

James Wigg & Queens Crescent Newsletter

Spring 2018



Hello! I am Francisco Rivas, general practitioner in James Wigg Practice and neighbour of Camden Town. I trained and qualified in Seville, Spain, in 2013 as a Consultant in Family and Community Medicine, meaning that I worked most of the time in consultation as a GP but also in an ambulance attending emergencies, in schools talking about health and in hospital A&E departments. I

decided to move abroad due to the economic crisis and my passion to discover other countries and cultures.

I moved to Wexford, Ireland, at the end of 2014 and worked there for 7 months as an out of hours GP. It was a very nice experience and I keep amazing memories from Wexford and the Irish people. I later moved to Warsaw, Poland, where I spent 3 months learning Swedish because I got a permanent position as a GP in the main practice of the centre of Gothenburg. I worked there for a year, being impressed by the high level of responsibility of the Swedish GP and the long consultations. Again, I keep amazing memories from Poland and Sweden, but sadly not much from the Swedish winter.

Finally, I moved to London in September 2016 thinking I would be able to work as a GP but I faced what most doctors face when moving here, a huge number of barriers which took me a year to go through. I worked during that period in Centre for Health and Disability Assessments, gaining a major experience about how benefits and work assessments are in this country. Happily, I started my induction placement in James Wigg Practice in October 2017 and I accepted a permanent position because I really consider this practice to be a model and its staff to be professional and really compassionate with the patients.

From the personal point of view, I live with my Polish partner and love reading, new technologies, animals, going to the theatre, cinema and swimming. I trained in karate for 20 years but probably those years will never come back! Not surprisingly, traveling as much as possible to discover new cultures is my constant dream.

I hope to see you in my consultation for regular checks and to celebrate together how healthy you are but I will always be there if you need to talk, if you need support of any kind or if you just have a fever which is making your days miserable. I am very grateful to work in this practice and to have the pleasure to have such a diverse population of ages, cultures and beliefs, working all together to have a better quality of life and looking forward to a best future.

Extended Hours:

You can book appointments over the weekends or between 18.30—20.00

ask at reception or call directly on:

020 7391 9979

Clinics are held at:

- * Somers Town Medical Centre
- * Brondesbury Medical Centre
- * Caversham Group Practice
- * Swiss Cottage Surgery

Have a voice in the practice... James Wigg Patient Participation Group

Meet the practice date

Thursday 12th July

6pm—7.30pm

Practice News...

Baby Arrivals

Hannah Smithers (GP) had a baby girl called Phoebe, Catherine Stevens (GP) had a baby girl called Astrid and Mona Rezgai (Practice Nurse) had triplets this Spring.

We have some congratulations

Dr. Lyann Gross was shortlisted for the Pulse General Practitioner of the Year Award at this year's national GP Awards.

Dr. Laura Duffy has passed her Trainers interview and can now train registrars

Mwamba Nyambe (Finance Manager) has passed her CIMA exams

One of our nurses Krisztina Cserhalmi has cleared her Respiratory Management in Primary care Course. Please book in for COPD and asthma reviews.



Sunflower competition

14 teams in the Kentish Town Health Centre are competing to grow the tallest sunflower. You should see them brightening the entrance to the building in the raised flower bed. The teams include the Cancer Support Group, the Patient Participation Group, the Gardening Group and the charity. If you would like to be involved please contact.

ANTIBIOTIC PRESCRIBING

It is estimated that 5,000 deaths are caused in England because antibiotics no longer work for some infections and this figure is expected to rise. Antibiotics help ward off infection during chemotherapy, surgery and other treatment

What is antibiotic resistance?

When microbes adapt and develop a way to protect themselves from being killed by antibiotics

Microbes are more likely to develop resistance when antibiotics are overused or not used as prescribed

Why is it a problem?

Infections caused by antibiotic resistant bacteria are more difficult to treat leading to increased levels of disease and death and longer hospital stays

Operations like bone, heart or bowel surgery, and treatments like chemotherapy all require antibiotics to be successful; if our antibiotics do not work these procedures will become impossible without risk of infection

What can I do?

Taking antibiotics when you don't need them puts you and your family at risk. Take the advice of GPs