



Carronbank Medical Practice

www.carronbank.co.uk

Autumn 2017 newsletter

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Facebook

[Facebook.com/Carronbank](https://www.facebook.com/Carronbank)

Practice website

Carronbank.co.uk

Book online appointments and prescriptions, access self help, advice on chronic pain, patient decision aids for chronic conditions, and access advice for carers.

Other useful websites

NHS Inform

For your health-related questions.

Bowel screening

How to request a kit if you are aged 50-74.

Alzheimer Scotland

Support for people with dementia and their carers.

Changing Faces



Dr Ken McLean is retiring from the practice at the end of September after 37 years service to the patients of Denny & Dunipace. Ken is well known to several generations of patients in the practice and has had a loyal following that will be sorry to see him go. He hopes to continue his longstanding involvement with the Royal College of General Practitioners and use his spare time to do more cycling, hill walking and climbing no matter how adverse the weather conditions! We wish him well with his future pursuits.



We are pleased to welcome Dr Claire Moffett as a new GP Partner to the practice who will replace Dr McLean. Claire completed her GP Training with us earlier this year and has been working as a locum with us and will take up her permanent post in October.

We also welcome new GP Trainees, Dr Rachel Bailie, Dr Claire Manners and Dr Catherine Monteith, who will be with us until next year to complete their GP training. We have bid farewell to Dr Jonathan Begley who recently completed his GP training and has now taken up a Partnership post in Alva. Dr Lieke Tolcamp has also left us after completing the first part of her GP training but should return for the final part in around 18 months time.



Dr Rachel Bailie

Dr Catherine Monteith

Dr Claire Manners

We were very sad to hear of the recent death of Dr Gillian Ryrie who worked in the practice between 1975 and 2007 - there are many tributes on our [Facebook page](#).

Flu Vaccinations



Flu vaccinations will be starting soon with 'flu clinics' held in October. All those who will be 65 years and over by 31st March 2018 and those with a chronic medical problem will be invited and will receive an invitation letter. We will also be offering vaccination to all pre-school children aged 2 - 5 years. Primary school children will be vaccinated at school. If you think you or your child are eligible but have not received a letter from us please let us know.

If you are not eligible for an NHS flu jab you can pay for one in a local pharmacy. Costs are typically around £12 - £15.

Patient Access

This allows you to order repeat prescriptions on-line as well as book, view and cancel appointments via the practice website.

www.carronbank.co.uk

If you are over 16 years and would like to register for this service, please speak to the reception staff who can issue a registration form. Each patient must request their own form. A free mobile phone app is also available for Android and iOS.

Pharmacy First

If you are suffering from a simple urinary tract infection (UTI), it is now possible for you to get treatment directly from your local pharmacy.

- *This applies to female patients aged 16 – 65;*
- *Not treated for UTI in the past month;*
- *Not on long-term treatment for a UTI;*
- *Not pregnant or breastfeeding;*
- *Not allergic to trimethoprim.*

Also available from the Pharmacy First service is treatment for impetigo, conjunctivitis, vaginal thrush, eczema, dermatitis and insect bites and also some skin and nail infections. Please speak to your local pharmacist who can advise you.

Keep your records up to date

Please help us to keep your records up to date by telling us when you change name, address or phone number. Keeping your details up to date will ensure that you receive any important practice or national information such as immunisation and screening invitations.

Opioid painkillers

You may have noticed mention of opioid pain killers in the media recently – these include medications like co-codamol and tramadol which are currently taken regularly by a lot of patients. www.bbc.co.uk/news/health-41201397

These medications are addictive. Because the body develops tolerance to them they become less effective as pain killers if taken regularly over a long time, and the side effects remain a problem, especially when they are taken at higher doses. These include headaches, constipation and nausea.

For all these reasons, we are keen to discourage the regular use of maximum doses of painkillers like cocodamol and tramadol – they will be most effective if just used for short periods.

We have put links to other ways of dealing with chronic pain on our website under the self help section. www.carronbank.co.uk/Self_help.html

If you would like to reduce your use of these medications please let us know as this should be done gradually rather than suddenly stopped if you have been taking them regularly or for a long time.

Interesting stats!

In the last month there have been:

- 2325 surgery consultations
- 142 home visits
- 503 telephone consultations
- 13067 prescription items were issued

Shingles vaccinations

This year's shingles vaccination campaign is for those aged 70 or 76 years (on 1st September) i.e. those born between 2nd September 1946 and 1st September 1947 or between 2nd September 1939 and 1st September 1941. Invitation letters to those eligible will be sent however appointments can be made directly by asking at reception.

Public Holidays

The practice will be closed on Monday 9th October and also 25th & 26th December and 1st & 2nd January. If you require medical care on these days please contact NHS24 on 111.

Travel vaccinations



Please allow 6 weeks to have any necessary travel vaccinations. Please collect a pre-travel questionnaire and hand this back into us. The practice nurse will then assess your requirement. If you are travelling sooner than 6 weeks we will regrettably be unable to assist you and can therefore provide details of private travel clinics who can offer last minute travel assessments and vaccinations.