



ISSUE 3

HIGHFIELD SURGERY PATIENT NEWSLETTER

Compiled by Val Rothero.

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We have a new website—www.highfieldsurgeryhazlemere.co.uk

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SPECIAL POINTS OF INTEREST:



Are you still suffering with hay fever?

If you need to renew your prescription please email or drop a request in. Or ask your Pharmacist for suitable medication.



The surgery has many In House leaflets about travel, antenatal, over 60s and carers, prostate, young people and many more. Please pop in and pick one up.

OUR PRINCIPAL- FULL TIME PARTNER—DR NIGEL MASTERS



NIGEL MASTERS BSc(London) MBBS (London) MRCP DRCOG DFFP

Born in Bromley, Kent - father was a GP in Worthing. Dr Masters now lives locally and is married to Sally, an enthusiastic primary school teacher. They have 3 children who are all doing medical related studies. Their two daughters play the oboe and cello, whilst their son plays rugby (hooker).

He joined Highfield Surgery in 1991 and to the secretary's delight (me at the time) introduced the practice to their first Amstrad computer (sometimes known in the industry as **Joyce** being the name of a secretary of Alan Sugar, the founder of Amstrad—codename of the machine while in development).

After studying at Guys Hospital, he completed his GP training during which he developed the foot pump nebuliser for asthma patients and won the local (Sussex) Syntax prize. This was sold throughout the world over the next 20 years. Later he became medical adviser to an engineering firm in Birmingham for 2 years while sales rocketed and wherever he applied for a practice position, the partnership sold nebulisers! He then became a lecturer in general practice and full time principal at Lakeside Health Centre, Thamesmead. During this time he collaborated with a psychiatrist on a paper on depression and the physical environment, Research confirmed slab blocks (high rise on their side) was home to most of his severely depressed patients. He has a special interest in dermatology having held clinics in East London Hospitals. Medical photography became part of his medical life and his images were used on television in an attempt to ban the use of corned beef can lacerations! This photographic history has been helpful in teaching medical students and doctors at all career levels. He joined Highfield in order to reduce the stresses of London living and inner city practice. At first he focused on lifting the practice to training practice standards and started working as a GP trainer. He has also been teaching on the regional minor surgery course for trainee GPs for 8 years and again his photographic slides proved most useful. The In House practice leaflet system was devised by Dr Masters and has gone from strength to strength providing useful information for patients. In 2003 he found patients confused by their medication and devised a system of indicating the need for each item on repeat prescription. He became overall winner of the GP Enterprise award that year. He is still committed to the development of this concept and would like to see this rolled out across the NHS in the future. Dr Masters has also had experience of being a seafaring medical examiner for many years until recently even though he works in the landlocked County of Bucks.

STAFF COMMENT— Dr Masters is a caring and hardworking principle at Highfield and we (clinical and administrative staff) are very supportive. He always makes time to liaise with patients and staff when necessary and will always give patients his best care.

OTHER GP INFORMATION

Dr Paul Theobald—Many of our patients will remember Dr Theobald as our GP Registrar at the practice in 2001-2002 under the care of Dr Nigel Masters. He then enhanced his training for a further 6 months from 2002-2003 under the care of Dr Jacqueline Maxmin (now retired partner).

Born in Chorley Wood - educated at Dr Challoners, Amersham, and University College, London. He specialises in diabetes and has completed a further 6 months training in endocrinology. He became a GP partner at Penn Surgery in 2003 and is now on course to become a GP trainer himself.

He got married last year and his hobbies include running with the Chiltern Harriers. He is a regular in the Penn Fun Run and recently did the half marathon at Berkhamsted in 1hr 45mins. He is hoping to be accepted for the London Marathon next year.

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ELAYNE SAUNDERS, REPEAT PRESCRIPTION CLERK AND IN HOUSE PHLEBOTOMIST



Elayne was born and educated in Letchworth Garden City Herts. She married in 1985 and moved to the Forest of Dean for a few years. In 1987 due to her husband's job relocation she moved to Hazlemere. She has 3 children—one daughter at Bucks University and another daughter and son still in full time education locally. Sadly her husband became ill in 2004 and later passed away.

In her early working life, she was employed by the Inland Revenue. After completing her family, she became deputy supervisor at the Come and Play preschool in Hazlemere, then Parents as First Teachers at Hazlemere CofE, followed by Holmer Green Senior School as a medical assistant.

When Rita Liddiard retired in 2007, we were lucky to find another caring and capable person to take on the position of repeat prescription clerk. Elayne had previously worked with us as a receptionist in 2004. She works every morning and processes all the repeat prescription requests as well as other administrative tasks. She has recently trained as a phlebotomist and holds a clinic with Kim Georgiou on a Friday morning.

She is an assistant leader in the Penn & Tylers Green Brownies and a Governor at Holmer Green Senior School.

She enjoys walking for charity events and loves gardening.

MEETA PATEL

Dr Meeta Patel, who recently left our practice, ran an audit entitled 'Impact of the JBS2 Guidelines on the success of Reaching Target in Patients on Lipid Lowering Statin Therapy'. She researched this information in October 2007, with her husband, Imad Nadra, Cardiologist at Hammersmith Hospital, London. This was presented at the British Cardiovascular Society annual Scientific Conference in June 2008.

CHOOSE & BOOK -

is a new electronic referral service that allows patients to choose their hospital and the date and time for their first hospital outpatient appointment. If your GP decides that you need an appointment with a specialist, the Choose & Book website shows which hospitals are available for your treatment. During your consultation, the GP will discuss your choices with you and will print out information sheets which give you all the information you need to book the appointment yourself by telephone. For further information about Choose & Book visit www.chooseandbook.nhs.uk

WELL BABY CLINIC/CHILD VACCINATIONS

The new Tuesday well baby clinic will be starting soon. Sally Besley and Betty Channer have volunteered to weigh the babies and make sure Mums know who to see etc. Sally used to help us a few years ago before the clinic was changed. We are very happy to welcome Sally and Betty into the practice.



If your child is invited by Child Health to attend the surgery for childhood vaccination, please attend at the given date and time. Otherwise please telephone Child Health and rearrange the appointment.

FAVOURITE STAFF RECIPE—PEAR AND RASPBERRY OAT CRUMBLE— SERVES 6 PEOPLE

- 112g (4ozs) self raising wholemeal flour
- 112g (4 ozs) oats
- 85g (3 ozs) margarine
- 142g (5 ozs) Demerara sugar
- Teaspoon ground coriander
- Teaspoon baking powder
- Granulated sugar to sweeten fruit
- 225g (8ozs) raspberries
- 1.5kgs (3lbs 5ozs) pears

Peel and slice pears into chunks and microwave on high for 5 mins to soften (or use pan on hob). Place flour, oats, margarine, demerara sugar, coriander and baking powder into a food processor. Spin at lowest setting to produce crumbly crumble. (or use bowl and use hands the old fashioned way). Put partially cooked pears and washed raspberries in ovenproof dish. Sweeten to taste with granulated sugar. Spread crumble mixture on top and put in preheated oven 180c or 160c fan/gas mark 4 for approx 30-40 minutes. Serve with ice cream! Or custard and cream?



Submitted by Dr Nigel Masters



PAM DAWES

Pam used to be an auxiliary nurse assisting our District Nurses at the practice for 15 years until she retired in 2003. She had trained as a Phlebotomist 10 years ago and returned to the surgery once a week to do a phlebotomy clinic.

If you need a blood test on a Wednesday morning, Pam is at the practice from 8.30–10.30 by appointment. She completes the In House Phlebotomy team which also includes Kim Georgiou—Tuesday 10.00-10.30 (Warfarin patients only please) and again Kim on Friday 8.30-10.45 with Elayne Saunders.



More of our patients are ordering their repeat medication by email. To do this just log on to our website and go to OUR SERVICES then REPEAT PRESCRIPTIONS.

ASTHMA REVIEWS

If you are taking prescribed inhalers, Catherine Tutt, our asthma nurse, would like to review you each year. A handy way to remember is to make an appointment in your birthday month.

Please ring a receptionist to arrange this.



DATE FOR YOUR DIARY - Saturday 'FLU CLINIC' will be on 11 October — please ring in September to make appt .