



DO WE HAVE YOUR CORRECT ADDRESS?

Throughout the NHS a lot of resources are expended sending mail to the addresses we have on record, then dealing with the undelivered mail we get returned due to incorrectly formatted addresses (such as missing flat numbers) as well as people moving away.

Letting us know of any address change will mean that information can be disseminated to other NHS hospitals or clinics where you may be on regular recall, such as the NHS Lothian cervical smear service, breast screening service, or the annual diabetic retinopathy screening service.

Forms are available at reception where you can let us know of any change in your personal details, including your telephone number, in case we ever need to contact you at short notice. You can also fill in the form available on our website. Remember to let us know the change for all members of your household: www.bruntsfieldmp.co.uk/?page_id=220

Knowing your correct address is also important because it's your address that defines whether you are in the practice catchment area, and therefore whether you are eligible to be registered.

Each practice has a defined area that they cover, and your address must be within that boundary to register with any particular practice. You can view the boundary for Bruntsfield Medical Practice on our website: www.bruntsfieldmp.co.uk/?page_id=120

These areas are defined to include addresses which can be reached in a sensible time if a home visit was ever required. Unfortunately, if you move to an address outside our area, it means you need to register with a doctor in your new neighbourhood.

Should you require assistance in finding a new Practice, you can telephone the NHS Lothian Primary Care Organisation on 0131 537 8426. The registration department will be able to advise which Practices are close to your home. Alternatively, you can visit the NHS Scotland website and enter your postcode to see the practice options available: www.show.scot.nhs.uk

THE PRACTICE NURSING TEAM

Introducing: Angela MacArthur
Present Role: Practice Nurse
Length of Service at BMP: 7 years
Overall Service as a Nurse: 25 years

Health care provided by you and your team:

The practice nursing team work within the medical centre and provide a wide range of services including the management of patients with asthma, diabetes, heart disease, stroke, and high blood pressure. We also assist the GPs with minor surgery, take cervical smears, give vaccinations (including the seasonal flu immunisations), take bloods, deal with ear irrigations, as well as all aspects of wound care. We also provide smoking cessation advice, as well as travel advice, and vaccinations.

Most enjoyable parts of your job:

I enjoy the variety of my job, meeting new people every day and working with a great team who are equally committed to promoting good health in our community. With my background in cardiac nursing I am particularly enthusiastic about preventative care in heart disease, diabetes, and also in travel health.



How can patients contact you:

We can be accessed by appointment only, Mon-Fri from 8.30am until 5.20pm

Pictured L-R, Practice nurses Barbara Stark and Angela MacArthur

PREGNANT? WHAT NEXT?

The procedure within NHS Lothian for newly pregnant women has changed recently, so they now have the option to self-refer to Maternity Services instead of needing to go through their GP.

A new centralised booking number has been setup that is open Mon-Fri, 9am-5pm: **0131 536 2009**

During the phone call they will take your details, and you will be given an appointment with the midwife for around 8-10 weeks into your pregnancy, and a scan appointment for 11-14 weeks.

You can still see your usual GP as normal during this time if you wish, but if you want to discuss an antenatal matter please ask for a double appointment.

FUNDRAISING RESULTS

We would like to take this opportunity to say a HUGE thank you to everyone who contributed towards our recent fundraising appeal.

With the generous help of the British Health Foundation, we have now purchased a portable defibrillator for the practice, and plans are in place to order more blood pressure measurement devices, all of which will aid our efforts in combating heart disease.



Family, friends, and staff from Bruntsfield Medical Practice enjoyed a lively ceilidh evening in May, which raised a large proportion of the funds for the defibrillator, and special thanks go to the Auld Reekie

Ceilidh Band and the staff at Marchmont St. Giles for their wonderful services.

Oh, and rumour has it that a new career in dance performance may be on the horizon for certain members of the practice medical and managements teams...



THINKING ABOUT PREGNANCY

For every 100 couples having intercourse 2 to 3 times a week, about 30 will conceive within 1 month, another 30 will conceive within 6 months, and a further 15 will conceive within 1 year.

The remaining 15 out of 100 couples take longer and some of these may need help for them to conceive. As a guide if you have been trying for a pregnancy for a year, it may be useful to see your GP to discuss things further. There are many steps you can take to ensure your body is in the best possible shape to nurture a pregnancy, and to reduce any risks to a developing baby. All of the GPs at Bruntsfield are happy to discuss any of the information below with you in more detail.

FOLIC ACID

Folic acid is a vitamin that occurs naturally in some foods. A good supply of folic acid helps with the development of baby and reduces the risk of many problems including defects of the baby's spinal cord. You should take folic acid tablets (which you can buy from the chemist) from before you get pregnant until at least the end of the 12th week of pregnancy. The normal dose of folic acid is 400 micrograms a day however for women with some medical conditions we recommend more, if in doubt discuss with your GP.

You can read more of this article, including advice on diet, alcohol, and smoking, at the practice website:

www.bruntsfieldmp.co.uk/?p=477

Please remember to inform us if you can't keep your appointment (by phone or online)



Contributors

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