



STAFF NEWS

This August saw our annual changeover in trainee GPs, and everyone at the practice is very proud of our outgoing trainee Dr Kate Jordan becoming fully qualified, and gaining a partnership position at the Long House Medical Practice. Joining the practice as our new trainee is Dr Juliet Fairfax.



Dr Fairfax has worked in Edinburgh since she graduated from Edinburgh University in 2004, initially training in Geriatrics before switching to GP training. *"I realised that I could pursue my interest in geriatrics and holistic medical care in the community to a much greater extent, whilst also providing a continu-*

ity of care which one doesn't really get in hospital medicine". As well as Geriatric care, Dr Fairfax has an interest in family planning, and ENT.

In her spare time, Dr Fairfax sings in various choirs, and is keen to pick up her flute again and join an orchestra, now that she has her evenings back after working in A&E prior to joining the practice. She also enjoys improving her French, visiting family, and reading.

The practice also recently said goodbye to practice nurse Jennie Waddell after a year working for the practice covering the maternity leave for nurse Shona Swain. Shona is due to return in mid-November, and in the meantime the practice has a couple of locum nurses helping out twice a week.

Dr Jo Loudon will also be making a welcome return from maternity leave, and she is due to start seeing patients again from October 11th.

On the community side, there has been a recent move of District Nurses from the Grange Medical Practice to Bruntsfield, with the larger team covering patients from both areas. Joining the practice are District Nurses Laurie-Ann Gibson, Suzanne Thomson, Lynn Paton and Cathy Ireland.



THE DISTRICT NURSING TEAM

Introducing: The district nursing team
District Nurses: Laurie-Ann Gibson
Suzanne Thomson
Lynn Paton

Community Staff Nurses: Linda Beveridge
Sally Newton
Cathy Ireland

Care Assistant: Christine Newton

Healthcare provided by the team?

The District Nursing Service provides care for individual patients who are unable to attend the GP surgery. The team will assess, plan, and provide the appropriate and highest standard of care within the patient's own home.

We provide care for a wide variety of problems including wound management, diabetic management, and care of the dying. District Nurses work in partnership with other health and social care professionals to support patients at home.



Most enjoyable part of the job?

Being able to support patients in their own home.

How can patients contact you?

We can be contacted Monday-Friday 8.00am-4.30pm on 228 7503. Outwith these times if an Out of Hours District Nurse visit is required you can contact NHS24 on 08454 242424.

(pictured L-R: staff nurses Linda Beveridge & Cathy Ireland)



Forthcoming dates for your calendar:

Wed October 27th - Staff training (practice closed) 12.30pm - 1.30pm

Wed November 24th - Staff training (practice closed) 12.30pm - onwards

SEASONAL FLU VACCINATIONS

The flu season is upon us again, and if you are in one of the clinical risk groups for flu, you are invited to attend the practice to get your seasonal flu vaccination.

If you are aged 65 or over, or if you are Diabetic, Asthmatic (on regular steroid therapy), have Chronic Heart, Renal or Liver Disease, a history of Stroke/TIA, a Degenerative Neurological Disease (e.g. MS), if you are Immuno-suppressed, or if you are Pregnant and have not yet had the H1N1 vaccination, you can phone the practice from the end of September to book your appointment.

The practice clinics start from **Monday 11th October**.

WELCOME STUDENTS

Students are always welcome here at Bruntsfield Medical Practice, and for many of you attending college or university, this will be the first time that you have had to deal with personal medical matters without the support and advice of your family. We recognise this, and have years of experience at providing medical services to students. Our easy to approach doctors, nurses, and staff will provide you with a confidential, friendly and professional service.

If you are on any long term medication, or have any on-going health problems, it is important that you register with a medical practice. Please make an appointment with one of our GPs after registering so that we can review your healthcare and medication needs.

The practice provides a number of services that you may find useful:

- ◆ Travel health and advice, including vaccinations
- ◆ Contraception advice, as well as a contraceptive coil and implant insertion service
- ◆ Sexual health advice
- ◆ Mental health services, including help and advice if you're suffering from anxiety or stress

You can find out more about the services we offer at our website, and if you have any questions, or any medical concerns you'd like to discuss with a doctor, just give us a call.

A TRAINING PRACTICE

At Bruntsfield we are proud to have been a training practice for over 20 years. But what does being a training practice actually entail for us and what does it mean for you as a patient?

After basic hospital training common to all doctors, GPs in training now spend 6 months within a practice at the start of their training, as well as 12 months at the end, usually at the same practice.

Trainees see patients initially at a slower rate and build up gradually so that they can develop their skills. A variety of techniques are used including joint consulting, videoed consultations, random case analysis, and fact based tutorials. These are useful for teaching and to ensure we are happy our trainees are all safe and competent doctors and that our patients are in good hands!

The final GP training year is very intense. There are extensive tests of knowledge, with an assessed surgery using actors, as well as regular assessments with the Trainer. These all count towards achieving the prestigious qualification of Member of the Royal College of General Practitioners, which is now necessary to enter the profession.

As Trainers we get regular assessments from the training board to check that the standards for training are met and that the Practice is a suitable learning environment for our trainees.

We feel that training the GPs of the future is an extremely important part of what we do at Bruntsfield. They have a lot to offer patients in terms of their excellent clinical skills, up-to-date knowledge and fresh enthusiasm, and we are extremely grateful to our patients who feel able to be involved.

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



Contributors

Gail Aitchison (Practice Nurse)
Jude Boyd (GP)

Mike Cash (GP)
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Kate Tomlinson (District Nurse)

