



STAFF NEWS

We will be losing a long-standing member of the Management Team here at Bruntsfield in February, with the forthcoming retirement of Rob Easton, our Assistant Practice Manager.

Rob has been with the Practice since March 2005, and quickly established himself as an essential member of the team



Rob is the staff manager, health & safety guru, communications boffin, building maintenance wizard, appointment planning expert, locum wangler, stores whiz and general, all-round renaissance man of the Practice, and he will be missed by all of us here at Bruntsfield very much.

The Practice have appointed a successor to Rob in Kevin Kerr, who starts at the Practice from Tuesday February 2nd.

Kevin joins us following his retirement from a 30+ year career with Lothian & Borders police, and we're all looking forward to getting to know him.

We've had another new GP join us recently, to help provide appointments until Drs Boyd, Calvert and Rollinson return from maternity leave next summer.

Some of you may remember Dr Emma Rankin from her time here as a GP trainee in late 2011. We're very glad to have her back with us, and she will be seeing patients on a Monday, Tuesday and Friday.

Our next GP trainee will be joining us in February as well. Dr Polly Dunne is currently in her first year of specialist training, and will be working at the Practice for six months, starting at the beginning of February.

TEXTING NEWS

After a few starts and stops over the last few years, the Practice will be starting to text patients with appointment reminders, confirmations, and invites for review from sometime in January 2016.



The exact date is still to be confirmed, but the software has been purchased, and we have started a project to confirm as many patient mobile numbers as we can to ensure we have the most up-to-date details possible.

This is being done via the self check-in touchscreen to the right of the reception desk, so if you check yourself in for your appointment you may be asked to confirm that we have your current mobile number. If we don't, please speak to someone on Reception to update us with your new mobile number.

More complete information about this project will be available on the Practice website in due time, so please keep an eye out on our home page, or subscribe to be notified when updates are posted.

Once posted, printed copies of the information will also be made available at Reception for those without Internet access.

In the meantime, if this sounds like something that interests you, please make sure that we have your current mobile number.

You can inform us of any changes to your contact details by either filling in a form available at Reception, or by submitting your details through the Practice website at: www.bruntsfieldmp.co.uk/about/contact-details

Forthcoming dates for your calendar:



Fri 25th Dec - Mon 28th Dec
Fri 1st Jan - Mon 4th Jan
Wed 3rd February
Wed 16th March

Public Holidays - Practice closed both days
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Staff Training - Practice closed from 12.30pm onwards
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CAR PARK



As a reminder to all of our patients, please remember that our car park to the side of the Practice premises is for STAFF ONLY.

We understand that parking can be a difficult problem all around Edinburgh, but we have limited spaces available, and they are all needed to accommodate the vehicles for the clinical members of staff at Bruntsfield, with a small number left over for the admin staff also working here.

We have no spaces specifically for patients, or other visitors to the Practice, and to clarify a point that is often questioned - there are several spaces marked for "Health Visitor", but this is a specific job title, and does not include any visitor to the Practice for health related reasons.

While it can sometimes seem that there are plenty of available spaces in the car park, remember that we have doctors and nurses going out on visits to patient's homes throughout the day, and if their space is in use on their return there is the possibility that the car using it will be blocked in until the clinician is free again to move it, which could be a long wait if they are consulting.

FLU REMINDER

The majority of our eligible patients have taken advantage of their right to receive the season flu vaccination at the Practice already this year, but there are still many out there who have yet to contact us to make their appointments.

It's not too late to get vaccinated this season, and if you are in one of the risk groups it is recommended that you get the vaccine before the cold weather really hits and the flu virus starts to spread.

For more information on the eligibility groups, and why it is recommended that you be vaccinated, visit the Practice website, or the NHS Scotland site: www.immunisationscotland.org.uk

NURSING DEVELOPMENT

Continuing clinical development is always important for any practicing clinician, and two of our Practice Nurses have recently been expanding their skill sets.

Nurses Shona Swain and Siobhan Badger have both been working hard this year and have completed the NHS Lothian Management of Diabetes Programme, run at Queen Margaret University.

This means that both nurses are now qualified to review and care for our diabetes patients, and we will be organising time for them to gain real clinical experience in this area at the Practice in the near future.

On top of that, Siobhan also now has a certificate in Travel Medicine, and will be joining our other Practice Nurses in taking on travel assessment appointments.

ALCOHOL AWARENESS AND SEASONAL DRINKING

Thank you to everyone who filled out one of our alcohol consumption assessment forms back in November. We hope that the discussions arising from them with your doctor or nurse were informative and helpful.

During the holiday season, with the increase in social gatherings and celebrations to attend, it's even more important to remember to moderate your drinking and keep the recommended limits in mind.

For men that means no more than 3-4 units a day, or 21 units a week. For women it means no more than 2-3 units a day, or 14 units a week. For both genders it's also recommended to have at least a couple of alcohol free days a week.

And please remember that if you are planning to drive, during the holiday season, or any other time, the safest limit is always 0 units.

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



Contributors

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