

*Welcome!*   
*Dr Kulshrestha's*

*Summerfield Family Practice*



**General Practitioners**

**Dr Rajendra Kulshrestha** [Male]  
MBBS, MS, BSc, DO Lond.- GMC 2278270

**Dr Sheena Kulshrestha** [Female]  
MBBB, MRCGP, DFSRH - GMC 4650739

**Practice Nurse** [Female]

**Violet Chand**

Practice Manager – Mrs Shashi Kulshrestha

*Dr Kulshrestha's Summerfield Family Practice*

134 Heath Street, Birmingham, B18 7AL  
Tel. 0121 411 0362 Fax. 0121 687 1495  
[www.summerfieldfamilypractice.com](http://www.summerfieldfamilypractice.com)



### Opening Times

Find out when the practice is open and how to access medical treatment when we are closed.

Visit our opening hours page



# *Dr Kulshrestha's Summerfield Family Practice*

## Opening Times



Mon	08:45 – 1:00 PM / 5pm – 6pm
Tues	08:45 – 1:00PM / 5pm – 6pm
Wed	08:45 – 1:00PM / 5pm – 6pm
Thurs	08:45 – 1:00PM / <b>Closed</b>
Fri	08:45 – 1:00PM / 5pm – 6pm



**The Practice is closed on Weekends and all National Bank Holidays**

Clinicians are available throughout the core hours of 8.00am until 6.30pm Monday to Friday. After Consultation hours: Please ring surgery and you will be connected to the duty clinician. If any problem please ring 0178578462 / 08456031763

# Out of Hours Service



When Dr Kulshrestha's Surgery is closed please contact:

## Summerfield GP & Urgent Care Centre

134 Heath Street, Winson Green, Birmingham. B18 7AL

Opening times: 8am-8pm Monday-Sunday

Telephone: 0121 389 1100

## Birmingham City Hospital

Dudley Road, Birmingham. B18 7QH

Opening times: 24 Hours

Telephone: 0121 553 1831

Or

## NHS Emergency & Urgent Care Services

### Dial 111

This service is open 24 hours a day  
7 DAYS A WEEK



virgincare



It's not a 999  
emergency.  
But you need  
medical help fast.

There's now

**1 1 1**  
number to call.

when it's less  
urgent than 999

# Please inform us urgently if any of your details have changed

- Change of address
- Home telephone number
- Mobile telephone number
- Email address

**Please note that change of name MUST BE done in person with  
proof of identifications.**

**Eligible proofs can be a 'Bank statement, Utility Bill, Passport, Drivers Licence, Council Tax bill'**



# Repeat Prescriptions

- Requests for prescriptions must be made in writing using the repeat prescription slip.
- We are unable to take orders for prescriptions over the phone.
- Please allow two working days before collection.
- Repeat prescription slips may be dropped into the centre, posted or faxed to **0121 687 1495**
- If a self addressed envelope is provided, prescriptions will be posted back

# Electronic Prescription Service 'EPS'

Please approach your local Pharmacist who is most convenient for you, request an EPS nomination form from them, sign and return. The pharmacist will then advise us of your request and all subsequent repeat prescriptions will be sent directly to the chemist on your behalf.

# Appointment Slots

- Routine or Urgent appointment slots with the Doctor are for 10 minutes
- The doctor can only assess one problem at each 10 minute consultation
- If you need to discuss more than one problem then please book a double or separate appointment.

Please speak with the receptionist who will assist you.

GP APPOINTMENT?  
CAN'T MAKE IT?  
DON'T NEED IT?

**CANCEL IT!**

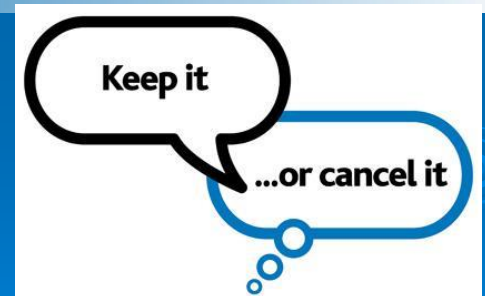
## 'Did Not Attend'

- We would like to ask our patients that if you cannot make your appointment with the Doctor or Nurse **please call 0121 411 0362 to cancel** or please register for our online services where you will be able to do this yourselves. Our appointments go very quickly and if you cancel we can then offer the appointment to someone else.



In July 2018

20



**Patients did not attend their appointment**





# Preventive Services

Dr Kulshrestha's Family Practice offers the following Preventive Services to its patients:

Diabetes Clinic

Child Health Clinic

Contraception

Asthma Clinic

Vaccinations

NHS Health Checks  
Childhood Immunisations

Cytology

Please speak with the receptionist who will assist you.

Clinical  
Preventive  
Services

# Carers

Are you looking after anyone who is frail, disabled or mentally ill?

If so, you are a Carer and we would like to support you. Please ask at reception.

Upon your consent, we will pass your details to the Carers Service, which is a countrywide organisation providing relevant information and advice, local support services, newsletters and a telephone link-line for carers.

## Flexible appointments

Dr Kulshrestha's Family Practice recognises the need for flexible appointments for Carers and therefore offer a range of flexible appointments available for you to book with the GP at reception.

# Forward Carers

Forward Carers is a West Midlands based carer support service, here to make a real difference to the lives of people caring for an elderly frail, sick or disabled family member. Our aim is simple – to improve the physical and mental wellbeing of carers, young and old, including parent carers, so that families stay healthier and happier together, for longer.



## Forward Carers

Birmingham Carer Hub Opening Times

Mon-Tues-Thurs & Fri: 8.45am-5.15pm

Weds: 8.45am-8pm

Info & Advice Line: 0333 006 9711

Email: [admin@harrowcarers.org](mailto:admin@harrowcarers.org)

Website: [www.forwardcarers.org.uk/local-services/birmingham/](http://www.forwardcarers.org.uk/local-services/birmingham/)





# Travel Vaccinations



**Dr Kulshrestha's Family Practice offers a vaccination service.**

**Please ask at reception for a Travel Risk Assessment**



**NB Please be aware that most travel vaccines need to be administered several weeks before travel so that the correct level of immunity is achieved – don't be caught out/unprotected whilst travelling abroad.**

**Please inform the practice 6 weeks in advance of your travel**



# Shingles

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to certain people in their 70s.

The shingles vaccine is given as a single injection. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over-70s who develop it.

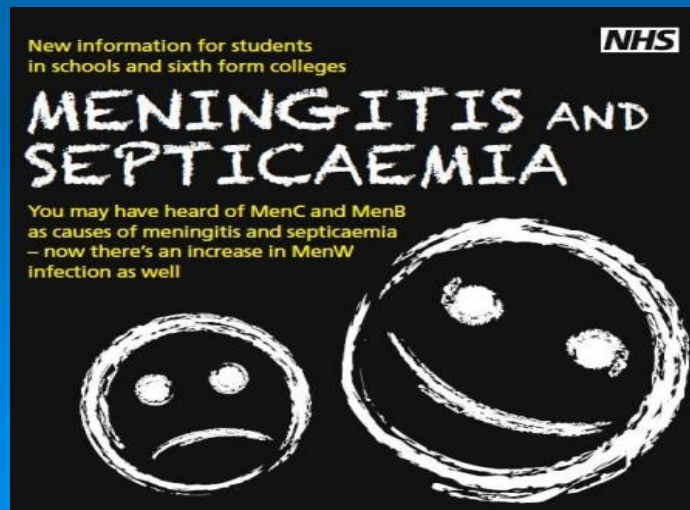
It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

From September 1 2015, the shingles vaccine will be offered routinely to people aged 70 and 78. You become eligible for the vaccine on the first day of September 2015 *after* you've turned 70 or 78.

# Immunisation

If you were born between  
1<sup>st</sup> September 1998 and 31<sup>st</sup> August 1999

It is recommended that you have the MenACWY vaccination.  
Book at Reception for the Practice Nurse now to get your  
vaccination



# Signs & Symptoms

## **Bowel cancer Screening**

- A change in bowel habits
- Diarrhoea, constipation or feeling that the bowel does not empty completely
- Blood (either bright red or very dark) in the stool
- Stools that are narrower than usual
- General abdominal discomfort
- Constant tiredness
- Vomiting

**Please speak to  
the receptionist  
for more  
information**

## BREAST SCREENING What you need to know



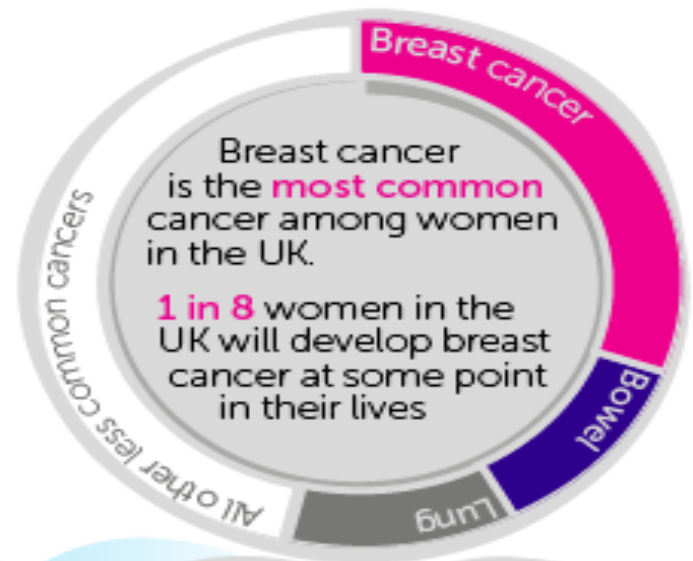
Over **2 million women** go for breast screening every year in the UK



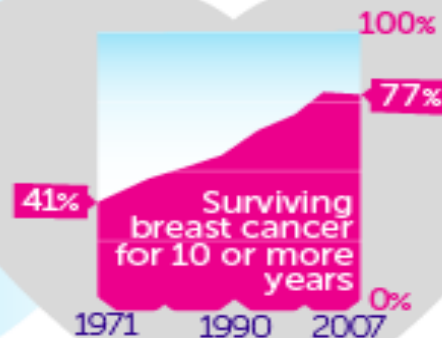
Women aged between **50 and 70** get breast screening invites in the post every 3 years.



You must be **registered with a GP**. Register at [nhs.uk](http://nhs.uk) or your local clinic.




Most women now survive breast cancer, and survival rates are going up thanks to earlier diagnosis and better treatments and care



CANCER RESEARCH UK

For further information, please speak with the receptionist who will assist you.





# Do you know the symptoms of cervical cancer?

Bleeding: during or after sex or between periods

Post menopausal bleeding

Unusual vaginal discharge

Pain during sex

Lower back pain

If you have any of these, talk to your GP  
as soon as possible.

Jo's cervical  
cancer trust



Contact us:

**0808 802 8000**

**jostrust.org.uk**

Registered in England and Wales. Company Limited by Guarantee: 7111375. Registered Charity No: 1133542 / SC041236.



## GP online services Quick, easy and secure

NHS

- Book GP appointments
- Order repeat prescriptions
- Access your GP records




# Patient Online Services

We are able to offer to anyone with internet access the opportunity to register for the following online services:

- Book routine appointments with a doctor
- Cancel appointments up to 2 hours before appointment
- Request repeat medication – 48 working hours notice is required
  - Up date contact details
  - View your medical records (Medication/Allergies)

A user name and password will be provided by the centre.

If you wish to use the online service please come into the centre in person and complete and sign the consent form and provide proof of ID i.e. passport/photo driving licence.  
Forms are available from reception.





# Investigations and Specimens

- Please call between 10am-10.30am for all investigation and test results.



COMING SOON

Free Wi-Fi  
~~now~~ available

Look up health information,  
download health apps and  
browse the internet





**Do you smoke?**



**or know someone who does?**

**The local free 'stop smoking' service in  
Birmingham is here to help you and your  
family**

**Call 0300 123 1044**

**today!**



**SMOKEFREE**

**[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)**

you  
said we  
did

- Hand sanitiser for the patients
- Magnifying glass for the visually impaired patients
- Locked notice Board for patients information



Together  
*We Care*

# PATIENT PARTICIPATION GROUP (PPG)

Are you interested in finding out more about our practice and the development of the health services?

Dr Kulshrestha's Practice is actively seeking patients to join their patients participation group. You can be of any age, gender or background and attend regular practice meetings to discuss any changes or ideas you may have for the practice.

If this is something you may be interested in, please inform the reception team and we will contact you with further details.



Patient Participation Group





# INFORMATION

Please speak with the receptionists for our services we offer in **'Different Languages'** and our **'Easy Read Leaflet'**

