

Squires Lane

Medical Practice

2 Squires Lane, Finchley, London N3 2AU

Tel: **(020) 8346 1516** for Emergencies

(020) 8346 3388 for Appointments, Results and other Enquiries

Fax: **(020) 8343 2537**

www.squireslanemedicalpractice.co.uk



Doctors

Dr Elizabeth Barthes-Wilson (Female) MBBS (London) 1997 BSc MRCGP DFFP

Dr Geeta Thawani (Female) MBBS (London) 2000 MRCGP DFFP DRCOG

The doctors practise together as a non limited partnership.

SEPTEMBER 2010

Visit our website on: www.squireslanemedicalpractice.co.uk



Welcome

To Squires Lane Medical Practice

There has been a General Practice Surgery at 2 Squires Lane since the house was built in the 1920s. We are committed to giving our patients high standards of care in a friendly and supportive environment. We aim to achieve this by working together with our patients.

How To Register

First please contact the surgery either in person or by phone to confirm that you reside within our practice boundaries. If accepted you will then be required to bring your NHS Medical Card to the surgery, complete a New Patient Questionnaire and make an appointment with the nurse for a New Registration Check. (Please note: if you do not have a Medical Card you will be asked to fill in a Registration Form and provide identification and/or proof of residency in the UK.)

Surgery Opening Times

Monday, Tuesday, Thursday, Friday 8.00am to 6.30pm

Wednesday 8.00am to 1.00pm

Closed between 1.00 and 2.00pm except for emergencies

For the latest information click to: www.squireslanemedicalpractice.co.uk

Telephones

Telephone lines are manned by the receptionists between 8.00am and 6.30pm. We are closed between 1.00 and 2.00pm except for emergencies.

- Non-emergency tel. no: 020 8346 3388
- Emergencies: 020 8346 1516

Consulting Times

The names of the doctors are Dr Elizabeth Barthes-Wilson and Dr Geeta Thawani. Other General Practitioners will also be available. Details of these doctors can be obtained when making an appointment. Patients will normally be seen by their regular doctor, but may be seen by another doctor in emergencies.

Morning surgeries are held every weekday but afternoon surgeries are held only on Mondays, Tuesdays, Thursdays and Fridays. The surgery closes at 1.00pm on Wednesdays.

Our practice also offers extended hours allowing patients to book early morning appointments prior to 8.00am Monday to Friday. Bookable in advance only. Access for patients with pre-booked appointments is via the buzzer.

All other services begin at 8.00am as usual.

Telephone Consultations

All doctors take phone calls for one hour after each morning surgery.

Practice Nurses

Appointments to see a practice nurse are available at varying times Monday to Friday.

To Make An Appointment

Please phone or come to the surgery during our opening times, 8.00am - 6.30pm (closed between 1.00 - 2.00pm).

Please make separate appointments for each patient.

We endeavour to offer patients an appointment with a doctor within 48 hours. Appointments may be booked up to two months in advance. A small number of appointments are released each day for emergencies.

If you cannot keep your appointment, please inform us as soon as possible so that the appointment can be offered to someone else.

Visit our website on: www.squireslanemedicalpractice.co.uk

Test Results

Please telephone us for all results. Results of any investigations may be obtained by phoning between 2.00 and 3.30pm only on Monday, Tuesday, Thursday and Friday. Please allow at least one week for blood tests and ECG results, two weeks for x-ray results, and four to six weeks for smear tests.

Home Visits

If a visit is essential, please phone before 10.30am on **(020) 8346 1516**.

Emergencies

In an emergency phone **(020) 8346 1516** when the doctor on call or the out-of-hours service provider (see below) will offer telephone advice, an appointment or a visit as necessary.

Out-Of-Hours Service

Barnet Primary Care Trust provide the out-of-hours service which is presently run by BarnDoc. If you need urgent medical attention or advice between 6.30pm and 8.00am the following day, please telephone **0845 389 0945** or contact NHS Direct on **0845 4647**.

Repeat Prescriptions

Please use the request slip from your previous prescription to order repeats and allow two working days for your repeat prescription to be issued. Repeat prescriptions are never urgent. Drugs not previously prescribed for you cannot be ordered on repeat.

In order to prevent mistakes, **NO REQUEST WILL BE TAKEN BY PHONE**. Prescriptions can be posted if a stamped addressed envelope is provided.

Temporary Residents

If you have someone visiting you who needs to see a doctor urgently and who is registered elsewhere in the UK, they can be seen in the usual way on completion of a temporary residents' form. A record of the consultation will then be forwarded to their registered doctor. (For overseas visitors please check with reception.)

The Primary Health Care Team

Ours is a group practice of four doctors, who are supported by a friendly practice health care team, also equally committed to looking after you.

In addition to the doctors, the team is made up of two nurses, a district nurse and a health visitor. There are also receptionists and a team of administrators.

We provide a range of General Medical Services.

For the latest information click to: www.squireslanemedicalpractice.co.uk

Practice Nurses

Alison Koumoullou RGN

Claire Goldsmith RGN

The practice nurses see patients by appointment for asthma, diabetes, immunisations, travel vaccinations, blood and urine tests, blood pressure checks, ECG, ear syringing, cervical smears, smoking cessation, HRT, family planning advice, as well as giving general health and healthy living advice.

District Nursing Team

The district nursing team sees patients referred to them by the doctors. They are based at Torrington Park Health Centre.

Health Visiting Team

The health visitor is of great assistance to new mothers and their young babies, as well as to the elderly. She can be contacted at Torrington Park Health Centre, North Finchley N12 9SS. Tel: (020) 8492 6400.

In-House Clinics

- Asthma Clinic
- Diabetes Clinic
- New Patient Health Checks
- Minor Surgery Clinic
- Child Health Surveillance
- Dietetics*
- Smoking Cessation
- Counselling
- Immunisation
- Well Man/Well Woman Checks
- 75 Years and Over Health Check
- 3 Year Check for Patients Not Seen Within That Time

*Provided in partnership with other agency.

Doctors will refer patients to these clinics which all take place in the surgery.

For current clinic days/times please ask reception.

All the doctors provide Maternity Medical Services and Contraceptive Services.

Dr Barthes-Wilson runs Minor Surgery Clinics.

Dr Thawani runs Child Health Surveillance Clinics.

Travel Vaccinations And Certificates

The practice nurse can give these. Please have them done two months before you travel, if at all possible. Reception will give you an appointment. A charge will be made if a certificate is required.

Family Planning

Your own doctor will advise you on forms of contraception and will prescribe as required.

Visit our website on: www.squireslanemedicalpractice.co.uk

Private Services

Private medical insurance reports, solicitors' reports and private medical certificates can be provided following a private consultation. BMA charges apply.

Comments/Suggestions/Compliments/Complaints

Please enter any comments/suggestions or compliments in the Compliments/Suggestions Book located at the reception desk.

If you wish to make a complaint, please either speak to the practice manager or ask the receptionist for a complaint form.

To discuss any aspect of our services please ask to see the practice manager.

Disclosure Of Patient Information

In accordance with the Data Protection Act 1998 everyone working in the NHS has a legal duty to maintain the highest level of confidentiality about patient information. Your medical history is recorded on our computer system and in paper records which are accessed by authorised users only.

Disclosure of identifiable patient information to any outside agencies will only be done after receiving permission from the patient.

Use Of Personal Health Information

The practice manages the confidentiality of your medical records in accordance with the Data Protection Act 1998. Please note that medical records are subject to inspection by the Primary Care Trust, or its equivalent, for the purpose of financial audit, record validation and research. Should you wish your records to be excluded from such inspection or use, please speak with the reception staff.

Violence And Abuse Towards Staff

In keeping with NHS guidelines this practice operates a 'zero tolerance' policy with respect to the protection of its entire staff. This means that anyone who is violent or abusive in any way to any member of staff may be removed from the practice list with immediate effect and without a second chance. Extreme cases will result in the offender being reported to the police. This applies to all patients, all members of staff, not just the GPs, and includes contact over the phone.

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.

Access To Medical Records

If you would like to see the information held about you on computer, please ask at reception.

Copies can be obtained by written request at a standard fee.

Treatment Of Minor Ailments

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

Back Pain

Back pain causes 13 million working days to be lost in Britain each year. The spine, being made up of 24 fragile bones and associated cartilage and tendons, supports the whole weight of the upper body and therefore it is understandable that it sometimes goes wrong.

Because of the complex nature of the spine it is advisable to consult your doctor if back pain persists for more than a few days. If, as is usual, the pain has been caused by abuse ie lifting too heavy weights etc, be sensible and take things easy. Take care to sit as upright as possible with a support for the small of the back.

Take aspirin or paracetamol which will relieve the pain. Your doctor may well prescribe stronger drugs, heat treatment, gentle exercise or some kind of supportive corset.

Bed Sores

Bed sores are far easier to prevent than cure. They are caused by prolonged pressure to certain parts of the body when lying in bed for long periods. They can be prevented by encouraging the patient to shift position as often as possible and taking care to smooth out creases in the bottom sheet which could lead to localised irritation. Keep your eye open for red marks appearing at the pressure points such as heels, elbows, buttocks and hips and if they begin to appear, inform the doctor before they get worse.

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 four or five inches in diameter or if the skin is broken, consult your doctor as soon as possible.

Colds

Even in this day and age there is still no magic cure for the common cold. Go to bed, take plenty of drinks. If you have a headache or are feverish, adults should take aspirin or paracetamol. If you are 16 years or under, take paracetamol. Do not bother to take any antibiotics you may have in the house - these will have no effect!

Diarrhoea

In adults, diarrhoea is usually caused by a viral infection and is therefore unable to be treated directly. It is advisable to stop eating solids and take plenty of clear fluids. Holiday diarrhoea is often due to bacteria. Again, stop eating and take plenty of clear fluids. In both the above cases, consult your doctor if the symptoms persist for more than a few days.

Diarrhoea in very young children and babies needs careful attention. Most babies have loose bowel action during their first six months due to their predominantly liquid diet. Sudden bouts of unusually watery diarrhoea should be treated by taking the baby off solids and feeding with any proprietary rehydration sachets available at any pharmacy (with pharmacist's advice). 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.

Large quantities of water, orange juice or thin soup should be taken to counter the effects of dehydration. Consult your doctor if symptoms persist for more than a day or, in the case of babies or young children, six hours.

Head Lice

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 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.

Minor Cuts And Grazes

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

Nosebleeds

Sit in a chair (leaning forward with your mouth open) and pinch your nose just below the bone for approximately 10 minutes, by which time the bleeding should have stopped. Avoid hot drinks or hot food for 24 hours. If symptoms persist, consult your doctor.

Sprains

R.I.C.E. - Rest, Ice, Compression and Elevation.

Firstly apply a cold compress, containing ice if possible, for 15 to 30 minutes to reduce the swelling. Apply, firmly, a crepe bandage and give the sprain plenty of rest in an elevated position, until all discomfort has subsided. Further strain will inevitably lead to further swelling and a longer recovery period.

For the latest information click to: www.squireslanemedicalpractice.co.uk

Stomachache

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.

If the pain lasts for longer than eight hours or increases in intensity you should consult your doctor.

Sunburn

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.

Childhood Infections

Chickenpox

On the first day a rash appears as small red patches about 3-4mm across. Within a few hours of these developing, small blisters appear in the centre of these patches. During the next three or four days further patches will appear and the earlier ones will turn 'crusty' and fall off.

Oily calamine lotion may be applied to soothe the often severe itching. Cool baths may also help. The most infectious period is from two or three days before the rash appears and up to five days after this date. Children may return to school as soon as the last 'crusts' have dropped off.

German Measles (Rubella)

The rash appears during the first day and usually covers the body, arms and legs in small pink patches about 2-4mm across and doesn't itch. No other symptoms are usually present apart from occasional aching joints.

It is infectious from two days before the rash appears, until the rash disappears in about four or five days from that date. The only danger is to unborn babies and, therefore, it is important that all contacts are informed in order that anyone who may be pregnant can contact their doctor. **Immunisation can prevent this disease.**

Measles

The rash is blotchy and red and appears on the face and body around the fourth day of illness. It is at its most infectious from two or three days before the rash appears until eight or ten days after that date. **Immunisation can prevent this disease.**

Mumps

Symptoms are swelling of the glands in front of one ear often followed, after a couple of days, by swelling in front of the other ear. It is infectious from two or three days before the swelling appears until eight or ten days after that date. If the pain is severe you should consult your doctor. **Immunisation can prevent this disease.**

Visit our website on: www.squireslanemedicalpractice.co.uk

Japanese Acupuncture

Based in Squires Lane Medical Practice

Migraines & Headaches
Sleep Problems
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also during and after Pregnancy



Japanese acupuncture significantly differs from other styles in its delicacy. Needles are superfine and are usually inserted very shallowly beneath the skin, with an absolute minimum of manipulation so treatment is well tolerated even by those who might be anxious about receiving acupuncture. Treatments are relaxing and pleasant to receive.

Fiona Hurlock MAcS MRSS Dip Acu CNHC

Based at:

SQUIRES LANE MEDICAL PRACTICE

2 Squires Lane, Finchley, N3 2AU

UTOPIA HEALTH & BEAUTY CLINIC

1a Leicester Mews, East Finchley N2 9EJ

For appointments or further information please contact me on

Tel: 07795 203107

www.fionahurlock.com fiona@fionahurlock.com

See website for costs. HSA insurance accepted

Acupuncture

Acupuncture is an integral part of the rapid growth of complementary therapy in the UK. With an increasing number of people seeking acupuncture treatment it is important for patients and healthcare professionals to understand the difference between the various styles available. Traditional-based forms of acupuncture such as the Chinese or Japanese styles, and Western acupuncture are the most common. Chinese acupuncture dates back over 2000 years making it one of the oldest systems of medicine in the world. Introduced to Japan around 600AD, Japanese practitioners have been developing their own particular styles using the same theory but employing much lighter, more specialised techniques. They have developed a versatile range of treatment approaches that are gentle, dynamic and effective.

Traditional acupuncture is as much about the maintenance of health as the management of disease. Western or medical acupuncture is a more recent development practised predominantly by doctors and physiotherapists which uses acupuncture techniques within their existing scope of practice on the basis of a Western medical diagnosis. Although sometimes described merely as a means of pain relief, traditional acupuncture is actually used to treat people with a wide range of illnesses. Its focus is on improving the overall wellbeing of the patient, rather than the isolated treatment of specific symptoms. The skill of an acupuncturist lies in their ability to make a traditional diagnosis from what is often a complex pattern of disharmony.

According to traditional oriental philosophy, our health is dependent on the body's motivating energy – known as qi. The flow of qi can be disturbed by many factors, physical, mental and emotional: anxiety, stress, anger, fear or grief, poor nutrition, weather conditions, hereditary factors, infections, poisons and trauma. By inserting superfine needles into the channels of energy, an acupuncturist can stimulate the body's own healing response and help to restore its natural balance.

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ADVERTISING FEATURE

More than skin deep

Dermaesthetix is a private medical skincare clinic that combines the science of dermatology with the art of aesthetics to create a healthy and more youthful looking appearance.

We all know that the secret to healthy skin begins with a healthy diet, regular exercise and a balanced lifestyle.

However, the inevitable effects of ageing combined with additional factors such as sun exposure, smoking, poor diet and stress all eventually take their toll, therefore the skin needs a little bit of help now and again.

Our range of treatments and cosmeceutical skin care products are designed to leave you looking good and feeling great therefore increasing confidence and self esteem. Cosmeceuticals are anti-ageing skincare products that have more scientifically proven active ingredients than high street brands.

Today there are lots of treatments available to help improve the way we look and feel. These range from beauty salon treatments to cosmetic surgery. Over the last 20 years or so there has been a huge growth in the area of non-surgical aesthetic treatments which enable you to feel good and look great for your age without needing to resort to invasive plastic surgery.

Our rejuvenation programmes work to enhance the natural beauty of the skin by eliminating fine lines and wrinkles, and restoring healthier and younger looking skin.

For the whole person

AT North London Homeopathy, experienced homeopath Mutsuko Kitagawa offers holistic treatment for a range of complaints and conditions.

First developed in the 17th century, homeopathy is based on the principle of introducing small amounts of a substance to boost natural immunity.

"Homeopathy helps to train the immune system to deal with problems and also stimulates the body to heal itself," explained Mutsuko, who qualified from the College of Practical Homeopathy in North London, where she now also helps the Japanese students as a supervisor and tutor.

"It can help with all types of emotional and physical complaints, and as it's totally complementary, it can work alongside Western medicine.

"Because it's a holistic treatment it looks not just at the presenting problem but at the person as a whole. There may be underlying causes for physical symptoms, and homeopathy can help to identify and treat them. As a therapy it is becoming more and more popular, and is even recommended by some members of the Royal Family."

Mutsuko, also a trained pharmacist, is always happy to offer advice over the telephone. For more information please call 07908 702176 or visit <http://www.nlhomeopathy.co.uk>

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Why your business needs a website

WITHOUT a website, your business or practice is *invisible* to the two thirds of prospective clients that use the Internet to locate products and services, and this figure grows daily.

Worse still, if your competitors have a website and you don't, then they are picking up your share of the prospects for your type of business when they search online.

Pay As You Go websites are proving to be a godsend to small and medium-sized businesses across the UK and Ireland.

Introduced by OPG Ltd, who have been building websites for more than eight years, and whose innovative ideas have been helping businesses to grow and prosper for over 30 years, they provide businesses and professional practices with 24/7 access to their targeted market.

A website not only saves you money on brochures and other such material, it greatly increases the effectiveness of your current advertising because, in effect, you are open for business around the clock.

Uniquely, the Pay - Monthly service comes with Web Partner support. This 'phone-a-friend' facility will provide answers to your queries and help you develop your site as your business grows.

So if you don't yet have a website, or are unhappy with the one you have, call today for an informal chat on 0800 612 1408. You'll be glad you did!

To advertise your business in our booklet call 0800 612 1516

To feature your business in our booklet call 0800 612 1516

If **YOU** are reading this,
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of service.



To place an advertising feature
in our practice booklets
and book a daily reminder
of your service on our
appointment cards and website
simply phone Jenny Mellenchip
now on 0800 612 1516

Hospitals - Useful Telephone Numbers

Barnet General	0845 111 4000
Chase Farm	0845 111 4000
Edgware Community	(020) 8952 2381
Finchley Memorial	(020) 8349 7500
Middlesex	0845 155 5000
North Middlesex	(020) 8887 2000
Royal Free	(020) 7794 0500
University College	0845 155 5000
Whittington	(020) 7272 3070



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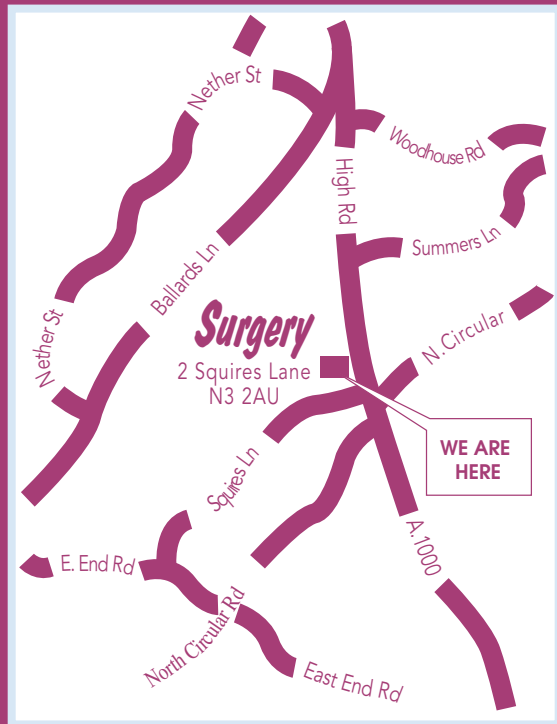
For details of primary medical services in the area contact:

Barnet Primary Care Trust, Westgate Annexe, Edgware Community Hospital, Burnt Oak Broadway, Edgware, Middlesex HA8 0AD

Tel: (020) 8952 2381

We accept patients living at postal addresses N2, N3 and N12 that are within our catchment area boundaries (see map in reception).

The map below shows where we are located.



Disabled Access

There is a ramp giving easy access to the surgery, as well as a disabled toilet on the ground floor. Disabled patients can always be seen on the ground floor if necessary.