

Drs Morrice, Masson & Geddes

Issue 2
Spring 2016

Welcome to our second newsletter. The first was well received by patients. We aim to keep you updated on a quarterly basis as to what is happening at the practice.



New Nurses

As announced in the last newsletter, Sr Caroline Fagan retired in January. Of course, this left a gap in our nursing provision and we are delighted to have taken on board two nurses on a part time basis to ensure continued excellent service provision.

Jennifer Jackson joins us on a Tuesday to undertake the Chronic Disease Management clinics (such as your annual diabetes review).

Ann McBain joins us on Mondays and Fridays to work in the treatment room (dressings and injections etc).

We are delighted to welcome them both to the team. Please see the website for photographs of Jennifer, Ann and everyone else who works at the surgery.

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Eastwood Health and Care Centre

As you will have undoubtedly noticed, construction of the new Health Centre is progressing at a fast pace. Indeed, by now we have a good idea of what it will look like when completed, although rest assured there will be some 'softening' of the landscape in front of the building in due course. **We are delighted to announce that the Health Board have informed us that the moving date from the Busby Road premises to the new Centre will be 14th May, 2016.**

Sick Days

Please find, to the right, a 'sick day rules' card. It highlights some medications which you should temporarily stop if you have a dehydrating illness. Please cut the card out (the medications are detailed on the reverse) and keep it with your medications.

The health board continue to conduct discussion with public transport providers, but have assured us that if no agreement can be reached that they will, themselves, provided a bus service to the new Centre for the area.

A few of us were lucky enough to be shown around inside the building, getting the opportunity to see what the consulting rooms will be like. We were very pleased with the facilities, and expect you, our valued patients, to also be delighted with all that

these modern facilities have to offer. This surely is a most exciting time for the practice and we look forward to delivering you the 21st Century care you deserve.



Drs Masson & Geddes took the chance to see the facilities and give their thoughts on some finishing touches.

Medicine Sick Day Rules

When you are unwell with any of the following:

Vomiting or Diarrhoea (unless only minor)

Fevers, sweats, shaking

Then stop taking the medicines listed on the back of this card.

Restart when you are well (after 24-48 hours of eating and drinking normally)

If you are in any doubt, please contact your pharmacist, GP or nurse.



Home Visits

From March, you will have until 11am to make your request for a home visit. Our hope is that we will have a complete list of requests by 11am, which will then be triaged by the duty GP. You may receive a telephone call to gain more information, be given advice or even arrange an alternative such as a District Nurse or an ambulance. This enables us to efficiently visit housebound patients before afternoon surgeries commence; late requests clash with afternoon surgeries, and will only be granted in exceptional circumstances.

Staff Changes

Apart from the changes to nursing personnel detailed overleaf, there will be some other changes to the faces associated with the surgery in the next couple of months.

Firstly, we will bid a fond farewell to **Mark Duddy** who is leaving the practice after several years to take an administrative

job in the clinical research department at Glasgow Royal Infirmary. We are sure he will be greatly missed by all his colleagues. His Healthcare Assistant duties will be taken up by **Catherine Cox**, who is refreshing her training, having held the role in her previous surgery.

There are also going to be some changes amongst the District Nurses attached to the practice. We are absolutely delighted to welcome back a familiar face in **Stella Welsh**, who has been away attaining her Grade 6 (Sister) status. We have no doubt that those of you who re-

member her from her previous association with us will be delighted too.

In addition to Stella, DN **Gail Thompson**, probably also a familiar face to many of you, joins the team and we are equally pleased to welcome her to work with us.

Non-NHS Fees

You may wonder why you have to pay fees for some services from the practice; this is to cover non-NHS work undertaken by the GPs or staff. We always prioritise

our NHS commitments to you; that is, after all, what we are here for. Usually, we end up undertaking the non-NHS work in our own time, hence the fees. Typically

this work covers items related to leisure or finance, such as travel documents and life insurance. We believe our fees are keenly priced, and really only cover the time

we spend doing the work - we do not add hefty premiums. Please see our website for details on non-NHS work and the associated fees.

ACE Inhibitors: Medicine names ending in 'pril' such as Ramipril, Lisinopril, Perindopril

ARBs: Medicine names ending in 'sartan' such as Losartan, Candesartan, Valsartan

NSAIDs: Anti-inflammatory painkillers such as Ibuprofen, Diclofenac, Naproxen

Diuretics: sometimes called "water tablets", such as Furosemide, Spironolactone, Indapamide, Bumetanide, Bendroflumethiazide

Metformin: A medicine for diabetes.

In The Next Issue...

In the next issue of the newsletter we look forward to announcing exciting new services and investment to coincide with our move to the brand new premises! As always, remember to check the website for interim updates at:

www.clarkstonmedicalcentre.co.uk

Thank you for reading our newsletter. Kind regards,
Drs Morrice, Masson & Geddes