

# Fortrose Medical Practice

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



## NEWSLETTER

Summer 2017



### Practice Closures

Starting September 2017 the Practice will close one afternoon per month to allow us to carry out staff training and meetings. These will alternate between a Wednesday and Thursday, and will be on the first week of each month. Reminders will be displayed beforehand, and the dates for 2017 are:

- Thursday 7 September 2017
- Wednesday 4 October 2017
- Thursday 2 November 2017
- Wednesday 6 December 2017

### Staff

We welcomed back Becky last month following her maternity leave. We also welcome Caroline Macrae who started with us on 19 June 2017 as part of the receptionist team.

### Medical Students

We are fortunate to be able to support Medical Students from the University of Aberdeen. We have recently had Charlotte throughout May 2017, followed by Fiona in June 2017 and will be welcoming more students in the autumn.

### Flower Fairies

A big thank you to the flower fairies for once again planting our pots with beautiful flowers - we promise to take good care of them!



### Equipment Fund

Thanks to your generosity and donations, we have been able to purchase a new Electrocardiology (ECG) machine for the practice.

The Practice has entered a team for The Beast Race 2017 which takes place on 2 September 2017. This is a 10k obstacle course race over the tough Scottish terrain, and supports Chest, Heart and Stroke Scotland. Our team will be raising funds for the Community Equipment Fund that recently purchased the above mentioned ECG machine. Blood pressure monitors, as well as nurse diagnostics equipment have also been funded through the Equipment Fund.

If you would like to support our team and donate to the fund, a justgiving page can be found at: [www.justgiving.com/crowdfunding/fortrosemedicalpractice](http://www.justgiving.com/crowdfunding/fortrosemedicalpractice) or sponsorship/donations can be given at reception too.

### Ticks and Lyme disease

In Scotland, the most common disease ticks transmit is Lyme disease. They also carry other diseases which can affect animals. To avoid ticks when out and about in the countryside or anywhere near wildlife:

- cover up as much skin as you can as ticks will find it more difficult
- wear long trousers tucked into socks and long sleeves

- light-coloured clothing may help to see ticks more easily
- use an insect repellent containing the ingredient DEET to deter ticks
- check clothing for ticks regularly
- as well as examining yourself for ticks, also remember to check anyone else

If a tick is attached itself to you, then you need to remove it as soon as possible.

- using a pair of fine-tipped tweezers or a tick removal tool
- wearing gloves or using tissue over your fingers to avoid touching the tick
- grabbing the tick as close to the skin as possible
- gently but firmly pulling straight up until all of the tick's mouthparts have been removed
- not twisting or jerking the tick while removing it to avoid the mouthparts breaking off and remaining in the skin
- washing your hands with soap and water afterwards

Don't use petroleum jelly, alcohol, a lit match or any other method to try to remove a tick. It won't work and could cause infection.

After removing the tick, clean the bite with soap and water or an antiseptic, such as an iodine scrub.

Avoid scratching the bite because it will cause further swelling and increase the risk of infection. Most tick bites will heal within three weeks.

Seek medical attention if you've been unable to remove all of the tick. You should also see your GP if you develop:

- a pink or red rash
- a temperature of 38°C (100.4°F) or above
- other flu-like symptoms, such as a headache or joint pain
- swollen lymph nodes

### **Barbecues**

It's that time of the year when the sun comes out, followed by the barbecue. Here are some useful tips.

- Wash your hands before preparing foods and handling raw meats
- Keep separate dishes and utensils for raw meat
- Ensure frozen foods are thoroughly defrosted prior to cooking to ensure they cook all the way through
- Ensure the barbecue is hot enough before starting cooking
- Ensure all foods are thoroughly cooked, turning meat during cooking
- Do not leave food in the sun



**With our best wishes for an enjoyable and healthy summer time.**

**The Practice Team  
Fortrose Medical Practice**

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