

Fortrose Medical Practice

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

NEWSLETTER

Autumn 2019



Autumn Leaves
*Autumn leaves, they flutter
As they fall down to the ground.
They whirl, they twirl, they dance,
But they don't make a sound
Quiet, oh-so-quiet,
They whisper on their way,
Landing in a pile
In which we all can play*



STAFF NEWS

New Physio

We are pleased to welcome Gail Laird who will be providing physio service at the Practice as of 30 September 2019. Gail will be replacing our current clinics and offering appointments every Monday and Wednesday. Thank you and good luck to Lynn MacDonald who will be moving to another Practice.

SURGERY INFORMATION

Closures

<u>Public Holidays</u>	<u>Closed to Routine Appointments From 1pm only</u>	<u>Protected Learning Time (PLT) From 1pm Only</u>
<ul style="list-style-type: none">Friday 18 October 2019 <p>For emergencies always call 999 and for all general health enquiries please call NHS24 on 111 (free from landlines and mobile phones in the UK).</p>	<ul style="list-style-type: none">Tuesday 1 October 2019Tuesday 3 December 2019 <p>The Practice will be closed from 1pm. For urgent matters please ring the doorbell or follow the recorded phone instruction when you call.</p>	<ul style="list-style-type: none">Wednesday 30 October 2019Tuesday 12 November 2019 <p>The Practice will be closed from 1pm. For emergencies always call 999 and for all general health enquiries please call NHS24 on 111 (free from landlines and mobile phones in the UK).</p>



We will be holding two Saturday Clinics this year on:

Saturday 12 October 2019 and Saturday 2 November 2019

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

Shingles can be very painful and is more common among older people. The shingles vaccine can reduce your risk of getting shingles or, if you do get shingles, it can make the symptoms milder. If you were aged 70 to 79 on 1 September 2019, call your GP practice to make an appointment to get your shingles vaccine. Unlike the flu vaccine, which you need to get every year, you only need to get the shingles vaccine once. For more information or advice, speak to your health professional or visit www.nhsinform.scot/shingles

Pneumococcal

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the pneumonia vaccine. A pneumococcal infection can affect anyone but some people are at higher risk of serious illness, so it's recommended they're given the pneumococcal vaccination on the NHS. These are generally the same people who are eligible for annual flu vaccination. These include adults aged 65 or over, as well as adults with certain long-term health conditions, such as a serious heart or kidney condition

Online Appointments & Prescriptions



From 1 October 2019, Fortrose Medical Practice will be able to offer patients the option of managing their appointments online, as well as order their repeat prescriptions. www.patient-services.co.uk

How to Register:

Complete the one page registration form and bring into the Practice with two forms of ID e.g. driving licence and one proof of residence e.g. utility bill. Once registered, you will receive a confirmation email with instruction of how to create your log-in. Please note that you must be aged 16 years or older to register for online services.

Appointments:

Within the appointment section you can see your appointment history, as well as make and cancel an appointment. When you make or cancel an appointment you will also receive an email confirmation. Likewise if you book an appointment either in person or on the phone, you will also receive an email confirmation. At present you will only be able to book an appointment with the GP and not the nurse or healthcare assistant.

Prescriptions:

Within the prescriptions section you will be able to see the list of your repeat medication. Simply select the items you wish to request from the list. Once we receive your request you can check on the progress of your request from this screen too.

Ante Natal Clinics



The Midwife has a clinic here at the Practice every Wednesdays from 2pm - 3.30pm. The booking process has recently changed, and appointments are now booked direct with the Community Midwives on 01381 621 512.

ADVICE

Bowel Screening

Bowel screening is offered to men and women aged 50 to 74 across Scotland to help find bowel cancer early when it can often be cured. You're 14 times more likely to survive bowel cancer if it's found early. Half a million people in Scotland do their bowel screening test each year.

In Scotland, only people aged 50 to 74 will be invited for bowel screening every 2 years. If you're 75 or over, you can still take a bowel screening test every 2 years. However, you'll need to request a new kit each time as the Scottish Bowel Screening Centre won't send you one. Call the screening helpline on 0800 707 6060 or visit NHS Inform for more information.

With our best wishes for an enjoyable and healthy Autumn time!

**The Practice Team
Fortrose Medical Practice**