

## Brilliant team work!

Dr Ali and staff members took over the High Street to urge people to 'check your pulse' in NHS drive to reduce strokes in Redbridge. With the stall set up outside Marks and Spencer on Tuesday 19 November 2019, they showed people passing by how to measure their pulse rate to check for the symptoms atrial fibrillation (AF). They encouraged those with an irregular pulse rate to contact their own doctor. They undertook 36 pulse checks, detecting 2 cases of AF and asking a further 4 people to go for a formal review with their GP.

Well done Southdene team!



Picture caption:

Far left: Dr Humera Qureshi GP, Southdene Surgery  
Centre left: Josh Stephenson, Barts Health medical student on a weekly placement with Southdene Surgery  
Centre back: Jordan Kilbey, Barts Health medical student on a weekly placement with Southdene Surgery  
Centre front: Dr Shabana Ali GP, Southdene Surgery  
Centre right: Amna Syed, Barts Health medical student on a weekly placement with Southdene Surgery  
Far right: Lisa Sam, Nurse Practitioner, Southdene Surgery