



# Carronbank Medical Practice Newsletter

Carronbank.co.uk

June 2009

## Staff News

We are happy to say that two of our younger doctors are joining the Carronbank team on a permanent basis. Dr Anna Learmonth and Dr Helen Appleby will both be part time in the practice. Dr Learmonth will be working every Monday and Tuesday and Dr Appleby on Wednesday, Thursday and Friday. Both of them have been working in the practice for some time now and many of you will have met them. Dr Ryrie may still do an occasional locum session. Dr Louise Gorman will also be joining the team for the next few years. She will work on a Monday and Thursday.

It is also time to say farewell to Dr Sunil Adwani and Dr Lisa McKenna who have now completed their final GP training. They will be moving on and we wish them well. In their place, we welcome Dr Ranjan and Dr Laura Forsyth who are joining us in August.

Moira, one of our receptionists, is retiring after over 20 years in the

practice. She will be busy visiting her grandchildren. We will have two new faces Nicola & Catherine to help you at reception,. They are new to the job so be patient with them.



Dr Anna Learmonth



Dr Helen Appleby

## Swine flu

We don't know if this is going to be a really big problem or not. The practice have drawn up our plans for how to keep going as much as we can if we do get a flu pandemic. You can help if it happens by reading

the advice leaflets sent to all homes. Follow the official advice given at the time. We will ensure that links to the advice are given on our website [www.carronbank.co.uk](http://www.carronbank.co.uk). The normal flu jags will be offered as usual this

autumn. We may also be able to offer swine flu jags if these become available and the government health department asks us to do that.

## New couch

*We now have an examination couch which can be adjusted for its height. This will be of particular use to those patients who have difficulty in getting up to a normal couch. If you think you would find this useful for your consultation, please let the receptionist know so we can arrange for you to see the doctor in the room with the height adjustable couch.*

- **Driving force**  
**A recent quiz night raised £175 which will go towards our local cancer transport service**



## How to get travel health advice

Despite the swine flu scares, many of us are jetting away to exotic places. Advice on immunisations and malaria tablets is essential. We offer this service at Carronbank. However, some of it is not covered by the NHS and we have to make a charge. The system for arranging this is:

- Arrange with reception a convenient time to have a telephone consultation with one of the practice nurses
- She will arrange for the appropriate prescriptions to be done
- You need to collect these from the pharmacist
- Make the necessary appointment(s) to get the immunisations. Sometimes a course of jags is needed

All of this takes time so plan it well in advance. Try to give yourself at least 2 months before travel. If you need immunisations urgently, then this can be arranged at one of the private travel clinics in Glasgow or Edinburgh. Ask at reception.

Our charge for immunisations not covered by the NHS is £20 for each injection.

If you have internet access, you can do some homework yourself by looking at

[www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk)

***We are sometimes asked to provide medicines when patients are going to be outside the UK.***

***The most we can supply is prescriptions to cover 3 months.***

***If you are going to be away for longer, then you need to see a doctor in the country where you are. This means that your medical condition can be checked to see if the treatment is still appropriate***

## Getting the most from your appointment

We want you to take an active part in your care and treatment. You may find the following tips useful to get the full benefit from your appointment.

### **Before it:**

- Work out what your main health problem is. Think about or write down your most important 2 or 3 questions about it.
- Work out what your symptoms are, what makes it worse and what makes it better
- Ask us to arrange an

interpreter if needed

You are welcome to take a family member or friend with you

### **During it:**

- Don't feel embarrassed to ask questions
- Make sure you understand what's been said
- Check you know what any tests are for and how to find out the results
- Make sure you are happy about any treatment offered and know what it's for, what any problems with it might

be

- Find out how you can help yourself to get better
  - Decide with your doctor if and when you need to be seen again
  - Leaflets are usually available if you want one
- Make sure you have had everything covered before you leave

Your appointment is for 10 minutes. Following this advice should help you to get the most out of that time.

## Sports news

If the doctors have been taking part in heroic sports recently, then they have been keeping very quiet about it. Step forward the nurses. Bev, one of our practice nurses, Shona Bracken, our district nurse sister, and Nan, our phlebotomist, successfully completed the Strathcarron Hospice midnight walk around Stirling. Well done all. They contributed to the amazing total of £250,00 that the event raised. And when Bev walked into a lamppost at 2am, it was because she was texting her husband to say how well she was doing!

**STOP PRESS:** Dr McElhinney completes Edinburgh marathon in a heatwave!