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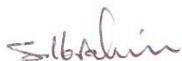
It is a pleasure writing today about the Diabetes Team at Lakeside General Practice led by Dr Maryam Tahmessebi, a shining beacon of excellence in the field of diabetes within the Borough of Bexley.

Lakeside General Practice is one of the largest practices in Bexley. It serves an area with a high index of deprivation and a significant number of patients from ethnic minorities, both factors increase the prevalence and complexity of diabetes in the area. Dr Tahmessebi has managed to build up a multi- disciplinary team within a short period of time and has ensured they have all attained a high level of knowledge and skills enabling them to deal efficiently with patients with diabetes and address the complex issues related to their management. The team is very dedicated and hardworking. The Diabetes Register within the practice is one of the most comprehensive and complete registers within the borough. Organisation is superb and management is pro-active reaching out to all groups of patients. The team developed skills to deal with all levels of complexity including insulin initiation and titration of various treatments for diabetes. The centre is a recognized centre for Xpert course, a nationally recognised group education course for patients with Type II diabetes.

The results of various audits on process, outcome and satisfaction are testimony to the success of the team. Overall the number of referrals to secondary care from the Lakeside Centre has reduced which means care closer to home for most patients but appropriate referrals and close links with secondary care continue to date. Continuous professional development is of paramount importance to the team and team members at the surgery are regularly attendees of various educational events within Bexley with active participation in discussion.

Dr Tahmessebi is also a leading GP in Bexley in the field of diabetes and is one responsible for triage of referral to secondary and tertiary surfaces.

The Diabetes Centre at Lakeside Surgery in Thamesmead is a prime example of demonstrating that dedication, organisation and teamwork are the key to successful team and good outcomes. I strongly recommend them for the Award of Quality in Care Programme.



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