

# Fortrose Medical Practice

## Fortrose Medical Practice

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



## NEWSLETTER

Autumn 2018



We will be holding two Saturday Clinics this year, these being:

**Saturday 13 October 2018 and  
Saturday 10 November 2018**

These clinics are for adults only, and an appointment must be booked beforehand. If you are unable to make either of the Saturday Clinics, then please contact the surgery to make an alternative appointment.

**If you already have an appointment booked with any of our clinicians, the vaccine will be offered to you during this consultation and you will not need to book an extra appointment.**

Eligibility criteria for patients:

- all patients aged 65 years and older
- patients suffering from chronic respiratory disease
- patients suffering from chronic heart disease
- patients suffering from chronic kidney disease
- patients suffering from chronic liver disease
- patients suffering from chronic neurological disease
- patients suffering from diabetes
- patients suffering from immunosuppression
- patients suffering from asplenia or dysfunction of the spleen
- all pregnant women
- unpaid carers and young carers (18 years or under)
- those living in long-stay residential care or homes

### **Nasal Flu Vaccinations**

All children at risk (under 18 years old) will be offered the nasal vaccination including all children aged 2-5 years. For those currently at Primary School (P1 to P7 inclusive) they will be offered the nasal vaccination in school. Please contact the surgery to make an appointment for your child. Nasal vaccinations will not be available during the Saturday clinics

### **Shingles vaccination**

Shingles is a debilitating condition, which occurs more frequently and tends to be more severe in older people. Anyone born between 2 September 1938 and 1 September 1948 (both dates inclusive) is entitled to the vaccine, as long as they are still under 80 years of age. If you are in the above age bracket, and have not yet had the shingles vaccination, please call the surgery for an appointment (unless you have an appointment with a GP booked already, in which case this can be given whilst you attend). For more information visit [www.shinglesaware.co.uk](http://www.shinglesaware.co.uk)

## **Chronic Medication Service (CMS)**

CMS allows patients with long-term conditions to register with a Community Pharmacy of their choice for the provision of pharmaceutical care. If your GP agrees that your condition is stable, then they will authorise a prescription for either 24 or 48 weeks that the chemist will then dispense to you regularly (4 to 8 weeks). This saves having to submit a prescription request to the surgery.



## **Medication Review Clinics**

We have two Pharmacists here at the Surgery that support the GPs, these being Gillian Swanson and Gemma Souter. Both Gillian and Gemma will be running medication review clinics most weeks on a Monday (Gillian) and a Thursday (Gemma). Patients will be invited in for a medication review appointment and are asked to bring all their medication with them.

## **Physiotherapy in Practice**

We are delighted to announce that from 15 October 2018 we will have a dedicated Physio in Practice every Wednesday and Friday. This service is a specialist service to diagnose and treat patients with musculoskeletal conditions of the spine, arms, hands and legs. Patients are no longer required to self-refer but can now book directly (via the reception team) for conditions such as:

- Osteoarthritis
- Neck and shoulder pain
- Low back & hip pain
- Sciatica
- Wrist & hand pain
- Knee & ankle pain
- Ligament & muscle injuries
- Tendon issues

At the appointment you will be assessed by the physio who will likely give you exercises and advise to help your condition. However you may require further investigation and/or treatment and will therefore be referred for further investigation, medication, ongoing rehabilitation and/or review by another clinician as required.





### **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.



### **Change to Monday Clinics**

From October 2018 Dr Iain Forth will no longer have clinics on a Monday, and his late clinics will move to a Tuesday evening. However Dr Shona Forth will be increasing her days to include a Monday.

### **Medical Students**

We are fortunate to be able to support Medical Students from the University of Aberdeen. We currently have Cyra Lee with us throughout September, and will have another student with us throughout November 2018. If you would prefer to not have any students in attendance then please let reception know.



### **NHS Cervical Screening Programme**

Cervical screening aims to prevent cervical cancer from developing. The NHS cervical screening programme invites women from ages 25 to 64 for cervical screening. Women aged 25 to 49 are invited every 3 years. After that, women are invited every 5 years until the age of 64. Research shows that cervical screening prevents at least 2,000 cervical cancer deaths each year in the UK. Women screened between the ages of 35 to 64 are thought to have a 60% to 80% lower risk of being diagnosed with cervical cancer in the 5 years following the test compared to women who haven't been screened. The NHS Cervical screen programme automatically invites all women aged 25-64 to attend.

### **Practice Closures**

The practice will be closed for staff training from 1pm onwards on:

- 3 October 2018
- 14 November 2018
- 5 December 2018



### **Early warning of Christmas and New Year closures:**

- Tuesday 25 & Wednesday 26 December 2018
- Tuesday 1 & Wednesday 2 January 2019

**The Practice Team**  
**Fortrose Medical Practice**