



# Carronbank Medical Practice

[www.carronbank.co.uk](http://www.carronbank.co.uk)

October 2016 newsletter

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## Facebook

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

## Practice website

[Carronbank.co.uk](http://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.*

## Eleanor's retirement



This year, you will have noticed a number of new staff members. Sadly, we have bid farewell to Eleanor Murray, who was one of our practice nurses for the past 19 years. Eleanor decided the time was right to retire and now plans to spend lots of time with her family.

Marianne Jamieson has now joined our Practice Nursing team alongside Beverley and Isla. Marianne previously worked as a practice nurse in Stenhousemuir and will no doubt bring valuable skills.

## Changing faces



Dr Alasdair Cameron

We are pleased to welcome a new GP Partner to the practice, Dr Alasdair Cameron. Prior to joining us he worked as a GP in Fife for 10 years and will be a great asset to our team. We also welcome new GP Trainees. Dr Claire Moffett, Dr Katie Pirret and Dr Jonathan Begley will be with us until next year to complete their GP training. We have bid farewell to Dr Steven Lewis who recently completed his GP training and are pleased to report that he has successfully gained a new GP post in Dundee.



Dr Claire Moffett



Dr Katie Pirret



Dr Jonathan Begley



Marianne Jamieson



Kirsty Grimes



Laura Maguire

Kirsty Grimes and Laura Maguire have recently joined the reception team and we have said goodbye to Jessica and Christopher. We also have two new health visitors, Aileen Lynch and Gail Robertson.

## New practice recall system for chronic conditions

*Patients with chronic conditions like heart, lung, or kidney disease, diabetes, underactive thyroid, hypertension or stroke will be used to receiving multiple letters from us for clinic or blood appointments – especially if you suffer from more than one chronic conditions.*

*We have decided to try and combine your review for all conditions into a single yearly review, where this is possible. We will be aiming to invite people in the month of their birthday. We hope that this will simplify things for everyone and result in you receiving fewer letters!*

## 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.*

*The Pharmacy First service will also cover treatment for patients with impetigo, and provide rescue antibiotics and steroids to patients with hand held COPD record cards.*

## Premises Upgrade



Our practice premises have undergone a big change this year as we had work done to move the reception forward creating new office space, a meeting room and two new consulting rooms.

There is still a spacious waiting room and there is now more privacy for the receptionists as they answer the phone.

## Flu Vaccinations



Flu vaccinations have begun and we are holding 'flu clinics' in October and November. Those who are eligible should have received an invitation letter. We will also be offering vaccination to all pre-school children aged 2 – 5 years and primary school children will be vaccinated at school. If you think you or your child are eligible but have not had 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.

## Diabetes results online

It is possible for patients with diabetes to access their own blood results at the [www.mydiabetesmyway.scot.nhs.uk](http://www.mydiabetesmyway.scot.nhs.uk) website. It can be very useful to do this before you attend the diabetic clinic for review, and the website will be able to show how the trend of your blood sugars is going. If you attend a hospital clinic, you will be able to see your clinic letters and treatment plan. You need to register with the site to be able to see results. If you have diabetes please give this a try and see how useful it is.

## Top Toes

**Forth Valley Top Toes** offers toenail clipping for older and disabled clients at the cost of £10.00 per appointment. Clients are offered appointments every 6-12 weeks depending on need. Appointments are only offered in clinic settings. There are clinics held in Falkirk Community Hospital and Bonnybridge Health Centre. Top Toes only offers toenail clipping. Any patients who have concerns about hard skin, corns, callouses etc should be advised to see private podiatry or if there is a medical need, referred to NHS. The toenail clipping is done by Personal Footcare Volunteers who have been trained by NHS Podiatry to complete the toenail clipping and to recognise any foot issues. The volunteers are not trained podiatrists. Clients are subject to assessment criteria prior to registration with Forth Valley Top Toes. They must **not** be taking an oral steroid long term; on immunosuppressive or chemotherapy treatments; be medium or high risk diabetics; have circulatory issues in feet or legs; and must not have ingrowing toenails where the skin is broken or there is any sign of infection. Patients wishing to access this service should phone 01324 692001.