



STAFF NEWS

As mentioned in our previous issue, we welcomed two new receptionists to the team in January this year: Audrey McDonald and Christine Blyth. We also would like to welcome Gloria Douglas who has joined the District Nursing team recently. We thank you for your patience during their training period.

Sadly, we have said goodbye to Dr Emma Hall, who has decided to take on a challenging role of setting up a partnership at a practice in Ormiston. Dr Hall joined us as a part-time GP in the Autumn of 2005, and she quickly became a much loved part of the medical team here at Bruntsfield. We wish her all the best in the future.

Dr Joanna Loudon will replace Dr Hall and will be joining us in April. We are sure you will make her feel at home. Dr Loudon's consulting times will be Monday morning, Tuesday afternoon and all day Wednesday.

VISION

This spring the practice are looking forward to an exciting change in the way that we work, with the introduction of a new clinical database to hold all our medical records.

Practice staff have been working behind the scenes for the past few months in preparation for this move, and our final conversion to the new system will take place during the last week in May.

The new database is called Vision, and comes from a company called INPS. They have a strong presence in Scotland, and have a great deal of knowledge and experience in primary care clinical systems.



DR IAN KERR



Many will be aware that Dr Ian Kerr has been away from the Practice since Sept 2008 on a sabbatical in Australia. The fine weather and life-style there have tempted him to stay and he will not be returning to Bruntsfield.

We know that this has been a difficult decision for him but we wish him all the very best for his new life "Down Under" and would like to thank Ian for all his hard work on behalf of the Practice since he joined us in 2002. He will be missed by colleagues and patients alike for his clinical excellence, business acumen and sense of humour.

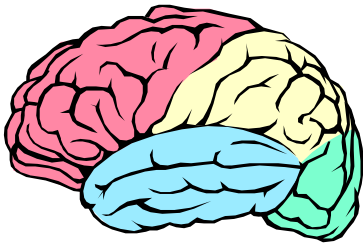
Dr Kerr is preparing a letter to his patients which is unfortunately too long to print in this newsletter, but should you wish to read this you can request it from reception or access it on our website.

Dr Paul Stimpson has been caring for Dr Kerr's patients in his absence and we are delighted that he will continue in that role pending a decision about a permanent replacement.

The new database has many benefits over our current system, such as the ability to send referrals electronically, making them faster and reducing the risk of lost forms. It also allows for the automatic importing of test results so not only will your doctor get them faster, but it will free up the staff time that was previously spent dealing with paper copies.

Between now and the end of May we are making time for each staff member within the practice to be trained in this new system, to make sure we can be up and running as quickly as possible after the final switch, but please be patient with us if we're a little slower while we get used to the change.

TIME IS BRAIN!



A stroke is when the normal blood supply to part of the brain is cut off. If the brain cells do not get a constant supply of oxygen from the blood, the cells in the affected area become damaged or die.

A stroke is a medical emergency. You should get to hospital straight away, as limiting the damage from a stroke is very important to your chances of recovery.

The Stroke Association recommends using the **face-arm-speech-test (FAST)** to help you recognise the symptoms of a stroke or TIA (transient ischaemic attack) in other people. This is a simple test that can help you find out if someone has had a stroke or TIA:

- ✦ **Face** - can the person smile, or has their mouth or eye drooped?
- ✦ **Arm** - can the person raise both arms
- ✦ **Speech** - can the person speak clearly and understand what you say?

If the person has failed any of these tests, and main symptoms don't disappear within about 30 minutes, they may be having a full stroke. Call 999 and ask for an ambulance.

If a person has failed any of the tests, but severe symptoms clear up quickly they have probably had a TIA. They will need to see their GP as soon as possible.

QUESTIONNAIRE

Thank you to everyone who filled in one of our questionnaires recently, asking your opinion on the 1st year of the Bruntsfield Newsletter.

The response was overwhelmingly positive, with many encouraging comments from people who have enjoyed reading it, and found the articles interesting. We are taking into account what people liked most about previous newsletters, and what they wanted to read about in the future, and we hope our plans for the newsletter in the coming year are just as successful.

If you didn't get a chance to fill out the questionnaire, but you would still like to offer your opinion on our newsletter, you can still find the online version at the practice website:

<http://www.bruntsfieldmedicalpractice.co.uk/newsletter>

HEALTH FACT

Red meat can play a valuable part in a balanced diet as a good source of vitamins and minerals.

Iron from red meat is easier for the body to absorb than iron from non-animal sources.

Other valuable sources include dried apricots, green leafy vegetables, and fortified wholegrain cereals.



RIB TICKLER

A Short History of Medicine: *"Doctor, I have an ear ache."*

2000 B.C. - "Here, eat this root."

1000 B.C. - "That root is heathen, say this prayer."

1850 A.D. - "That prayer is superstition, drink this potion."

1940 A.D. - "That potion is snake oil, swallow this pill."

1985 A.D. - "That pill is ineffective, take this antibiotic."

2000 A.D. - "That antibiotic is artificial. Here, eat this root!"

OUT OF HOURS INFO

Edinburgh's minor injuries clinic at the Western General Hospital on Crewe Road is open every day 9am-9pm. Staff in this award winning nurse-led clinic treat minor cuts, burns, stings, infections, suspected sprains and small bone breaks.
Tel: 537 1330/1331.

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



Contributors

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