

COURTFIELD PRIVATE PRACTICE



THE COURTFIELD MEDICAL CENTRE, 73 COURTFIELD GARDENS,
LONDON SW5 ONL

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www.courtfieldpp.co.uk

A COMMITMENT TO CARE

At the Courtfield Medical Centre our philosophy is to provide the best and most progressive private medical treatment tailored to your personal needs and lifestyle. As part of this commitment to care we offer our patients:

- **Longer appointment times**

A key part of providing the best care for our patients is, we believe, allocating ample time for patient/doctor consultations. At this Practice, we aim to offer as much time with the doctor as you feel you need to discuss your worries and concerns in a relaxed and unhurried atmosphere.

- **Family medicine**

A large emphasis at the Practice is placed on the care of children, calling on the paediatric interest and experience of Dr Ladbrooke. In addition to routine immunisation, babies and children are offered checkups on a regular basis at flexible times throughout the week.

- **Personal care**

We realise the importance to patients of personalised care. As a result, one of the practice doctors will be available wherever possible outside of normal surgery hours.

- **Preventative medicine**

We believe in the importance of preventative medicine in the all-round care of our patients. All patients are offered and encouraged to have a full health screen at the Practice every year. A range of male and female health screens are available, together with counselling on the management of your future healthcare.

- **Complementary medicine**

As part of our integrated approach to overall healthcare, we work in close co-operation with a wide range of complementary therapists, some of whom are based at this practice.

If this more personal approach to your medical care interests you, please contact us. Tel: 020 7373 3541.

APPOINTMENTS

For the convenience of patients, appointments are available from 8.30am-6.30pm Monday to Friday and Saturday mornings (by prior arrangement). Outside of normal surgery hours, please call 020 7373 3541 for any emergencies. These will be dealt with wherever possible by one of the practice doctors or by a small group of colleagues who will inform us by fax the following morning of any overnight contact.

It is our policy to offer consultations of sufficient length to fully discuss your worries and concerns and to allow time for a full clinical examination and to plan together the future management of your problem.

HOME VISITS

Home visits are available on request (see price list for fees). We can only guarantee to visit the following postcodes: SW1, SW3, SW5, SW6, SW7, SW10, SW11, W6, W8, W11, W12 & W14.

REFERRALS

In the event that a second opinion is required, we have a comprehensive referral system so that an appointment can be made quickly to highly recommended specialists who practice orthodox or complementary medicine, whichever is deemed necessary.

We also work in close association with leading specialists in the fields of dietetics, physiotherapy, osteopathy, chiropractic, aromatherapy, reflexology, homeopathy, psychotherapy, clinical psychology and the Alexander technique.

TRAVEL CLINIC

Our travel clinic, run by specialist staff, offers a comprehensive range of vaccinations and travel advice for all overseas destinations plus up-to-the minute health information on travel to areas at risk.

PAEDIATRICS

A large emphasis is placed on the care of children at the Practice. In addition to routine immunisations carried out by the doctor, babies and children are offered check-ups on a regular basis, at flexible times throughout the week.

SUGGESTED SCHEDULE FOR ROUTINE ASSESSMENT IN FIRST 5 YEARS OF LIFE:

6 weeks	Full physical and developmental check
6 weeks – 4 mths	Regular monthly reviews
8 mths	Physical examination, developmental and hearing test
1 yr – 4 yrs	Annual developmental and physical assessment
5 yrs +	Annual physical assessment

Note: The schedule outlined above is recommended as a guideline only. Children will be seen at anytime outside these periods with a doctor always available to answer your queries and concerns.

IMMUNISATIONS

The following immunisation regime is recommended:

DPT (Diphtheria, Tetanus and Pertussis), Hib & Polio	at 2 months, 3 months & 4 months of age
Meningitis C	at 3 months & 4 months of age
Menitorix (Hib & Meningitis C)	at 12 months of age
MMR (Measles, Mumps & Rubella)	at 13 months of age
Pre-school booster (MMR, Diphtheria, Pertussis, Tetanus & Polio)	at 3 years 4 months of age

Note: All the above immunisations are included in the family membership scheme.

Also available for an additional fee:

Hepatitis B	at birth, 1 month & 6 months of age
Prevenar	at 2, 4 and 13 months of age
Chicken Pox	at 13 months of age and booster aged 4 years
BCG	at any age
Rotavirus	at 2 months & 3 months of age

HEALTH SCREENING

Regular health screening allows the early detection of problems such as breast cancer, cervical cancer, cardiovascular problems or prostate cancer. Health screens are relevant to both men and women of all ages and are tailored to reflect your needs and lifestyle, especially as some tests become more important as you get older. You should allow approximately 1½ hours for a full health screen.

FEMALE TEST

Full consultation

Detailed physical examination

Measurement of height and weight

Measurement of blood pressure

Electrocardiogram and report

Lung function test

Blood test (including lipid profile)

Urine test

Breast examination and tuition

Pelvic examination

Cervical smear

Discussion of gynaecological history

Full report including lifestyle proposal

Dietary advice

EXTRA TESTS AVAILABLE (ADDITIONAL FEE)

Exercise ECG, Mammography and/or Breast Ultrasound Scan, Rubella Screening, High Vaginal Swab, Sexually Transmitted Disease Screen, Stool Occult Blood, Chest X-Ray, Ovarian Cancer Screen

HEALTH SCREENING

MALE TEST

Full consultation

Detailed physical examination

Measurement of height and weight

Measurement of blood pressure

Electrocardiogram and report

Lung function test

Blood test (including lipid profile)

Urine test

Prostate Cancer Screening

(over the age of 50)

Full report including lifestyle proposal

Dietary advice

Faecal occult blood

(over the age of 50)

EXTRA TESTS AVAILABLE (ADDITIONAL FEE)

Exercise ECG, Chest X-Ray, Sexually Transmitted Disease Screen

BIOGRAPHIES

DR TIM LADBROOKE

MA, MB, BChir, DCH, MRCP (GMC n^o 2574684)

Qualified Cambridge University/Westminster Medical School, London, 1982. Gained postgraduate qualification in Paediatrics and Membership of the Royal College of General Practitioners. Occupational Health Adviser to the Royal College of General Practitioners (1991-93) & GP Trainer (1991-96). He is currently Adviser to Kensington & Westminster Adoption Service and has been running a practice-based Child Development Clinic for the past 20 years. Dr Ladbroke has also recently been made an honorary Teaching Fellow of Imperial College School of Medicine, London.

Special interests: Paediatrics, Dermatology, Men's health.

DR JILL HARLING

BSC, MB, BS, DRCOG (GMC n^o 2836780)

Qualified at St George's Medical School, London, 1983. Gained a distinction in Obstetrics & Gynaecology and later the Diploma in Obstetrics & Gynaecology. Dr Harling was involved in setting up health screening at a leading private London hospital. She is married to Dr Ladbroke (with three children) and in partnership with him since October 1996.

Special interests: Obstetrics & Gynaecology, health screening, alternative medicine and psychotherapy.

DR KATHRINE O'BRIEN

BA, MB, BS, MRCP, DRCOG (GMC n^o 3073050)

Qualified Oxford University/St Mary's Medical School, London, 1985. Initially specialised in hospital medicine gaining her membership of the Royal College of Physicians. She then entered general practice after obtaining the Diploma in Obstetrics & Gynaecology. Latterly, she has gained further experience in the field of psychotherapy. She has two children.

Special interests: Women's health, adult medicine & psychotherapy.

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