



## STAFF NEWS

In this issue we welcome our two new GP trainees: Dr Kate Jordan and Dr Jessica Cooper.

Prior to joining Bruntsfield, Dr Jordan worked at the Simpson Centre at the Royal Infirmary Edinburgh, doing Obstetrics and Gynaecology. During Dr Jordan's GP training she gained experience in Medicine, Oncology, Paediatric A&E, and Psychiatry. Dr Jordan worked for four months in a GP practice in Sunderland, and was trained in Newcastle upon Tyne, where she graduated in 2005.



Dr Jordan enjoys the patient contact, continuity of care, and variety of general practice, and speaking of her start in Bruntsfield said : *"As I expected the staff and patients have been very friendly and helpful, and have really made it easy for me to feel welcome here."*

Dr Jordan's interests include Paediatrics, Obstetrics, Gynaecology and Sports Medicine.

During her spare time, Dr Jordan enjoys running, and has started a year long running extravaganza which will hopefully end up with the Loch Ness marathon in Oct 2010. She also enjoys walking in Edinburgh countryside with her dog Humphrey.

Our other GP Trainee is Dr Jessica Cooper. She joins us after hospital posts in the Borders General Hospital, Royal Infirmary, and Royal Hospital for Sick Children. She has also previously worked in general practice at Penicuik Health Centre .

## DR DAVID ILLINGWORTH

We were very sad to learn of the death of Dr David Illingworth. David joined the Practice in 1950 and retired in 1980. One of his many achievements was to be appointed as Physician to the Royal Family in Scotland. He wrote an account of his medical experiences in war and peacetime in *The Bridge With Broken Arches*. We were delighted that he agreed to open the refurbished health centre in 2001.

David is recalled by colleagues and patients alike as an outstanding, kindly doctor with a lovely sense of humour. Our thoughts are with his family.



## BMP NURSES

*I would like advice from a nurse - which team should I access?*

The nurses at BMP work within the following teams: Health Visitors, District Nurses, Practice Nurses, and Community Psychiatric Nurses.

Although they sometimes share expertise and information, the four teams do provide different services. From next quarter (Winter 2009/10), The Bruntsfield Newsletter team plan to run a series of articles to clarify their roles, starting with the Health Visiting team.

Dr Cooper too enjoys the variety of working in primary care, and the opportunity to get to know people over time. In her spare time, she plays the double bass, and is part of a community band that rehearse in Bruntsfield, and perform yearly charity concerts.



We recently bid a fond farewell to Roisin Lawlor, who worked with the District Nursing team for the last year, but we had the pleasure of welcoming Sally Newton to the DN team to fill the vacancy.

We also have two new additions to the wider BMP family, with the birth of Dr Calvert's son, Tom, and Practice Nurse Shona Swain's daughter, Isla. I know you join us in wishing both families well.

Shona's maternity leave is being covered by Jennie Waddell, a familiar face at Bruntsfield having worked as part of the Practice Nurse team in previous years. And the Health Visiting team has also welcomed back a familiar face, with the return of Bridget King from her maternity leave.

## ARE YOU A CARER?



A carer is a person of any age, who provides unpaid help and support to a relative, friend, or neighbour, who cannot manage to live independently without the carer's help due to frailty, illness, or disability.

Please inform your own GP if you are a carer. The practice can offer support to help you in your caring role. There is a notice board in the practice foyer with carers information, a stand of leaflets, and a folder with information about services, resources and training for carers.

Your own health and wellbeing is vital, as the person you care for is at risk if you are unable to provide support. You are entitled to flu vaccinations at your own GP practice, and if you are the main or only carer, or if you are under 18 years, you are entitled to a carer's assessment.

To request an assessment please contact Social Care Direct (<http://is.gd/3OL5g>) on 0131 200 2324 or email [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk)

There are numerous local and condition-specific organisations that can provide information and support. Some examples include:

**Vocal** (Voice of Carer's Across Lothian):

<http://www.vocal.org.uk> - 0131 622 6666

**Carers Scotland:**

<http://www.carersscotland.org> - 0141 445 3070

**Edinburgh Young Carers Project:**

<http://www.youngcarers.org.uk> - 0131 475 2322

**Shared Care Scotland:**

<http://www.carebreaksscotland.org> - 01383 622462

## HEALTH FACT

Cold and flu viruses can survive on hard surfaces such as phones and hand rails for some time. Regular, effective hand washing can reduce your chances of infection significantly. For further information visit:

<http://www.washyourhandsofthem.com>



## PRACTICE FLU PLANS

It is not clear as we go to press what the impact of "Swine"- H1N1- Flu will be on the Practice as the autumn and winter develop. The small number of cases we saw in the early summer has dwindled to nothing, but it is possible that we shall see more as time goes on.

There has been time to develop a Practice Flu Plan to deal with the issues raised by a full scale pandemic. We have tried to keep our responses proportionate to maintain "business as usual" whilst reflecting the advice about good practice during the pandemic that we receive from the Scottish Executive and Public Health.

The pressure that the Practice has to operate under will depend on the increase in demand from flu affecting patients and the likely reduction in staff numbers due to illness. As the pressure builds it will be more difficult to maintain "business as usual", and we will be grateful for your understanding when and if our normal service is disrupted by the pandemic arrangements.

The vaccination programme is "fluid" at present. We are starting to immunise against "seasonal" flu immediately and will commence the swine flu programme when we are supplied with the vaccine (not likely to be earlier than mid November). The priority groups for swine flu vaccination are likely to be similar to those for seasonal flu with the addition of pregnant women. Please keep an eye on the Practice website and notices and the local and national press for updates on this situation.

**A final message - IF YOU THINK THAT YOU HAVE SWINE FLU PLEASE DO NOT ATTEND THE PRACTICE. PHONE TO SPEAK WITH A DOCTOR FOR ADVICE.**

For further information contact NHS 24 on 08454 242424 or visit <http://is.gd/3OQ0y>

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



### Contributors

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