

- Dunblane Medical Practice - *Newsletter*

www.dunblanemedicalpractice.co.uk

Compiled by the Patient Participation Group

Issue 16

Spring 2017

Staff Changes

We would like to welcome our new GP Partner, Dr Gillian Nicol. Dr Nicol replaces Dr Mary Abercrombie who left the Practice at the end of December. Dr Nicol previously worked at Meeks Road Practice in Falkirk and will work 5 sessions per week – all day on a Monday and Wednesday and a Thursday morning.

After successfully completing her GP Registrar training, Dr Lauren Colquhoun, has joined the Practice as our GP Retainee. Dr Colquhoun will work all day Wednesdays and Thursdays.

Practice-based Pharmacists

We are delighted to have two new Pharmacists and a Pharmacy Technician join the team for a one-year pilot. The Pharmacy team will assist the GPs with processing prescriptions, medicines reconciliation following hospital admissions and outpatient appointments, medication reviews and dealing with medication queries. In return, the Practice will mentor a Pharmacist in their Advanced Clinical Assessment training. If you have any questions regarding your medication, please ask to speak to the Pharmacist instead of a GP.

A few interesting statistics!!!

During the month of **March** there were:

- 4808 face-to-face consultations
- 578 telephone consultations
- 260 home visits including care home patients
- 141 patients failed to attend
- 13110 medication items were prescribed
- 4760 letters and results were scanned into patients' medical records





Pharmacy First Service at your local Pharmacy

The Pharmacy First service has been extended from April. If you suffer from any of the following conditions and meet the specific criteria, you can receive medication and advice from your local Pharmacy without the need to see a GP:

Uncomplicated Urinary Tract Infection (UTI)

Age 16-65; female; **not** systemically unwell e.g. fever, chills, vomiting, dizziness or confusion.

Impetigo

Over 2 years of age; single area of infected skin; **not** had impetigo within the last 3 months.

Bacterial Conjunctivitis

Aged over 1 year old; infection has lasted less than 2 weeks; there has **not** been any accident involving the eye immediately prior to onset of symptoms, or there is a possibility of a foreign body on/in eye.

Vaginal Thrush

Aged 16-60; female; have had symptoms of thrush before.

Mild inflammatory skin conditions such as Eczema/Dermatitis & Insect bites

Over 2 years of age; there are no signs which suggest infection e.g. weeping, rapidly worsening rash, fever; the skin is not broken, and the face or anogenital region is not affected.

Skin Infections such as Infected insect bites, Cellulitis, Paronychia (nail infection)

Over 18 years of age; **not** allergic to antibiotics e.g. Penicillin; **not** systemically unwell e.g. fever, chills, vomiting, dizziness or confusion.



Dementia Friendly Dunblane & Braco

The Patient Participation Group of Dunblane Medical Practice is taking a lead role in Dunblane becoming a dementia friendly community. A consortium of ten organisations was established in January 2017, which includes, Dunblane Medical Practice, Dunblane Centre, Dunblane Community Council, Discover Dunblane, Braeport Centre, Carers Stirling, Stirling Council, Church of Scotland, Randolph Hill Nursing Home and Alzheimer's Scotland.

What is a dementia friendly community?

A dementia friendly community is one in which people with dementia are empowered to have high aspirations and feel confident, knowing that they can contribute and participate in activities that are meaningful to them.

The steering group has an ambitious agenda and wish to involve people living with dementia and their carers. We wish to challenge the stigma and promote understanding of dementia in the community. There are developmental plans to provide accessible and meaningful activities which will be organised appropriate to the needs of people living with dementia. This will enable carers to have some time to themselves.

There already exists a good network of befriending services in the community. These services includes practical support to ensure people living with dementia can engage in community life, as well as offering emotional support. We need to reach people living alone and in isolation.

We will promote awareness of dementia in all shops, businesses and services, so all staff demonstrate understanding and know how to recognise symptoms of dementia. We will encourage organisations to become dementia friendly and establish strategies that help people with dementia to utilise their business.

What can you do?

You can become a dementia friend by going on line at www.dementiafriendsscotland.org, watch a few short films and register your details; or you can attend an information session in your local area. The next information session is at **St Mary's Church Hall, Dunblane** on **Tuesday 25th April at 7.30 pm.**

We all have a responsibility to spread the message that everyone can make a difference. This might make sure that someone is still welcome at an activity group, place of worship or club or that a helpful hand is being offered to anyone who appears lost or frightened.

Are you a carer of a person living with dementia?

We are having afternoon tea at the Dunblane Centre (next to M&S) on **Monday 8th May 2017** from **2-4 pm.** Please come along with your family member or person you are caring for and enjoy a cuppa and a blether.

Medicines Waste Campaign



Did you know that unused prescription medicines cost the NHS an estimated **£300 million** every year? Pharmacies cannot re-use any prescription medication once it has been dispensed. Please therefore **ONLY ORDER WHAT YOU NEED!**

On-line Services



Patient access allows to you to order repeat prescriptions on-line, as well as book, view and cancel appointments. If you would like to register for this service, please speak to the reception staff who can issue you a registration form.



We are able to offer a **text reminder service** for appointments. If we have your mobile number on record, you will automatically receive a text reminder 2 days before your appointment is due. You can also cancel the appointment by replying Cancel to the number provided. If you wish to opt out of receiving reminders, please contact the Practice.



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