

## Meet the Primary Care Team

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### **Dr Alexandra Harkins MA MBBS MRCGP DCH DRCOG DFSRH PGCE (Female GP) Primary Care Medical Director**

Dr Alexandra Harkins is the Primary Care Medical Director at Health Management and a member of the Wider Leadership team and Clinical Governance Group at HML. She completed her pre-clinical training at Christ's College, Cambridge in 1994 with a First Class Honours Degree in Medical Sciences. She subsequently completed her clinical training at St Mary's Hospital, Paddington in 1997 achieving distinctions in Pathology and Clinical Pharmacology. Alex undertook vocational training as a General Practitioner at St Mary's, Paddington from 1998 - 2001 and achieved MRCGP with Distinction. She has worked as a private GP in the City since 2001. Alex has a particular interest in women's health, health promotion and education. In addition she works as a locum NHS GP in Streatham. She is the Lead Appraiser for Health Management and an appraiser for the Independent Doctors Federation (IDF) and NHS GPs in North West London. She has also been an appraiser of the Responsible Officers for NHS England and she sat on the IDF Appraisal Committee from 2013 to 2015. She became a GP specialist advisor for CQC in 2019. Outside of work Alex enjoys family life with her husband and two children.

### **Dr Feizal Motala MBChB DA (Male GP) Lead GP**

Dr Feizal Motala is the Lead GP at Health Management. He graduated with merit from the University of Natal, South Africa in 1985. Post-graduation, he worked at the King Edward VIII Hospital, which is a renowned teaching hospital. He gained experience in various specialties, including obstetrics and gynaecology, internal medicine, general surgery, psychiatry, paediatrics and anaesthetics. He obtained the Diploma in Anaesthetics in 1989. He then worked as a partner in a private general practice for 8 years, as well as working in A & E at a rural hospital. In 1996, he relocated with his family to Saudi Arabia, to work as a GP in Family Medicine, in a large military hospital. Feizal then moved permanently to the UK in 2005 and worked for several years in Disability Medicine. Since February 2011, he has been working full-time as a private GP in the City of London. He is an approved examiner for Oil and Gas UK offshore workers. He is currently studying for the Diploma in Occupational Medicine. Feizal enjoys all aspects of general practice with special interests in travel medicine and health promotion. Outside of work, Feizal enjoys travelling and following international cricket.

### **Dr Micaela Doyle MB ChB, DRCOG, DFSRH, MRCGP (Female GP)**

Dr Micaela Doyle qualified from Sheffield University in 1990 and went on to complete her GP training in North West London. Micaela has subsequently built up over 20 years experience of General Practice in London. She was a partner in a highly respected NHS practice until 2009 and has been working in the private sector in the City of London since late 2009. Micaela also continues to do regular NHS sessions in North West London and enjoys all aspects of General Practice.

### **Dr Rebecca Hayes MBBS DPD MRCGP (Female GP)**

Dr Rebecca Hayes is a GP employed at Health Management three days a week. Rebecca also works 1-2 days per week in the NHS splitting her time between Kensington and Chelsea and Camden CCGs. Dr Hayes has a wide range of clinical interests and has also been a Clinical Lead for a private tele-medicine company. She covers all forms of general practice including women's health and has a Diploma of Practical Dermatology from Cardiff. Outside of work she enjoys sailing and can speak conversational Italian.

**Dr Rachel Levene (Female GP)**  
**MBBS DCH DRCOG**

Rachel studied Medicine at the University of Newcastle upon Tyne, qualifying in 1987. After working in hospital medicine for several years she trained as a GP and returned to London where she worked in the NHS as a partner in a busy inner city practice. For the last 8 years she has been working in the private sector providing primary care to both families and also to a number of businesses in the corporate setting. She particularly enjoys the variety of work within general practice and the opportunity to build long term relationships with her patients. Outside work she is busy with her teenage children and enjoys crafting, baking and helping out at a drop-in centre for asylum seekers in London. With over 30 years' experience as a doctor, she is still enthusiastic about her work and is very happy to be part of the team at HML.

**Dr Debashis Singh MBChB, Bsc (Hons), MRCGP (Male GP)**

Dr Debashis Singh completed his medical training at the University of Leicester in 2001 where he also wrote regularly for the Student British Medical Journal. Debashis trained to become a General Practitioner at St Mary's Hospital, Paddington from 2002 - 2005 where he was also a regular contributor to the British Medical Journal and the Daily Express health pages. Debashis currently has an NHS base in Islington where he works as a GP partner. He has an interest in education, training and development which is exemplified in his roles as a GP Tutor for medical students at Bart's and The London School of Medicine and Dentistry and he also currently trains future General Practitioners through the St Mary's Vocational Training Scheme. Debashis also works as an appraiser for NHS GPs in Islington. Outside of work he enjoys a wide range of interests, which include architecture, design, cinema and theatre. He also regularly participates in high impact exercise classes such as spinning and circuit training.

**Dr Dilini Obeysekera MBBS MRCGP FRACGP (Female GP)**

Dr Dilini Obeysekera completed her medical training at St Bartholomew's and The Royal London School of Medicine and Dentistry in 2008. She undertook her vocational training as a General Practitioner 2010-2013 and achieved MRCGP. Between 2016 and 2018, Dilini experienced working as a GP in North Queensland, Australia. Currently, as well as working as a private GP in Health Management, Dilini also works as a NHS GP in Sussex. Dilini has a particular interest in women's health. Outside of work Dilini enjoys travelling and being outdoors.

**Dr Steve Stangoni BM BSc MRCGP (Male GP)**

Dr Steve Stangoni is a Primary Care GP at Health Management. He completed his training at the University of Southampton in 2009, intercalating in biomedical sciences and receiving a Bachelor Of Science (2:1) and Bachelor of Medicine. Steve worked at Tweed Heads Hospital in Australia for a number of years, undertaking training in a number of specialties, before completing his GP training in Surrey in 2017.

In addition to his role at Health Management, he is currently working as a locum GP in Woking and also works as a hair transplant surgeon in Birmingham. He is fluent in Italian and loves travelling

**Dr Afsaneh Abedzadeh MD PhD MRCGP (Int) MSc**

Dr Afsaneh Abedzadeh graduated from the University of Medicine and Pharmacy in Timisoara, Romania in 1993 with distinction for her research dissertation in modern treatment of asthma. She then started working in cardiovascular basic research, following which she completed her PhD in medicine in 2001. Gradually she developed interest in general practice and started four-year vocational training in general practice in 2003 in Dubai. During her GP training she worked in many specialities including infectious diseases, paediatrics, gynaecology, general surgery, psychiatry, ENT, ophthalmology, dermatology,

geriatrics and accident and emergency. She successfully obtained her MRCGP international in 2007 following which she was appointed as an international examiner for the Royal College of General Practitioners. Apart from her clinical work, she worked as head of a health centre and was involved in teaching medical students and GP trainees. To further broaden her experience in leadership and management she completed an MSc in healthcare management with the Royal College of Surgeons in Ireland in 2010. She moved to London in 2011 with her young family. She has started working in the NHS GP practices in Islington, North and East London. She has also been working as a private GP since 2013. She has a special interest in women's health, preventative medicine, nutrition and coaching for health. She also became an appraiser in 2018.

### **Nurse Practitioner Jenny Leggett**

Jenny is a nurse practitioner at Health Management. She qualified as a registered general nurse in 1978 and began her career working in accident and emergency. In 1984 she moved into community nursing after completing a post graduate diploma in district nursing, qualifying as a specialist practitioner. She worked as a district nursing sister in the east end of London looking after people in their homes and within the local community. The people, their stories and the changing area inspired her to take a keen interest in the past history of London. In 2006 Jenny became interested in the concept of walk-in centres and nurse-led clinics. She moved into primary care, began working at a NHS walk-in centre and in 2007 qualified as an independent nurse prescriber. This qualification allows her to prescribe any medication in the scope of her practice which is minor ailments and injuries. Further study and prescribing knowledge since then now includes sexual health, family planning and travel health. Jenny has worked in the square mile area of the city for the last 10 years. Starting in an NHS walk in centre in Spitalfields she progressed to conducting on site nurse led clinics in several of the most major financial companies. Jenny has a particular interest in the unique health problems that can affect busy professional people working in the city. She is aware that supporting the physical and emotional health and wellbeing of employees plays an important part in a successful business.