

York Medical Practice Patient Group

Patient's Newsletter – 17

May 2025

York Medical Practice Ethos – By Dr Christopher Watts

We strive to provide accessible, quality primary care services to all our patients, and we are committed to treating our patients holistically using up to date, evidence-based care. Our professional relationship with you relies on mutual respect, and shared responsibility for your health. With this in mind, we encourage continuity of care with the same Doctor or Nurse where possible, to ensure safety and trust.

We respectfully ask that you access your test results via the NHS App. These will be made available to view once we have interpreted them. We will put a message next to the result so that our opinion on the results is as clear as possible. Please be aware that we cannot always provide detailed opinions on every result, and if further discussion is warranted, we will ask you to make an appointment with the Doctor or Nurse who requested the test. Whilst we appreciate that a further discussion may cause concern for patients, we are confident that the result can be discussed in a routine appointment, rather than in an emergency slot.

Results of tests arranged by hospital doctors are not automatically forwarded to us. If you have queries about these you will need to contact the hospital secretary or relevant hospital department to ensure a follow up appointment is booked to explain the results to you in more detail; GPs may not always be able to interpret specialist results, hence the need to refer to a specialist in secondary care.

We are committed to providing high-quality care for all our patients, and there are various ways you can access care at our practice. They include but are not limited to; telephone triage for on the day medical concerns, routine appointments, nurse led clinics including management of chronic conditions and online consultation forms for both clinical and administrative queries. A full list of services, and details of how to book can be found on our website under the 'Practice Information' tab. This can also be found on the YMPPG Notice Board in the practice lobby.

Staying Well During Hayfever Season: Tips to Beat the Sneezes

Hello, my name is Dr Isabel White and I am one of the trainee GPs currently based at York Medical Practice. I am in my final year of GP training having graduated from Bristol University in 2016. I have spent the intervening years working in different specialities in hospital and community settings both here in London and in rural Somerset. As spring blooms and summer approaches, so does 'Hayfever Season'— a frustrating time for millions of allergy sufferers. Hayfever, or allergic rhinitis, is triggered by pollen from trees, grasses, and weeds, and can bring on a cascade of symptoms including sneezing, itchy eyes, congestion, and fatigue. While you can't stop pollen from filling the air, you can take proactive steps to stay well and minimize its impact.

Know Your Triggers: The first step in managing hayfever is understanding what type of pollen affects you. Tree pollen typically peaks in spring, grass pollen dominates late spring and early summer, and weed pollen lingers into autumn. Keeping track of pollen forecasts in your area can help you plan accordingly. On high pollen days, try to stay indoors during peak times — usually early morning and late afternoon.

Medications Can Help: Over-the-counter antihistamines, decongestants, and nasal corticosteroid sprays can offer effective relief. Start taking them before symptoms begin if you know your allergy season well. For persistent or severe cases, a doctor may recommend allergy testing or prescription treatments.

Natural Remedies and Lifestyle Tips: Some people find relief with natural options like saline nasal rinses, which flush out pollen from the nasal passages. Staying hydrated helps thin mucus, easing congestion. Wearing sunglasses outside can reduce eye irritation and a wide-brimmed hat can help keep pollen out of your hair and face.

Stay Informed and Prepared: Hayfever doesn't have to put your life on hold. With the right knowledge, preparation, and treatment plan, you can enjoy the outdoors without constant sneezing or discomfort. Monitor pollen counts, take your medications consistently, and make small lifestyle adjustments to protect yourself during allergy season.

By being proactive and attentive, you can make the most of the warmer months without letting Hayfever hold you back.

Physician Associate Role At York Medical Practice

My name is Anusha Ravi, and I am the Physician Associate here at York Medical Practice. The role was introduced to improve continuity of care and help reduce the pressures on GP's in primary care. Physician Associate roles were first introduced to the NHS in 2003, although 'PAs' have been around for much longer in the USA. My role at the Practice includes seeing a variety of patients to diagnose, investigate and create management plans. I see many different conditions which are both chronic or acute in nature. I am not able to prescribe medication, however I have a daily supervisor GP who helps with any prescriptions and supports me with patient care. I am also regulated by the General Medical Council.

I have an undergraduate degree in Biochemical Science BSc and then undertook MSc Physician Associate Studies at Newcastle University, completing my degree in 2020. I have been working at the York Medical Practice ever since. In my time here I have recently completed a Diploma in Sexual and Reproductive health as I have a keen interest in Women's Health and Family Planning, I particularly enjoy completing our 6-week post-partum checks for new mothers. My other areas of interest include Dermatology and ENT (Ears, Nose & Throat), and I undertake our Serious Mental Illness physical health checks.

I cover a comprehensive range of issues and am able to see most of our patients at the practice. The team in Reception can answer any questions you have in more detail and can help you decide whether it would be appropriate to see me regarding your condition. The duty doctor may also book you an appointment with me as an emergency appointment on the day but will triage your symptoms beforehand. I look forward to seeing you in the practice soon!

Staff Changes

Dr Yvette McGovern has returned from her maternity leave as of April 2025

Dr Zia Farooq and Dr Watan Chantima have now completed their GP registrar placements at the practice in February 2025 and have moved on to new roles.

Dr Rebecca Lewis and Dr Juan Ellauzi joined the practice as GP registrars in February 2025 and will be in training with us until August 2025.

Bikash Gurang has left his Pharmacy Technician role in March 2025