



## PRODUCTIVE GENERAL PRACTICE

As we mentioned in the Spring 2013 issue of the Bruntsfield Newsletter, the Practice is currently engaged in a programme called Productive General Practice (PGP). The programme aims to help practices look at their procedures with a view to improving them, and thereby increasing the efficiency of the practice and the care they can provide.

There is strong theme of including patients in the PGP process, and we were very pleased to hold a meeting with a small group of patients recently, to obtain some in-depth feedback to complement the staff and patient surveys that we had already undertaken.

We are very grateful indeed to the patients who gave up their time for the meeting, which proved very useful from our point-of-view, and we hope to be able to use all of the feedback to inform the teams involved in the future modules of the PGP programme.

We are actively considering how best to develop patient involvement in the future. Feedback of course is an ongoing issue and can we take this opportunity to remind you that we have a comments book in the foyer of the practice where you can leave comments and suggestions?

## RIB TICKLERS

Father Christmas said, doctor, doctor, I feel so unfit.  
- "You need to go to an elf farm".

How does Good King Wenceslas like his Pizza?  
- deep and crisp and even.

## STAFFING NEWS

The Practice reception team is back to full capacity now, with the recent start of two new receptionists. Working part-time on reception, but also helping out on the secretarial team, is Julie Simkiss (pictured here on the left), and working full-time on reception is Lyndsey Turner (right). We're all delighted to have them as part of our admin team, and thank you for your patience as they get up to speed.



We also have a new Staff Nurse joining the Health Visiting team based here at Bruntsfield. Ann Crowe joins us from from Yorkhill Hospital in Glasgow where she was working as a Children's Nurse.

Dr Jude Boyd is coming to the end of her maternity leave soon, and will be rejoining the practice and seeing patients from the beginning of February. We're all excited to have Dr Boyd back with us, but that of course means saying goodbye to Dr Davidson who has been covering Dr Boyd's sessions during her maternity leave. Dr Davidson leaves us at the end of December, and I know you join us all in wishing her well for the future.

Dr Swanson will also be leaving us soon, as his six months with us as a second year GP trainee is almost up. He will be spending the next 18 months doing hospital work before returning in August 2015 for his final year of GP training

### Forthcoming dates for your calendar:



Wed 25th & Thu 26th December  
Wed 1st & Thu 2nd January  
Wed 5th February  
Wed 26th March

Christmas Holiday - Practice closed all day  
New Year Holiday - Practice closed all day  
Staff training - Practice closed 12.30pm onwards  
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## LUNG CANCER

The Detect Cancer Early campaign launched the next stage of it's awareness drives in November, this time focussing on Lung Cancer.

Lung cancer is the most common cancer in Scotland with approx 5,000 cases diagnosed every year, but more people than ever in Scotland are surviving lung cancer – 1,300 more a year compared to 25 years ago.

The earlier lung cancer is found, the easier it is to treat and the more likely you are to survive.

Below is a list of symptoms you should see your doctor about:

- A cough that doesn't go away
- A cough you've had for a long time that gets worse or changes
- Feeling breathless for no reason
- A chest infection that doesn't clear up
- Coughing blood
- Unexplained weight loss
- Chest or shoulder pains
- Unexplained tiredness or lack of energy
- A hoarse voice

Having one or more of these symptoms doesn't mean you've got lung cancer. But if you've had them for more than three weeks you shouldn't ignore them. Make an appt to see your GP.

You can read more about the latest campaign at [www.getcheckedearly.org/](http://www.getcheckedearly.org/)

## MEN'S SEXUAL HEALTH

Sexually transmitted infection (STI) screening is recommended every 6 months for sexually active men who have sex with men

We are able to offer this screening here at the Practice. Please speak with one of the doctors or nurses.

You can find more information about being tested for STIs at the Lothian Sexual Health website: [www.lothiansexualhealth.scot.nhs.uk](http://www.lothiansexualhealth.scot.nhs.uk)

## FLU VACCINATIONS

It's when the temperature starts to drop that the flu season in Scotland really starts. While it's advisable to get your flu vaccination done early in the season, it's never too late to get your jab.

Over 2,500 patients at this practice are eligible to receive the flu vaccination free from the NHS, so check the Practice website today to see if you qualify and phone or come in to book your appointment with one of our Practice Nurses.

## OUT OF HOURS HELP AVAILABLE OVER CHRISTMAS AND NEW YEAR

As you can see over the page, the Practice is closed for four full days over the Christmas and New Year period. If you need medical help or advice during this time, here are a couple of contacts you can call:

**NHS24** - 08454 242424

(text phone: 18001 08454 242424)

Will be open and available to phone all day during the days the practice is closed

**Minor Injuries Unit** (Western General Hosp)

537 1330 - Open 8am-9pm, 7 days a week, no appointment necessary.

## SPREAD THE WARMTH

'**Winter wrapped up**' is a guide to keeping well and staying warm in winter, and a part of Age UK's Spread the Warmth campaign.

You can access the guide at the Age UK site at:

[www.ageuk.org.uk/get-involved/spread-the-warmth/get-ready-for-winter/](http://www.ageuk.org.uk/get-involved/spread-the-warmth/get-ready-for-winter/)

Or you can call Age UK on **0800 169 65 65** to ask for a copy of the guide to be sent to you, or an elderly family member. The guide includes a pull-out thermometer to help ensure your home is kept at a comfortable and safe temperature.

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



### Contributors

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