



DONATIONS

“We are overwhelmed by the thoughtfulness whenever we receive patient donations in the practice. We are always keen to ensure that we take time to liaise with the patient and/or their family to consider how the money could be used in a fitting way. Here are some examples of how patient donation’s have been used recently and the benefits they have brought patients and the practice team;

- *A special mattress which the Community Nurses can loan to patients at home. It helps prevent pressure sores for patients who are confined to bed or a chair for any length of time.*
- *A new pocket-sized gadget which can read heart rhythms – the doctors can use this to easily and quickly check patient’s heart rhythms when out on home visits.*
- *A picnic table outside the surgery – this allows the whole practice team to sit out for their break or lunch in the fresh air. It is good for our health to take a break away from our computer screens and top up our Vitamin D levels when the Lochaber weather allows of course!”*

TWEEDDALE MEDICAL PRACTICE

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We are also on the web at
www.tweeddale.com



Patient Newsletter

Tweeddale Medical Practice



July/Aug 2017

Issue 40

Summer 2017

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Welcome to the summer edition of your Practice Newsletter.

In the summer edition of your newsletter we have articles updating you on:

- Bookable Phone Appointments
- Vision Online Services
- Don't Forget to tell us....
- Staff Changes
- Donations

We hope that you find these articles helpful and informative but we are always looking for ways to improve **your** newsletter.

Comments and feedback are welcome.

You can pass suggestions on to any member of staff in the practice or e-mail us on:

high-uhb.gp55624-admin@nhs.net

TELEPHONE APPOINTMENTS

Need to speak to your GP without having to come in to the surgery?

Did You Know.....We offer **Bookable Telephone Appointments** for GPs. These may be available sooner than an appointment in the surgery. Some examples of what may be suitable for a Telephone Appointment are....

- Follow-up of an existing condition which doesn't require a physical examination.
- Discussing your test results.
- Non-urgent queries regarding your medication

If in doubt, ask any member of our team.

VISION ONLINE

DID YOU KNOW THAT THIS SURGERY IS ONLINE?

www.myvisiononline.co.uk

What is Vision Online Services?

Vision Online Services allows patients to:

- Order repeat prescriptions online
- Make appointments online
- View your own medical record online

using your computer, tablet or smart phone rather than having to phone or visit your practice

N.B. Only the Repeat Prescription Ordering module is currently available at Tweeddale but the ability to make appointments and view your own medical record may become available on your account in the future.

Have better access to the surgery at anytime of the day, wherever you are. Ask at reception for more details.

DON'T FORGET TO TELL US.....

.....if your contact details change.

Other departments in the NHS rely on your GP holding up to date address and telephone details for you. It may affect your treatment if our information is out of date. For example: if your doctor has referred you to a consultant and you move house (but not doctor) and forget to let us have your new address, your appointment letter may not reach you.

It may also result in your GP registration being cancelled if we or Practitioner Services are unable to trace you.

There are forms available on the reception desk to change your details.

Staff updates

Early August is 'changeover time' and we sadly say goodbye to some of the trainees who have been with us:

- Dr Roberta Lindemann has finished her GP training and is moving on to pastures new. We wish her every success.
- Dr Kirsty Griffiths is moving on to a hospital post.
- Our Rural Fellow Dr Gemma Munro has completed her Fellowship and is taking up a GP post further north.
- Lewis Mundell, our ground breaking student from Dundee has completed his year with the practice and has set the foundations for what will be an innovative change in medical training.

We also have a 'change back' ias Ashley Allan one of our Health Care Assistants returns from maternity leave and we say goodbye to Lynne Donoghue.

We will be saying 'Hello and Welcome' to Dr Ian Pooleman who returns to join the team for his final year of GP training. Dr Emma Wilsher will be our new FY2 and a new Dundee student will be joining us as well.

You may be asked if you would permit an observer in your consultation while Emma and the new student go through their induction. We greatly appreciate your assistance in the teaching process.

SUMMERTIME REMINDERS

CHECK FOR TICKS AND REMOVE THEM PROPERLY

USE SUNSCREEN

DRINK PLENTY WATER

BOOK YOUR TRAVEL VACCINATIONS WELL IN ADVANCE

