

Fortrose Medical Practice

Fortrose Medical Practice

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



NEWSLETTER

Spring 2018



Closures

The Practice will be closed on the following dates:

- Friday 30 March 2018: all day - Good Friday
- Thursday 3 May 2018: from 1pm
- Wednesday 6 June 2018: from 1pm

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



New Staff

We welcome two new members of staff who have joined the team, these being Lucy Rabson and Paula Tanner. Both Paula and Lucy join us as receptionists.

SMS Text Messaging

Fortrose Medical Practice is now able to offer a text message service to patients. Messages will be used for:

- Requests to contact the practice to arrange appointments or services such as medication reviews, routine recalls and other messages from GPs
- Flu or other vaccination clinics for targeted eligible populations
- Communicating clinical information where previously agreed by patient with the GP or nurse



It is intended that the messages will also be available for appointment reminders in the near future.

Please ensure you keep your mobile number up-to-date with the Surgery, and contact us for any future changes.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Cycle Ride

On 29 April 2018, Dr Iain Forth will be taking part in the 66 mile cycle event around Loch Ness. This challenge is being done in aid of MacMillan Cancer Support, who support many of our patients at difficult times in their lives. If anyone would like to sponsor Dr Forth, sponsorship forms can be found at reception or can be given using Just Giving website (search for Iain Forth).



Birthday Month Review

As part of improving our recall system, patients with long-term medical conditions are asked to make an appointment in their birthday month for a review. This will allow us to review all conditions in one appointment such as asthma, COPD, diabetes, hypertension, heart disease, stroke/TIA, hypothyroidism and mental health.

Breast Screening

About one in eight women in the UK will be diagnosed with breast cancer during their lifetime. There's a good chance of recovery if it's detected in its early stages. Screening does this by finding breast cancers at an early stage when they are too small to see or feel. As the likelihood of getting breast cancer increases with age, all women who are aged 50-70 and registered with a GP are automatically invited for breast cancer screening every three years.

Key points:

-
- There are six breast screening centres in Scotland that invite women for screening by GP practice as part of a planned three-year rolling programme.
- All invitations are sent with a patient information leaflet *Breast screening: helping you decide*, which gives an overview of the process, benefits and risks.
- An appointment time and location are given with the invitation which can be rearranged if not suitable.
- If a woman does not attend, a reminder letter is sent. A follow-up letter is then sent if she still does not attend, advising her that she can self-refer at any time up to six months before her next screening appointment is due.
- All mammograms are taken by women. The appointment will usually take no more than half an hour and the mammogram itself only takes a few minutes.

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. Our process for travel vaccinations is:



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, who will call you at the arranged time to inform you what vaccinations you require.
3. 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.
4. 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.fitfortravel.scot.nhs.uk

With our best wishes for a Happy Easter.

The Practice Team
Fortrose Medical Practice