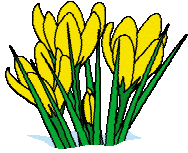


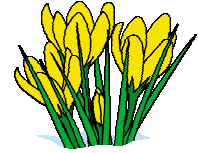
Fortrose Medical Practice

"Excellent care for our patients and community through working in a fair and happy environment"



NEWSLETTER

Spring 2017



Practice Closures

The practice will be closed on Friday 14 April 2017 - Good Friday.

If you need medical attention or advice when the surgery is closed please contact NHS24 on telephone 111. NHS24 is a 24 hour health service which has round the clock advice and support. In an emergency always dial 999.

Urines Samples



If you suspect you have a urine infection please hand-in a sample as soon as possible. This will allow us to test the sample and pass to the Duty Dr, who will then contact you if you require further treatment. If your sample is tested and is negative and doesn't require treatment then no follow-up will be made. Red-top sample bottles, which contain a preservative powder, can be collected from reception.

Results

The doctors look at all of the many results which come into the surgery every day and act on them accordingly; unless a specific arrangement has been made, you will not hear from us if the results of your tests are normal: no news is good news.



Health Care Assistants (HCA) Clinics

We have increased the number of Health Care Assistant clinics each week, and appointments can now be made on the mornings of Monday, Tuesday, Wednesday and Thursday. The HCAs can carry out a number of requests including blood tests, blood pressure checks, ear syringing and ECGs, as well as some dressings and stitch removals.

Book Donations

We are happy to receive book donations for patients to use at the surgery, however we have limited space and can only take a small amount of books at any one time. If you have large donations of books you may find it more useful to donate to the library.

Know Who To Turn To:

<http://knowwhototurnto.org/>

NHS have created this website in order to help you get the right medical assistance when you're ill, injured or have a long term condition. Going directly to the person with the appropriate skills is important. This can help you to a speedier recovery and makes sure all NHS services are run efficiently. Here you will find information not only on GP services, but also minor injuries unit, out-of-hours services as well as dentists and pharmacists.

Passports:

http://www.passports-office.co.uk/blog/countersigning_passport_applications/

Recent update regarding GP's and Doctors: Although doctors are a recognised profession HM Passport Office no longer accepts your own GP as a counter-signatory. This is due to the high volume of people requesting the service and the pressure this puts on the very limited resources available to local surgeries. However if you know or have a friend that is a doctor this is still accepted. Countersignatures must either work in (or be retired in) a recognised profession, or be 'a person of good standing in their community'. These recognised professions range from an accountant to a barrister, as well as a funeral director or social worker.



Travel Vaccinations



If you are planning a holiday please ensure you contact the Surgery at least **6 weeks before** your date of travel to allow us sufficient time to arrange any vaccinations required. Please follow the steps below when requesting travel vaccinations:

1. Complete the travel questionnaire which can be found on our website. Copies are also available for collection at reception.
2. The surgery will then contact you to arrange a telephone consultation with the nurse to discuss your requirements.
3. The nurse will call you at the arranged time and will inform you what vaccinations you require.
4. If you require NHS Vaccinations then an appointment will be made for you with the nurse to receive these. NHS vaccinations include diphtheria, polio & tetanus, typhoid, hepatitis A and cholera.
5. If you require non-NHS vaccinations, a prescription will be prepared for you to collect and source from a chemist. Once you have the vaccinations, you must then make an appointment with the nurse in order to have these administered (at least 2 weeks before travel). Please note that there is a charge for both the private prescription (£11) as well as the administration of the vaccine (£21). Non-NHS vaccinations include Hepatitis B, Rabies and Men ACWY.

Further information on travel vaccines can be found at www.fiffortravel.scot.nhs.uk

Web: www.fortrosesurgery.co.uk - Tel: 01381 622000