



LAURECEKIRK MEDICAL CENTRE

Autumn 2017

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MESSAGE FROM DR BOX

I'm sorry to be leaving my regular job as GP at Laurencekirk Medical Centre at the end of September, after more than 21 years working here. I'll be moving on to more flexible working, as an out-of-hours and locum GP, as well as pursuing my interest in expedition and travel medicine, plus helping care for elderly relatives. I've been extremely fortunate to work all these years in a fantastic practice: fully staffed with a top team of professional, committed, hard-working and caring individuals from cleaners to clinicians. Rare indeed in 21st century NHS! The patients are lovely too...! I hope to be invited back to cover holidays etc. so it's really just "au revoir", not "goodbye".

Thank you Laurencekirk Medical Practice.

Dr. Kerstin Box

STAFF CHANGES

As Dr Box moves from the practice at the end of September we wish her all the very best in her future endeavours. We look forward to welcoming Dr Ferdous Wahid as a salaried GP as from 3rd October, 2017.

Dr Emma Wilson will change from being a salaried GP to a Partner as from 1st October.

TRIAGE QUESTIONNAIRE

The practice has been operating a triage system for requests on the day appointments since November last year and would appreciate any feedback via a triage questionnaire which is available from the practice reception or by logging onto www.surveymonkey.com/r/FJ6CF7L

ROLE OF PRACTICE PHARMACIST

Lesley Clark is our Practice Pharmacist who advises the doctors and clinical staff on best prescribing practice. She also operates hypertension and cardiac clinics which reviews patients' conditions to ensure that their prescribed medicines remain appropriate for treatment of their medical condition. She is also trained in the triaging of calls for minor ailments and forms part of the duty team for triage. Lesley operates her clinics at the Health Centre on Tuesday and Wednesday.

EYE PROBLEMS

For any eye problems your first port of call should be an Optometrist. They have the professional training and necessary equipment to assess most eye problems including sore eyes, eye injury or disturbance of vision. You can make an emergency appointment with any participating optician.

To find an optician, call the free NHS Grampian Healthline number on 08085 20 20 30 or further information is available at www.know-who-to-turn-to.com Most opticians are open during normal working hours from Monday to Friday. Some are open at weekends.

TRAINING DATE

The Practice will be closed on Tuesday 14th November from 1.30 pm to 6 pm for staff training.

If you have a problem and require emergency medical or nursing care, please telephone the surgery as normal or telephone NHS 24 on 111. In a life threatening emergency dial 999 for an ambulance before calling the surgery.

SHINGLES VACCINATION

As from 1st April this year a vaccine to prevent shingles, a common, painful skin disease, is available on the NHS to eligible people in their 70s.

Eligibility for the shingles vaccination is those aged either 70 or 78 years. Therefore patients who reach the age of 70 or 78 in 2017 or 2018 can be immunised against shingles and will be invited accordingly. Anyone who has already been offered the vaccination but missed having it can still take up this offer until they reach the age of 80

The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you will only need to have the vaccination once and it can be given at any time of the year.

The shingles vaccine is expected to reduce your risk of getting shingles. Following vaccination most people are protected. In the minority who do go on to get shingles their symptoms are likely to be milder. Shingles can be painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. The vaccine is recommended even if you have previously suffered from shingles

CHANGE TO EXTENDED HOURS

Laurencekirk Medical Practice offers extended hours surgeries to suit those who may be unable to attend during normal working hours. As from Thursday 12th October, we have changed the day for our extended hours from Monday to fortnightly on a Thursday from 5.30 pm to 8.15 pm. These appointments are available to all registered patients with the practice.



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FLU CLINICS

We Are Now Taking Bookings For Seasonal Flu Vaccines **** Please contact the reception team for more information

The flu vaccination

[Find Out More](#)

Do you need
the flu jab?

Asthma?

Heart
disease?

Diabetes?

Weakened
immune system?

Liver
disease?

Lung
disease?

Kidney
disease?

Over 65?

Pregnant?

We are taking bookings for the following Flu Clinic dates:

Monday 2nd October 1.30 – 3.30 pm

Thursday 5th October 9.30 – 12.30 (Children's Flu Clinic)

Monday 9th October 1.30 – 3.30 pm

Wednesday 11th October 9.30 – 12 mid-day

Monday 16th October 1.30 – 3.30 pm

Wednesday 18th October 9.30 – 12 mid-day

Thursday 19th October 9.30 – 12 mid-day

Monday 23rd October 1.30 – 3.30 pm

Wednesday 25th October 9.30 – 12 mid-day

Thursday 26th October 9.30 – 12 mid-day

Monday 30th October 1.30 – 3.30 pm (Children's Flu Clinic)

ACCESS TO ONLINE APPOINTMENTS AND PRESCRIPTIONS

Are you turning 16? Has your parent or guardian booked appointments for you in the past?

If you are turning 16, due to confidentiality, your online access will be de-activated and you will need to re-apply in person for online access to services. This will allow you to continue booking appointments and ordering your repeat medication online.

Please complete an online registration form at www.laurencekirkhealthcarecentre.co.uk or pick up an on line application form from reception desk at the Medical Centre.

LAURENCEKIRK PPG FORTHCOMING EVENT

At our last PPG meeting two weeks ago we discussed the importance of CPR (Cardiopulmonary Resuscitation) defibrillator training in our community. Community CPR training hugely improves the chances of surviving a cardiac arrest. With this in mind our next evening meeting will focus on this topic, including a demonstration and the chance to sign up for training sessions. Please join us on **Tuesday 14th November 2017 in the Theatre at Mearns Academy from 7.30 - 9pm**. Posters about this event will be circulated around the town and the surrounding areas. Everyone is welcome to attend.

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LAURENCEKIRK HEALTHCARE CENTRE NEWSLETTER -

Our aim is to help you use the services at Laurencekirk Healthcare Centre efficiently and to inform our patients of any changes taking place.

We hope you find this newsletter helpful.

Any feedback about the services we offer would be gratefully accepted, as would any suggestions for future newsletters; please give your written comments to the receptionists or send an e-mail to laurencekirk.administrator@nhs.net