest until the discomfort has subsided. If possible, keep the sprained joint raised. This will make it more comfortable and less swollen.

## Stomach Ache

Most attacks are not serious and are usually caused by indigestion or wind. A hot water bottle will often relieve the symptoms and, in the case of indigestion, a teaspoon of bicarbonate of soda in half a glass of water will help or a Gaviscon mixture. If the pain lasts for longer than eight hours or increases in intensity you should consult your doctor.

## Sunburn

Prevention with high protection factor suntan cream is paramount. Treat as for other burns with cold water to remove the heat. Calamine lotion will relieve the irritation whilst paracetamol will also help. Children are particularly susceptible to sunburn and great care should be taken to avoid overexposure to the harmful effects of the sun. Remember to drink plenty of fluids.

# Children's Health

How can I make my child's lunchbox healthier?



## Sandwiches

Carbohydrates are an important energy source that give our bodies some get-up-and-go! Cheese may be a good source of carbohydrates, but let's face it, cheese sandwiches can be boring! However, there are other ways to make sandwiches more interesting.

You can use different types of bread, such as pitta, bagels, wraps and baguettes. Where possible, use brown, wholemeal or granary bread. If your child doesn't like brown bread, buy 'whole white' bread. This is white bread made with one-third wholemeal flour. Alternatively, you could make a sandwich using one slice of whole white bread and one slice of wholemeal or granary bread.

It's important to balance a child's intake of carbohydrates with protein, a little fat and fibre. Pack sandwiches with tasty fillings such as chopped banana and peanut butter, chicken or ham with mixed salad, or low-fat grated cheese with tomato and cucumber.

Use low-fat margarines but avoid using mayonnaise as it has a high fat content. If you are unsure how healthy something is, check the nutritional information on the label to find out how much salt, fat, fibre and carbohydrates are in a product.

As an alternative to sandwiches, why not make extra pasta or rice, when cooking dinner the night before, and put some in a pot for lunchtime. Leftover slices of cold pizza made with a thin base and topped with lots of vegetables or lean meat are another tasty option.

## Fruit and veg

Children often like food they can eat with their fingers, so try chopping up raw vegetables such as carrots and peppers, to dip in humous or cottage cheese. Breadsticks, oatcakes and wholemeal crackers also make good finger food.

Replace sugary foods like chocolate and cake with low-sugar cereal bars, nuts, and dried fruit, such as raisins, apricots or prunes. Fruit makes an ideal dessert or snack and is packed with healthy vitamins and minerals. Keep lunchboxes interesting by varying the fruit each day and encourage your child to try new things like kiwi fruit, grapes or chunks of melon.

## Healthy drinks

Make sure that your child drinks plenty of fluid so they are well hydrated. However, try to avoid fizzy drinks because they often contain large amounts of sugar and are bad for your children's teeth. Instead, give them still or sparkling water, semi-skimmed or skimmed milk or unsweetened fruit juice.

Your children may take a while to get used to a healthy lunchbox, so it's important to praise them when they try new foods. It's also a good idea to save things like chocolate, crisps and pastries for the occasional treat.



## USEFUL TELEPHONE NUMBERS

CHELSEA AND WESTMINSTER HOSPITAL, SW10 .....	020 8746 8000
CHARING CROSS HOSPITAL, W6 .....	020 8746 8000
ST MARY'S HOSPITAL, PADDINGTON, W2.....	020 7725 6666
K. C & WESTMINSTER HEALTH SERVICES AUTHORITY.....	020 7150 8000
KENSINGTON & CHELSEA SOCIAL SERVICES .....	020 7361 3013
POLICE STATION.....	020 8721 2660
AGE CONCERN.....	020 7471 5555
ALCOHOLICS ANONYMOUS .....	0845 769 7555
CHILDLINE.....	0800 11 11
CITIZENS ADVICE BUREAU .....	0870 122 2313
CRUSE BEREAVEMENT CARE.....	0844 477 9400
RELATE (Marriage Guidance Counselling) .....	0300 100 1234
SAMARITANS .....	08457 90 90 90
WESTMINSTER PASTORAL FOUNDATION.....	020 7378 2000
JOHN HUNTER CLINIC (Genito-Urinary Clinic).....	0845 811 6699

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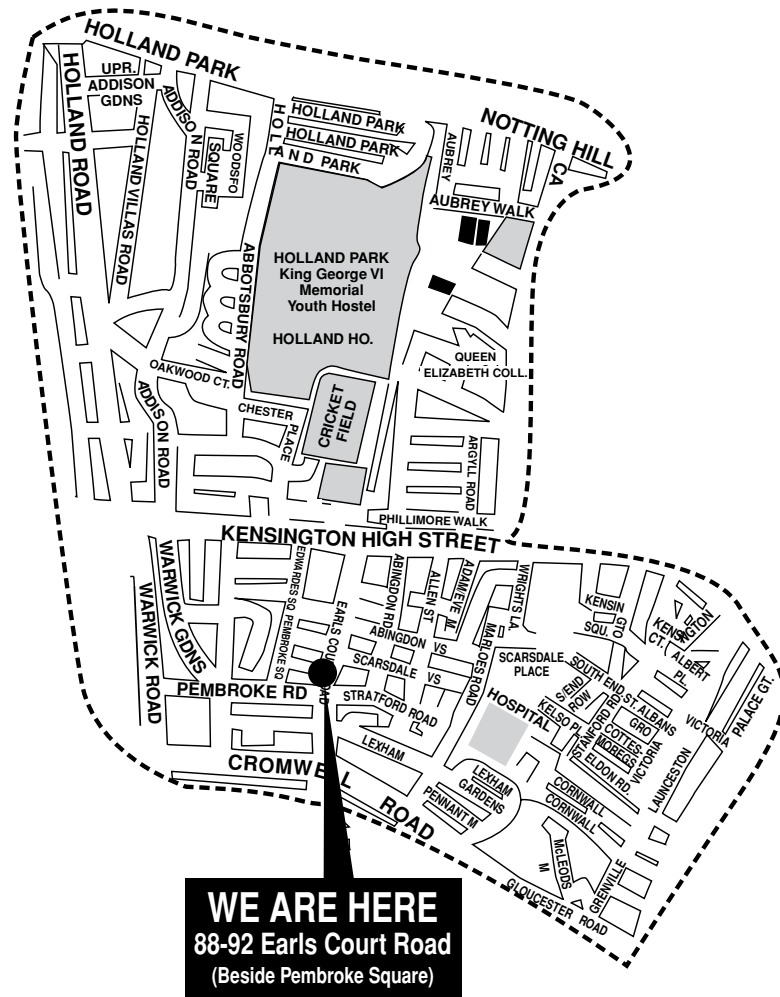
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# MAP OF OUR PRACTICE AREA



**There are no parking facilities at the surgery**