Dukinfield Medical Practice
Patient Network Group
Newsletter - Spring 2025

When we are closed:
Please ring NHS 111 for advice or alternatively, visit the Walk-In Centre at Tameside Hospital.
Open 9am to 9pm every day including Bank Holidays, no appointment required.
Only ring 999 if you believe it is a life-threatening emergency.

Opening Times

Monday	8:00 - 19:30
Tuesday	8:00 – 18:30
Wednesday	7:00 – 18:30
Thursday	8:00 – 18:30
Friday	8:00 – 18:30

Practice Contact Details:
Tel: 0161 343 6382
email: Gmicb-tameside.dukinfieldmedicalpractice@nhs.net

Website: dukinfieldmedicalpractice.co.uk
facebook: facebook.com/dukinfieldmedicalpractice

PNG contacts: dukppg@gmail.com

Evening and Weekend Appointments:
Patients who are registered at this practice can book an appointment to see a GP or nurse on weekday evenings (after 6.30pm) or at the weekends (on Saturday and Sunday). These appointments will take place at another NHS site nearby.

Training Days:
20th March, 10th April, 15th May, 19th June, 17th July.
Practice closed from 12:30pm

DMP Staff

The Partners


Dr Harvey


Dr Roberts


Dr McBride


Dr Williams


Mr Parsons- Adv Nurse Practitioner


Julie Pregnall - Director

The Salaried Doctors


Dr Halstead


Dr Burghel


Dr Lightbody


Dr Stopford


Dr Bagri


Dr S Mistry (ST3)


Dr N Iftikhar (ST3)


Dr A Zafar (ST2)


Dr T Shahi (ST3)


Dr Drake(ST3)

The Nursing Staff


Yvonne


Chris


Claire


Elizabeth


Marie


Gillian


Mr Afzal: Pharmacist

STs are qualified doctors undergoing GP training.

HAVING A BLOOD TEST

Blood tests are common medical procedures used to assess health, detect infections, evaluate organ function, and screen for genetic conditions.

Preparing for a blood test

Drink water before your blood test to keep yourself hydrated. The healthcare professional who arranges your blood test will tell you whether there are any specific instructions you need to follow before your test. For example, you may be asked to avoid eating or drinking anything, apart from water (fasting) for up to 12 hours, or stop taking a certain medication.

It's important to follow the instructions you're given, as it may affect the result of the test and mean it needs to be delayed or carried out again.

What happens during a blood test?

A blood sample is typically drawn from a vein in your arm, usually in the elbow or wrist. A tourniquet is applied to make veins more visible, and the skin is cleaned before a needle is inserted to collect the blood. You may feel a slight pricking sensation, but it should not be painful.

After the test

Afterwards, pressure is applied to the site to stop any bleeding, and a plaster may be applied. Some bruising or dizziness may occur, but these effects are usually mild.

Common tests

Here is some more information about common bloods tests, and what they are looking for.

Cholesterol test

Cholesterol is a fatty substance mostly created by the liver from the fatty foods in your diet and is vital for the normal functioning of the body. Having a high level of cholesterol can contribute to an increased risk of serious problems such as heart attacks and strokes.

Blood glucose (blood sugar) tests

A number of tests can be used to diagnose and monitor diabetes by checking the level of sugar (glucose) in the blood. These include the:

- HbA1C test – a test done to check your average blood sugar level over the past three months.
- fasting glucose test – where the level of glucose in your blood is checked after fasting for at least eight hours.

Cancer blood tests

A number of blood tests can be carried out to help diagnose certain cancers or check if you're at an increased risk of developing a particular type of cancer. These include tests for:

- Prostate-specific antigen (PSA) – this can help diagnose prostate cancer, although it can also detect other problems such as an enlarged prostate or prostatitis.
- CA125 protein – a protein called CA125 can indicate ovarian cancer, although it can also be a sign of other things such as pregnancy or pelvic inflammatory disease (PID)

Coagulation tests

A coagulation test may be used to see if your blood clots in the normal way. If it takes a long time for your blood to clot, it may be a sign of a bleeding disorder.
A type of coagulation test called the international normalised ratio (INR) is used to monitor the dose of anticoagulants, such as warfarin, and check that your dose is correct.

C-reactive protein (CRP) test

This is another test used to help diagnose conditions that cause inflammation.
CRP is produced by the liver and if there is a higher concentration of CRP than usual, it's a sign of inflammation in your body.

Electrolyte/U&E/Kidney function test

Electrolytes are minerals found in the body, including sodium, potassium and chloride, that perform jobs such as maintaining a healthy water balance in your body. Changes in the level of electrolytes can have various possible causes, including dehydration, diabetes or certain medications. This test also checks how well your kidneys are working.

Erythrocyte sedimentation rate (ESR)

An ESR is often used to help diagnose conditions associated with inflammation, such as: Arthritis, endocarditis, Crohn's disease, giant cell arteritis and polymyalgia rheumatica.

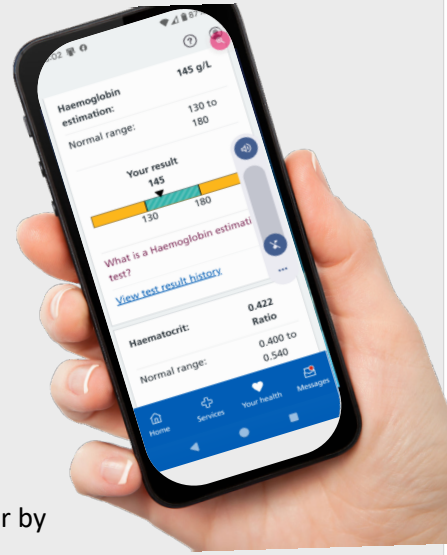
Full blood count (FBC)
This is a test to check the types and numbers of cells in your blood, including red blood cells, white blood cells and platelets. This can help give an indication of your general health, as well as provide important clues about certain health problems you may have.
For example, an FBC may detect signs of:

- iron deficiency anaemia or vitamin B12 deficiency anaemia
- infection or inflammation
- bleeding or clotting disorders

Liver function test
When the liver is damaged, it releases substances called enzymes into the blood and levels of proteins produced by the liver begin to drop.
By measuring the levels of these enzymes and proteins, it's possible to build up a picture of how well the liver is functioning.
This can help to diagnose certain liver conditions, including hepatitis, cirrhosis (liver scarring), and alcohol-related liver disease.

Thyroid function test
This test is used to test your blood for levels of thyroid-stimulating hormone (TSH), and, where needed, thyroxine and triiodothyronine (thyroid hormones).
If you have low or high levels of these hormones, it could mean you have a thyroid condition such as an underactive thyroid or overactive thyroid.

For more information about a wider range of tests, search the blood test A-Z index on Lab Tests Online UK.



Interpreting Results
Not all abnormal results indicate a health problem. Reference ranges are guidelines, and factors like age, medical history, and other test results affect interpretation.

Next Steps After Testing

- If results are urgent, you'll be contacted immediately.
- Non-urgent results will be shared in a reasonable time, and normal results are not followed up unless there are concerns.
- Results can be accessed through the NHS app, or by contacting reception.
- For further clarification or action, request an appointment via the patient triage form.

Tuesday's Health Walk

Meet every Tuesday at 9:50am outside the Practice

Sow and Grow

Garden Activities, every Thursday at 1:00pm at Meadow Lane Allotments

Baby Bundles

Meet on the second and fourth Friday of the month, 10am at Dukinfield Library.

Craft Activities

Meet on the first and third Friday of the month, 10am at Dukinfield Library

DUKINFIELD MEDICAL PRACTICE
WEEKLY ACTIVITIES

Dukinfield Medical Practice's Patient Network Group runs a host of weekly activities. From getting out for some fresh air with our health walk team to knitting baby bundles for the community at the local library, we have the activity just for you! All materials are provided, and each activity is completely free.
For more information, please visit:
https://dukinfieldmedicalpractice.co.uk/patient-network-group-png

Friends & Family Score - February 2025

Not Recommended (%)	Neither/Don't Know (%)	Recommended (%)
2	2	97

February 2025	
All	
All	
120 Responses	
2611 Appointments	
5% Response Rate	
0 Verbose Responses	

The Numbers	
Very Good	110
Good	6
Neither Good nor Poor	2
Poor	0
Very Poor	2
Don't Know	0

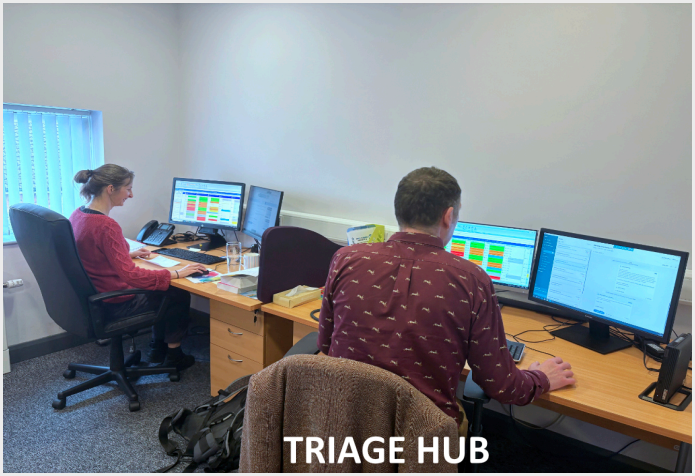
How Patient Triage Works at Dukinfield Medical Practice

When you call or visit the surgery, you might hear the word "triage." But what does it mean?

Triage is a way of deciding who needs help first and who is the most appropriate clinician to see. It makes sure that the people who are most unwell or in the most pain get seen quickly. It also helps the GP surgery run smoothly, so that everyone gets the right care at the right time.

What Happens During Triage?

You complete an online patient triage, or speak to a receptionist over the phone, or in the surgery.



When you contact the GP surgery by phone or in person, a receptionist will ask you a few questions about your symptoms. They are not being nosy – they need this information to make sure you get the right care. If you are able to complete the patient triage form yourself this can be accessed via the NHS Health App or the practice website.

A clinician then reviews your triage form along with your medical notes and decides how urgent your problem is.

- If it's an emergency, you will be told to call 999 or go to A&E.
- If it's urgent, you may get a same-day phone call or appointment.
- If it's not urgent, you might be offered an appointment on another day or given advice on what to do at home.
- If another service can help, (like a pharmacy or walk-in clinic), they might suggest that instead.

In general practice, triage helps direct you to the right person or service for your health problem. Depending on your symptoms and how urgent they are, you might be referred to:

A GP (Doctor) or Advanced Nurse Practitioner (ANP)

If your condition needs a medical assessment, diagnosis, or treatment, you may be booked in for a face-to-face or telephone appointment with a GP or ANP

Examples: Ongoing illness, worsening long-term conditions (like asthma or diabetes), chest infections and unexplained pain.

A Nurse or Advanced Clinical Practitioner (ACP)

Nurses and ACPs can **diagnose, treat, and prescribe** medication for many common conditions.

Examples: Infections, minor injuries, wound care, vaccinations, and contraception advice.

A Paramedic

Paramedics can **diagnose and treat minor injuries and illnesses**, including urgent care. Seeing patients who need same-day assessments but don't necessarily need a GP.

Examples: Infections, minor injuries, checking vital signs, listening to the chest, and assessing pain.

A Healthcare Assistant (HCA) or Phlebotomist

HCAs and phlebotomists help with **routine tests and checks.**

A Clinical Pharmacist

Pharmacists in GP surgeries help with **medications and minor illnesses.**

Examples: Medication reviews, repeat prescriptions, minor infections, and side effects

A Mental Health Nurse or Counsellor

If your issue is related to mental health, you may be referred to a **specialist service**.

Examples: Anxiety, depression, stress, low mood, and self-harm concerns.

A Musculoskeletal Practitioner (MSK)

If your issue is related to **muscles, bones, or joints**, you may be seen by an **MSK Practitioner**.

MSK Practitioners can assess, diagnose, refer for investigations or specialist care, and administer injections.

A Social Prescriber

If you need help with **wider life issues** affecting your health, a social Prescriber can support you.

Examples: Loneliness, housing problems, money worries, and support groups.

Triage is there to make sure everyone gets the care they need.
By working together, we can make GP surgeries better for everyone