

# Killamarsh Medical Practice

## Your Healthcare Team

### **GP Partners**

Dr P Cracknell (m) MB ChB 1989  
GMC: 3350784

Dr S Shaw (m) MB ChB 1990  
GMC: 3497359

Dr H Brar (f) MD 1996  
GMC: 4330963

Dr G Strachan (m) MB ChB 1996  
GMC: 4299428

### **Salaried GPs**

Dr A Oldale (f) MB ChB 1999  
GMC: 4606015

Dr H Bird (f) MB ChB 2008  
GMC: 7014777

### **Practice Nurses**

Teresa Brunt  
Kristy Evett

### **Community Nurse**

Barbara Kelly

### **Healthcare Assistants**

Nicola Parker  
Jessica Humphries

### **Business Manager**

Victoria Webb

*Our healthcare team is supported by a highly experienced and dedicated team of administrative staff. We all work together as part of a team to deliver a high quality of healthcare services to our patients.*

## Surgery Opening Times

Monday - Friday  
08:00am - 18:30pm

If you need to contact a doctor when the surgery is closed



## What are the symptoms of Asthma ?

Wheezing

Coughing

Shortness of breath

Tightness in chest

If you have been diagnosed with asthma and you're using your blue (short acting) inhaler more than 3-4 times a week, it may be because your asthma is poorly controlled.

You can book an appointment with your Practice Nurse or Community Practice Nurse (if housebound). The Nurse will look at your inhalers and check your inhaler technique. They will also look at your preventor (steroid) inhaler to check if your symptoms are well controlled. The Nurse will educate you on asthma triggers and provide lifestyle advice, which will include diet and exercise programmes.

Together you and the Nurse can develop your own asthma care plan, which will help you to identify when you may need extra help and what affects your own asthma.

### Managing your Asthma well means you might be symptom-free

Asthma UK (2017) recommends that if you work with your GP or Asthma Nurse to manage your asthma symptoms, you could achieve the goal of being symptom free. This means you can get on with your life and do all the things you enjoy.

### Getting a diagnosis is important

Asthma is a complex condition and symptoms can vary between individuals. There is no single test that diagnoses asthma, you would need to book an appointment with your GP or Practice Nurse for an assessment.

For further advice and support, please contact your GP or Asthma Nurse.

Asthma UK has an up to date website with guidance and support and there is a helpline where you can speak to an asthma specialist nurse.

**03002225800 (Monday – Friday 9am-5pm)**

**[www.asthma.org.uk](http://www.asthma.org.uk)**



## Staff update

We would like to wish Dr Bird all the best as she begins her maternity leave at the beginning of June.

We have the pleasure of welcoming two Locum GP's to the practice, they will be covering Dr Bird's surgeries.

The Locum GP's have trained and worked within the local area and are up to date with local clinical guidelines and procedures.



**Demand for NHS services continues to increase, therefore its essential that you choose the right service**

**Stay well**

Guide to help you choose the right service for you and your NHS



**Self-care**

Hangover.  
Cough. Colds.  
Grazes. Small cuts.  
Sore throat.



Self-care is the best choice to treat minor illnesses and injuries.

A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.

**Pharmacy**

Diarrhoea. Earache.  
Painful cough.  
Sticky eye.  
Teething. Rashes.



Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time.

No appointment is needed and most pharmacies have private consulting areas.

**GP**

Arthritis. Asthma.  
Back pain.  
Vomiting.  
Stomach ache.



GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.

**Minor Injuries**

Cuts. Sprains.  
Strain. Bruises.  
Itchy rash.  
Minor burns.



Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions.

They are usually led by nurses and an appointment is not necessary.

**A&E/999**

Severe bleeding.  
Breathing difficulties.  
Severe chest pain.  
Loss of consciousness.



A&E or 999 are best used in an emergency for serious or life-threatening situations.

**NHS 111**

If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call **NHS 111**.



24 hours a day  
7 days a week

**NHS Choices**

You can also access health advice and guidance or find your nearest service online through **NHS Choices**.



Visit [www.nhs.uk](http://www.nhs.uk)



**Join our Patient Participation Group Today!**

If you are interested in joining please call 01142 510000 and speak to our Business Manager, Victoria Webb.



**Have you recently moved house?**

**Do you have a new contact telephone number?**

If yes, please update your details at reception.

**Are you over 55 and struggling with your hearing?**

You can now Self-Refer to your choice of Provider below:



0800 077 8692



0800 027 5102



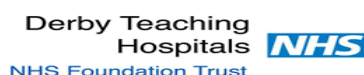
0161 820 1123



0800 9549 101

Chesterfield Royal Hospital **NHS**  
NHS Foundation Trust

01246 514403



01332 785345

**Patient Online Access**

Take greater control of your health, at a time that is convenient to you.

Online services allow you to:

- Book GP appointments
- Order Prescriptions
- View allergies and test results
- View parts of your medical record

Therefore, take greater control and complete a Patient Online Access form which is available from reception or it can be downloaded from our website

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

Once the form is completed, please take it to reception along with ID for verification and security purposes.