

May 2010

# Carronbank Medical Practice Newsletter

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## Change of computer system

We are changing our computer system...again. The process will start on Monday 21<sup>st</sup> June and will take around a week to complete. You may remember we've been through this before, a couple of years ago, and so will be familiar with what this means for you. Making appointments may be restricted and it would be helpful to avoid ordering repeat prescriptions this week as we will have limited access to your medical records.

Please be patient with us after we 'go-live' while we get used to the new system and get back to normal and please forgive us if we get a bit grumpy.

## Dr Ewbank back from Afghanistan

We are pleased to say that Dr Ewbank, one of our trainee GPs, has safely returned from his 4 month tour of duty in Afghanistan. He was based at the hospital at Camp Bastion in Helmand province. It is one of the busiest hospitals in the world when it comes to dealing with serious injuries. He was part of the Territorial Army group from Glasgow who provided the medical cover earlier this year. It was a very busy time for the medical and nursing teams there and his experiences will have helped him to develop new skills as a doctor. We do hope, however, that he does not need to use very many of these skills when he returns to Carronbank to complete his GP training next year.



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## Sick notes

Sick notes become Fit notes....

Since the beginning of April there has been a change in the way that the doctors give out notes so that people can be excused work because of illness. The big difference is that we are encouraged to try to get people back to their work by suggesting ways that would make easier. As an example, that means that if someone with a sore back is working in a busy shop stacking shelves they may not be able to do that particular task. But they might be able to sit at the checkout.

So we say on the form that you may be fit for work if you had a phased or gradual return to work. Or if your hours or duties at work were altered. Or if your workplace was adapted to make it more suitable for you.

If you feel better before the end of your line you can go back to work earlier without getting another line. You also do not need a "final line" to let you get back to work at the end of the sick period.

## Chaperones

If you require an intimate examination you will be offered the opportunity of having a chaperone present. If we do not have a suitable chaperone present at the time you may be asked to return to a more suitable appointment. If you think you may need or would like a chaperone present please let us know when you are making your appointment.

## Midnight Tiara Walk

A group of our admin team recently participated and completed the midnight tiara walk in aid of Strathcarron Hospice. They managed to complete the 5 mile route around Stirling in around an hour and a half and particularly enjoyed the bacon rolls and hot tea afterwards. They managed to raise around £350.

Well done!




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*"If you would like a chaperone during your consultation please let the receptionist know."*

