

**Queens Park Medical Centre
Farrer Street , Stockton on Tees , TS18 2AW**

Important Information for New Patients

The Practice will normally accept patients moving into the area and who do not have a doctor in the area, and patients who have close family members already registered with the Practice.

We require proof of identity and address before we can register you as a patient

This practice works by allocating patients to named doctors to enable both patient and doctor to get to know each other better; we believe this improves the quality of care we provide. Whenever possible this is the Doctor you will see should you require medical attention, although in urgent situations, or during the doctor's leave, we may ask you to see another doctor in the practice. However we do NOT allow transfers between doctors in the Practice.

We try to treat our patients in a polite and courteous manner and expect our patients to treat Doctors and Staff with the same level of respect. If you are unhappy with our arrangements you have the right to register with another practice.

The Practice operates a
ZERO TOLERANCE POLICY

If you are abusive to staff you will be asked to register with another practice.

In an average week 100 patients make and do not keep appointments. If you make an appointment and cannot keep it please let us know so we can offer the appointment to another patient. If you fail to keep an appointment on more than one occasion you may be asked to register with another practice.

Completion of this questionnaire does not guarantee your registration at the practice, it is your responsibility to contact the practice after 2 working days to confirm your registration and to find out which doctor you will be registered with.

Please answer the following questions, if necessary using the space overleaf to provide further details.

Section A

Title Mr / Mrs / Miss / Ms / Dr / Other First Name _____

Surname _____ Previous Surname _____

Address _____

Post Code _____ Date of Birth _____

Home Tel _____ Can we contact you yes no preferred

Mobile Tel _____ on these numbers & yes no preferred

Work Tel _____ which is preferred yes no preferred

Email address _____

Marital status Married Single Divorce Widowed Other

What sex were you assigned at birth? Male Female Decline

What is your current gender identity? Male Female Decline
 Transgender Male Transgender Female

Section B

Previous GP Name _____

Previous GP Address _____

Section C

Any known allergies? _____

Height _____ Weight _____

Are you or do you have a carer?

A carer is someone who looks after a friend or relative who needs help because of physical illness/disability, mental health or disability or learning difficulties

I am a carer for: Name _____

Address _____

I am cared for by: Name _____

Address _____

Section D (if applicable)

When was the date of your last smear? _____

From of contraception used? _____

Section E

Are you on any regular medication? Please list in the space provided below:

Section F

Have your parents or brothers / sisters had any of the following health problems?

Hypertension or raised blood pressure	<input type="checkbox"/> Yes <input type="checkbox"/> No	Stroke	<input type="checkbox"/> Yes <input type="checkbox"/> No
Heart attacks below the age of 60	<input type="checkbox"/> Yes <input type="checkbox"/> No	Diabetes	<input type="checkbox"/> Yes <input type="checkbox"/> No

Section G

Are you a: Smoker Ex-Smoker Never Smoked
if you are a smoker, how many per day? _____

Do you want to stop smoking? Yes No Please visit www.nth.nhs.uk/services/stop-smoking-service
for advice on smoking cessation

How often do you have a drink containing alcohol? Never Monthly or less 2-4 x month
 2-3 x week 4 x week

How many units of alcohol do you drink on a typical day when you are drinking? 1-2 3-4 5-6 7-9 10+
(1 unit = small glass of wine or ½ a pint of beer or single measure of spirit)

How often have you had 6 or more units (female) or 8 or more units on a single occasion in the last year never less than monthly monthly
 weekly daily or almost daily

Section H (if applicable)

Over 65? Have you had a pneumonia vaccine in the last 10 years? Yes No
Have you had a flu vaccination this year? Yes No

Section I

PATIENT ETHNIC ORIGIN QUESTIONNAIRE

- This questionnaire follows the recommendations of the Commission for Racial Equality and complies with the Race Relations Act
- Please indicate your ethnic origin. This is not compulsory, but may help with your healthcare, as some health problems are more common in specific communities, and knowing your origins may help with the early identification of some of these conditions.

- A. **White:** British Irish Other
- B. **Mixed:** White and Black Caribbean White and Black African White and Asian Other
- C. **Asian or Asian British:** Indian Pakistani Bangladeshi Other
- D. **Black or Black British:** Carribean African Black and Asian Other
- E. **Chinese or other Ethnic Group:** Chinese Other

Section J

Further information

Please use this space for continuation or any other issues you feel your doctor will need to know about you.

Section K

Patient Declaration

To the best of my knowledge, all of the preceding answers and information provided are true and correct.

Signature

Print

Date

Queens Park Medical Centre

Sleeping tablet, Benzodiazepine, Opiate and Gabapentinoid policy

In conjunction with advice from NICE and our local Medicines Optimisation Team, and in line with current good medical practice, Queens Park Medical Centre is unable to continue to prescribe long term prescriptions for sleeping tablets (zopiclone, temazepam etc) or benzodiazepines (diazepam, Valium etc) and will undertake regular review and scrutiny of substances liable to create dependence/addiction or subject to abuse to ensure safe prescribing in line with local safety guidance and prescribing recommendations (benzodiazepines, hypnotics, gabapentinoids, opiates).

For benzodiazepines and hypnotics:

This means that we will not be commencing patients (or new patients) on any of these drugs. If you are already on these drugs, you may be supported through a quick withdrawal, but long term prescriptions will not be provided.

We will be working with our current small number of patients who are taking such medication to support and facilitate their withdrawal where possible and appropriate.

This is because:

- With time the body adapts to these drugs and they become less effective (tolerance develops) but side effects remain the same
- Taking them for long periods can worsen anxiety and clumsiness
- These drugs may cause drowsiness, clumsiness and confusion. You may not be safe to drive or operate machinery and the DVLA should be informed as there is an increased risk of road accidents
- They may lead to falls (and fractures) particularly in elderly people
- They may cause poor concentration, forgetfulness and problems with memory. This may be mistaken for dementia, and indeed they may contribute to dementia
- These drugs are addictive
- Indeed the benzodiazepines are now classified as 'Controlled drugs' by the licensing authorities due to concerns about their safety

For opiates and gabapentinoids:

These medicines will be prescribed in accordance with clinical need, tolerance and effectiveness and in line with National and Local prescribing guidance. Although medication continues to have a place in the management of persistent pain, it is no longer considered appropriate to continue the approaches indicated for acute (eg cancer) pain, in the management of persistent pain. Exercise, weight reduction, physiotherapy and psychological therapies are equally important.

- Reduction regimes may be considered as shown in the Wales Medicines Partnership Educational Pack or for opiates in line with the Faculty of Pain Management Opiates aware resource – (<https://www.fpm.ac.uk/faculty-of-pain-medicine/opioids-aware>) or by using schedules recommended in a current edition of the BNF/SPC where available (gabapentinoids)
- The risk of harm substantially increases with doses equivalent to over 120mg of morphine sulphate per day, particularly sedation, constipation, overdose and dependency, and we may offer support for tapered reduction where risk outweighs benefit
- Certain opiates will only be prescribed if recommended by a specialist (eg; fentanyl lozenges, tapentadol)
- Escalating doses of gabapentinoids will only be prescribed if there is clear clinical improvement, doses over and above maximum licensed dose will not be prescribed
- Replacement prescriptions will not be issued

We realise that some patients may struggle to stop or withdraw from their sleeping tablets, benzodiazepines, opiates or gabapentinoids, but as responsible prescribers, we do not feel it is safe to continue to issue the medications without check. If you have any queries or concerns, please contact the Practice to make a telephone appointment with your usual GP.

Yours faithfully

Dr Mark Hulyer, Senior Partner, on behalf of all the partners at Queens Park Medical Centre