



PRACTICE NEWS

This summer sees the welcome return of Dr Jude Boyd to the practice after seven months of maternity leave. She starts back, on Thursday 21st July, with a slight reduction in hours from August onwards. You can check the practice website for up-to-date details on Dr Boyd's, and all the GP's sessions, on the 'How to book an appointment' page.



Dr Boyd's return means farewell to Dr Susie Carswell, who has worked as a locum in the practice for the last seven months. Her popularity with patients and staff alike means this will not be a permanent goodbye, as she be returning for other locum work in the future.

In August we also say goodbye to Dr Anthony Simon, who will start his second year of GP specialist training. We won't have to miss him for too long, however, as he will be popping into the practice for a couple of training sessions over the next year, as well as returning to Bruntsfield for his third and final year in August 2012.

Normally we would be welcoming back Dr Jessica Cooper, who was here for six months from August 2009 during her first year of specialist training, as our new third year GP trainee. However, she was offered, and has jumped at the chance to practice medicine at a hospital in Africa for 12 months. Dr Cooper will be rejoining us to complete her GP training from August 2012 instead.

Dr Emma Rankin will join Bruntsfield Medical Practice starting Thursday 4th August as our new third year GP trainee. We will be including a profile on our newest GP in the Autumn 2011 issue of the newsletter.

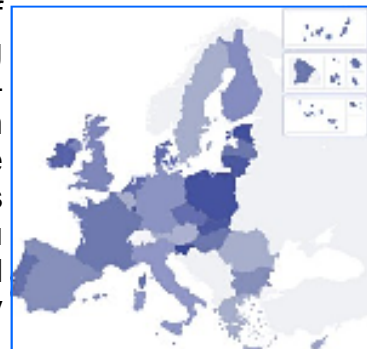


TRAVEL HEALTH ADVICE

Millions of Britons travel abroad every year. The overwhelming majority of trips pass without incident. However, you should not be complacent about the risks involved with travelling overseas.

Plan Ahead - be sure to make an appointment to visit your Practice Nurse or travel health clinic 6-8 weeks before any overseas travel for personal, up-to-date, expert advice. Your nurse can advise you on all aspects of travel health so that you are familiar with the specific health risks associated with the country you are visiting. You may need a course of vaccinations and medications, which can take several weeks to complete to ensure that you receive adequate protection.

Take Out Insurance - Take out medical insurance. Ensure it covers you for repatriation. Make sure you declare any existing health issues. If you are travelling within the EU, apply for a European Health Insurance Card (EHIC). This card entitles you to free medical care within any EU country.



A useful website with more information on your destination provided by the NHS (Scotland): www.fitfortravel.nhs.uk



Forthcoming dates for your calendar:

Wed 29th June

Wed 31st August

Mon 19th September

Wed 28th September

Staff Training - Practice closed 12.30-1.30pm

Staff Training - Practice closed 12.30pm onwards

Public Holiday - Practice closed all day

Staff Training - Practice closed 12.30-1.30pm

TESTICULAR SELF EXAMINATION

Testicular cancer is one of the most common cancers in men aged 15-45.

It is affecting more men each year and a simple, regular self-check could detect early signs of the disease.

Watch out for one or more of the following:

- a hard lump on the front side of the testicle
- swelling or enlargement of a testicle
- an increase in firmness of a testicle
- pain or discomfort in a testicle or in the scrotum
- an unusual difference between one testicle and the other

If you notice anything unusual about your testicles you should see a doctor as soon as possible. We are always happy to check even if it is just for peace of mind.

Testicular cancer is almost always curable if it's found early. For further information on how to check yourself, go to our website for links.

DISPLAY SURVEY

Thank you to everyone who filled in one of our questionnaires asking for your thoughts on our waiting room display system.

The response was overwhelmingly positive, with 92% of respondents in favour of the system, and 95% liking the text and picture based information slides.

We've taken all of your responses and suggestions into consideration and are now planning for the full launch of the system during the summer.

It's not too late to be heard if you have any ideas/suggestions you like to give, either on our website at www.bruntsfieldmp.co.uk/?p=1624, or in writing in the foyer comments book.

CONTINUITY OF CARE

Studies and surveys repeatedly confirm that patients value continuity of medical care. Continuity of care makes it easier to:

- Build trust;
- Discuss the wider social and lifestyle issues that affect health; and
- Co-ordinate the investigation and management of all health problems – particularly where there are multiple problems or complicated issues.

GPs value continuity of care for exactly the same reasons. We like to offer patients the flexibility to choose which doctor or nurse they wish to see, recognising that individuals offer different consulting styles and differing areas of special interest and expertise. We also recognise that patients may prefer to see a male or female doctor about some complaints.

We do, however, strongly encourage patients to see their usual doctor or nurse for the management and review of long-term conditions. It is also very useful to try and see just one clinician when a new problem is being initially assessed and treated.

Continuity with your usual GP can be improved by a little bit of planning ahead. For example when you can anticipate an appointment in advance all the clinicians at the practice have appointments available for booking 2-3 weeks in advance. GPs' sessions are documented on our website and the reception desk can also confirm which days they work. This is the most certain way to see your preferred GP, however in the early morning open surgeries (before 11am) you can request to see a specific GP (or GP of a particular gender). As long as this GP is available, and does not have too many prior nominations they will see you. GPs who are consulting in the mornings also have a gap between surgeries from 10.40am to 11am when they take phone calls. If they are unable to take your call they will call you back, normally later that day and certainly before the end of the following day.

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



Contributors

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