



STAFF NEWS

We say goodbye to Dr Aimee Martin at the beginning of February, as she finishes her 6 months training time with us. She's been a great addition to the team, and we all wish her well in her continuing journey towards qualifying as a GP.

Our reception team is going through a change in January as well as we say goodbye to Rachael and hello to Melissa.

Rachael joined the reception team in October 2015, and impressed us all with how quickly she fit in and learned the job. We're all sorry to see her move on, and wish her all the best.

We had a number of excellent candidates for Rachael's replacement in reception, and the successful applicant, Melissa, will start at the Practice from Monday 16th January. Please join us in making her feel welcome at Bruntsfield, and please be patient as she learns her way around the Practice.

PRACTICE CAR PARK

Can all patients visiting the Practice by car please be aware that the Practice car park to the right of the Practice entrance is for **staff only**.

We don't have the spaces available to allow patients to use the car park as well, and sometimes struggle to accommodate all staff requiring access.

While at times it seems that there are spaces available, these are usually taken by doctors or community staff who are out on visits, and will be in and out the car park throughout the day, requiring access to their space on their return.

We apologise for the inconvenience that trying to find a parking space can cause.

APPROPRIATE USE OF HOME VISITS

Of late, the Practice has noticed an increasing demand for home visits to cases that would not normally meet the criteria the Practice strives to adhere to.

The GPs at Bruntsfield currently undertake around 140-150 home visits a month on average, on top of a full consulting schedule within the Practice.

At a time of year where Practices are already under increasing pressure to meet patient expectations, patients are kindly requested to ensure that requests for a home visit are only made where the patient is so unwell that it renders them wholly unable to make their way to the Practice by any means available to them either directly or through third parties.

In order to reach the elderly and the frail when required, there is a finite capability to undertake home visits on a day to day basis to ensure that GP's are generally as accessible as possible within the Practice which is in response to patient demand.



The Practice has set aside time every day between 10.40-11.00am where you can call the Practice and speak to a doctor to get advice, which may be a possible alternative if you feel that you are too unwell to attend in person.

Your assistance in this matter is greatly appreciated helping us ensure that home visits are available to those who need this service most.

Forthcoming dates for your calendar:



Mon 26th-Tue 27th December 2016

Mon 2nd-Tue 3rd January 2017

Wed 8th February 2017

Wed 15th March 2017

CHRISTMAS HOLIDAY - CLOSED ALL DAY

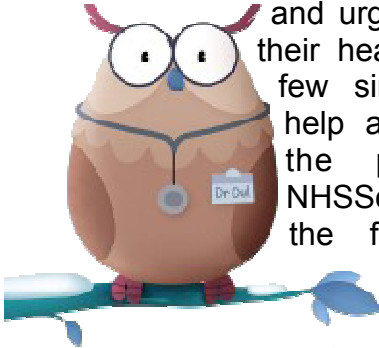
NEW YEAR HOLIDAY - CLOSED ALL DAY

STAFF TRAINING - CLOSED FROM 12.30pm

STAFF TRAINING - CLOSED FROM 12.30pm

BE HEALTH-WISE THIS WINTER

NHS Scotland have launched a new campaign trying to reach out to people across Scotland and urging them to look after their health this winter with a few simple steps that can help avoid illness and take the pressure off busy NHS Scotland services over the festive holidays and throughout winter.



The 'Be Healthwise' campaign is fronted by Dr Owl and advises people that stocking up on over the counter medicines, checking any repeat prescriptions and ordering only what is needed to cover the holidays can help to avoid or deal with the most common winter ailments. It's also a good idea to know GP surgery and local pharmacy opening hours over the festive break.

Health Secretary Shona Robison said:

"We know winter months can put additional pressures on our hospitals and GPs' surgeries, which is why we have been working to provide additional support to health boards over winter to ensure people get the care they need.

"But we can also all do our own bit to look after our own and our family's health, and help preserve our frontline services for those most in need. The Be Healthwise campaign helps to remind people about the excellent range of services available. For example, people who run out of medicines or dressings can speak to a pharmacist about an urgent supply, rather than going to their A&E or GP out-of-hours service."

You can access lots of information online at the "Be Health-Wise this Winter" section of the www.nhsinform.scot website. Just look for the Dr Owl logo to access information on NHS services and self-help guides that will help keep you and your family well this winter.

KNOW WHO TO TURN TO

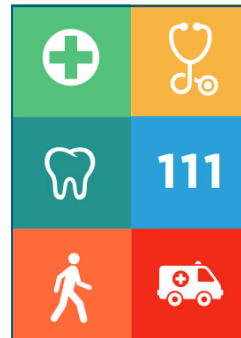
NHS Scotland have produced a new website to help you get the right medical assistance when you're ill, injured or have a long term condition.

Going directly to the person with the appropriate skills is important and can help you to a speedier recovery and makes sure all NHS services are run efficiently.

www.knowwhototurnto.org has sections on:

- Pharmacists
- General Practitioners
- Dentists
- NHS out-of-hours service
- Minor Injuries Units
- 999 / Accident and Emergency

Each section has more information explaining



what the service does, and when they are the most appropriate service to turn to for advice or help.

Where relevant, it also allows you to search for services in your local area by town or postcode

SEASONAL FLU VACCINATION UPDATE

As at publication, just under 70% of the Practice's 3,200 eligible patient's have been vaccinated against this season's predicted flu strains.

That is a huge amount of work, and we thank all our patients who have taken the time to attend one of our flu clinics over the last few months.

If you are in one of the eligible categories, and have yet to get the flu jab, there is still time. Just call or pop in and make an appointment with one of our Practice Nurses.

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



Contributors

Kevin Kerr (Assistant Business Manager)
Karen McDonald (IT Dept)

