

# Fortrose Medical Practice

## Fortrose Medical Practice

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

## NEWSLETTER

Summer 2019

*Far up in the deep blue sky,  
Great white clouds are floating by,  
All the world is dressed in green,  
Many happy birds are seen,  
Roses bright and sunshine clear,  
Show that lovely June is here.*

F.G. Sanders

### STAFF NEWS



## *Congratulations*

Congratulations to Catherine on becoming Mrs Scott. Catherine has been with the surgery for 20 years this summer, and has covered many roles in her time including her current role as Healthcare Assistant. Here's to the next 20 years!

Fiona has recently left the surgery after being with us for over 10 years. Fiona has been an incredible asset to the team and we will miss her dearly. Enjoy your retirement.

Congratulations to Dr Antonia Reed who will become a GP Partner this summer. Dr Reed started with us in January 2019 and has become a firm favourite with our patients. Welcome to the team.

### SURGERY INFORMATION

#### Closures

The Practice will be closed to all routine appointments on the following dates:

- Tuesday 2 July 2019 from 1pm
- Thursday 15 August 2019 from 1pm
- Wednesday 4 September 2019 from 1pm

If you require urgent medical attention please contact the surgery as usual on 01381 622 000 and select option 1. Otherwise please ring the doorbell at the surgery for attention.

#### MMR

With the outbreak of measles in Europe and cases being imported into Scotland we know there are hundreds of patients in the practice who have only had 1 MMR vaccine. Patients between ages 16-30 who have not had any MMR vaccine will be contacted by the practice but anyone who is unsure of their vaccination status can contact the practice to check. We would encourage anyone travelling abroad to ensure all their primary immunisations such as tetanus, polio and MMR are up to date. The Rubella part of the vaccine is especially important for women of child bearing age as a rubella infection in pregnancy can be devastating for the baby.

### **Ear Care**

We will no longer be offering ear syringing at the surgery. Ear Syringing can cause complications such as ear infections, perforation of the ear drum & tinnitus (persistent noise). Advice for self-care including ear drops and bulb syringing can be found on our website and in the reception waiting area. If you are still experiencing problems after 3 weeks or more of following this advice, you will need to make an appointment with the GP to discuss.

### **Travel Advice & Vaccinations**

It is important to get the right advice about any travel vaccinations to reduce your risk of catching a serious illness whilst abroad. Unfortunately, due to pressure on appointments for medically important issues, we are not able to give this service the time that it needs, so we have made a decision that we are no longer able to offer travel advice. However, there are services available at any pharmacy offering travel services or a private travel clinic, where adventurous travellers can get the advice and vaccinations that they need. You should contact the travel clinic or pharmacy at least 8 weeks before you are due to travel. Some vaccines need to be given well in advance to allow your body to develop immunity

The following travel vaccines are available free on the NHS. If you require any of these vaccines please contact the Surgery and let the receptionist know who will generate a prescription for your vaccine and make an appointment for you with the nurse to have the vaccine administered.

- Polio
- Typhoid
- Hepatitis A
- Cholera

Further information can be found on our website and in the reception waiting area.

### **Online Appointments & Prescriptions**

We are continuously looking for improvements to the services we provide. At present we are working on having appointments available to be booked online, as well as upgrading our current online prescriptions requests. This will allow patients to have their own individual log-in which will show what appointments they have booked, book future appointments and also what medication they can request from their repeat medication list. Further information will be distributed in due course.

### **Text Messages**

Fortrose Medical Practice offers text message service to patients. Text messages are used for appointment reminders and routine requests from Clinicians. Please ensure you keep your mobile number up-to-date with the Surgery, and contact us with any future changes.

### **Medical Students**

We are fortunate to be able to support Medical Students from the University of Aberdeen. We have recently had Shannon and Conor with us, and will have a new student at the end of the summer too. If you would prefer not to have any students in attendance at your appointment then please let reception know.



### **Thank you**

Thank you to the flower fairies for our pots with beautiful flowers. Thank you also to anyone who has donated to the Community Equipment Fund.

## **ADVICE**

### **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.

1. Use fine-tipped tweezers or a tick-removal tool – you can buy these from some pharmacies, vets and pet shops.
2. Grasp the tick as close to the skin as possible.
3. Slowly pull upwards, taking care not to squeeze or crush the tick. Dispose of it when you've removed it.
4. Clean the bite with antiseptic or soap and water.

The risk of getting ill is low. You don't need to do anything else unless you become unwell. You should see a GP if you have:

- flu-like symptoms – such as feeling hot and shivery, headaches, aching muscles or feeling sick, or
- a circular red rash

### **Diabetic Eye Screening**

Diabetic retinopathy is a complication of diabetes, caused by high blood sugar levels damaging the back of the eye (retina). It can cause blindness if left undiagnosed and untreated. However, it usually takes several years for diabetic retinopathy to reach a stage where it could threaten your sight.

Everyone with diabetes who is 12 years old or over is invited for eye screening once a year. Screening is offered because:

- diabetic retinopathy doesn't tend to cause any symptoms in the early stages
- the condition can cause permanent blindness if not diagnosed and treated promptly
- screening can detect problems in your eyes before they start to affect your vision
- if problems are caught early, treatment can help prevent or reduce vision loss

The screening test involves examining the back of the eyes and taking photographs. Depending on your result, you may be advised to return for another appointment a year later, attend more regular appointments, or discuss treatment options with a specialist.

Further information can be found at [www.nhs.uk/Conditions/diabetic-eye-screening/](http://www.nhs.uk/Conditions/diabetic-eye-screening/)

**With our best wishes for a healthy summer.**

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