



Carronbank Medical Practice

www.carronbank.co.uk

Spring 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, 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.

Medicines Waste



It's important that you don't run out of essential medicines and you should check which items are needed, especially before holiday periods and long weekends. However, medicines which you receive regularly on repeat prescription from your GP should not be hoarded and you should only order items you require...

Unused medicines cost the health service in Forth Valley £5 million each year. This is the equivalent of 800 hip replacements or 600 heart by-pass operations so please order only the medicines that you require. Your unused medicines cannot be recycled or used by anyone else, but for safe disposal they should be returned to your pharmacy.

Remember:

- **THINK** before you order
- **CHECK** what medicines you still have
- **ORDER** only what you need.

Patient Access

Patient Access allows you to order repeat prescriptions on-line as well as book, view and cancel appointments. 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.

Changing Faces

This year will see the retirement of Dr Ken McLean. Dr McLean has been with the practice since 1980 and senior partner since 2009 and is well known to several generations of patients in the practice. He hopes to continue his longstanding involvement with the Royal College of General Practitioners and use his spare time do more cycling, hill walking and climbing no matter how adverse the weather conditions!

Dr Claire Moffett has completed her GP Training and will be staying with us one day a week as a locum for the next few months before taking up the post of GP Partner following Dr McLean's retirement.



Dr Lieke Tolkamp

Dr Katie Pirret has now left the practice having also successfully completed her GP Training. We wish her well and hope that she has a long and successful career as a GP.

We now welcome a new GP trainee, Dr Lieke Tolkamp, who will be with us for 6 months for the first part of her GP training.

Musculoskeletal Advice

Do you suffer from a muscle or joint problem? The Musculoskeletal Advice and Triage Service (MATS) is available for anyone over 16 years who is registered with a GP in the Forth Valley area.

- Call MATS: 0800 917 9390
- Visit: nhsinform.scot/msk for online help and advice

This service can help by:

- Finding out if you need to see a doctor
- Providing key information and advice to help with your problem
- Referring you to a healthcare professional if you need it – this could be a physiotherapist, podiatrist or other MSK specialist

Changes to the Baby Clinic

Unfortunately, due to a new Health Visitor pathway, all NHS Forth Valley baby clinics will no longer be held. This is likely to happen before the end of June. Please speak to your usual health visitor if you have any concerns.

Travel vaccinations



Please allow 4 – 6 weeks to have any necessary travel vaccinations. Please contact us to arrange a practice nurse appointment, who can advise you of what is required and of any relevant charges. We can also provide details of private travel clinics if you are travelling sooner than this.