



July 2013

Newsletter

Erskine Practice



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Key Information Summary (KIS)

The Key Information Summary (KIS) has been designed to support patients who have complex care needs or long-term conditions. If a clinician thinks it beneficial to create a KIS record, you will be first asked to consent for your information to be shared.

KIS allows important patient information such as those listed below to be shared with health care professionals in unscheduled care in the NHS 24, A&E, Scottish Ambulance Service, Out of Hours, Hospital and Pharmacy environments.

- future care plans
- medications
- allergies
- diagnoses
- patient wishes
- carer and next of kin details

Public/Bank Holidays

The Practice will be **closed** on **Monday 7 October 2013**



The Practice opened Date **8 April** and **27 May** for pre-booked appointments only. This was to assess if suitable/helpful for patients to improve patient access and appointment availability.

We are reviewing this process and would welcome patient feed back. Please complete a feedback form available at reception if you have any thoughts you wish us to consider

Reception Staff

We welcome Eve Lamond who joined our reception team in January 2013.
Eve previously worked as a dental receptionist.

Screening Programmes

There are three screening programmes that we would like to bring to the attention of our patients. **We encourage all patients who receive a letter to attend this important screening**



Abdominal Aortic Aneurysm (AAA)

Scotland's abdominal aortic aneurysm screening programme is being introduced. By the end of 2013, all men aged 65 in Scotland will be invited to attend screening

Scottish health boards will begin to invite men aged 65 for screening between April 2013 and December 2013.

The contact details of your local AAA screening centre can be found at www.nhsinform.co.uk or by calling the NHS inform helpline on 0800 22 44 88.



Bowel

All men and women aged 50–74 are auto-

matically invited for bowel screening. Bowel screening involves taking a simple test at home every two years.

From April 2013 if you're 75 or over you can still take a bowel screening test, however a test kit won't be automatically sent every two years. You need to ask for one by calling the helpline.

**Bowel Screening Centre
Helpline on 0800 0121 833**



Breast

The Scottish Breast Screening Programme invites

all women between 50 and 70 for breast screening approximately every three years. Invitations are not sent to people over the age of seventy, but you remain at risk of developing breast cancer and are still welcome to attend every three years.

All eligible registered with the Erskine Practice will be shortly be invited for breast screening

If you would like advice about all screening programmes on offer in Scotland and improving your general health, visit

www.nhsinform.co.uk/screening

or call 0800 22 44 88

Medication Requests after Attending a Hospital Clinic



We still require two working days to process requests for a prescription if you attend a hospital clinic and the consultant wishes to start you on a new drug .

Please be assured if a hospital consultant requires you to start medication urgently, they will issue you with the relevant prescription immediately.

Prescription requests from the hospital are of a non urgent nature and will be dealt with by the Practice through our normal prescription request service. Please put any paperwork in the drop box at reception.

Travel Advice

We offer travel advice and will provide where necessary a NHS prescription and administer the following vaccinations for free –

Important – we only offer appointments **at least 4 weeks** before date of travel.

- Hepatitis A
- Hepatitis A+B (combination)
- Hepatitis A and Typhoid (combination)
- Diphtheria/Tetanus/Polio
- Meningitis ACWY



Medication—If you are going on holiday, please ensure you have enough medication
You can order up to two weeks in advance.

Health Visitor News

Erskine Practice Weights and Weaning 1st Tuesday of the month

We have recently started a 'weights and weaning group'. These are open to all families thinking about weaning. Our second session had a very encouraging attendance with mums and dads coming along with lots of enthusiasm and questions. Babies ranged from 9 weeks of age to 8 months and initial feedback from our families is positive saying that they liked the group format and gained a lot from what other parents were saying. Topics covered include; starting to wean, moving on, making healthy food and drinks choices and management of choking. This also is an opportunity for babies to be weighed.

These sessions are held on the first Tuesday of every month.

This month also sees the first of our 27—30 month developmental review clinics. These will be held in the baby clinic room fortnightly on a Monday between 10—12, the first session being on 15 April 2013. This will replace the 2 year screenings previously carried out at home.

Do you Asthma or COPD?

If you have asthma or COPD and are attending the practice to see the GP or nurse for review it would be very helpful if you can bring your inhalers with you, including your "spacer".

This gives us the opportunity to check that you can use your inhaler properly and ensure that you are getting the medicine into your lungs.



This is very important especially when you feel more breathless and unwell

Changes to the Scottish Immunisation Schedule

There are changes to the Scottish immunisation schedule. We would like to draw your attention to some new vaccinations which will be offered to eligible patients. There is an excellent website that provide details of ALL vaccinations on offer in Scotland. The address is www.immunisationscotland.org.uk

Rotavirus

The rotavirus immunisation will be offered to all babies in Scotland born on or after 1 May 2013.

Rotavirus is an infection that causes severe diarrhoea and vomiting in babies and young children. It can lead to dehydration (loss of body fluids) requiring hospital treatment. The rotavirus immunisation protects your baby against this illness.

The Health Visiting team will be offering this immunisation as part of the childhood Immunisation schedule

Influenza

In addition to the people who are normally eligible for the flu vaccine (patients aged 65 or over and those under 65 with certain diseases and conditions), we will be offering this important immunisation to patients aged 2 and 3 years old, however, for this age category, the immunisation will be in the form of a nasal spray. Similar to previous years and in conjunction with the Scottish government we will be inviting all eligible patients late summer/autumn to attend the a flu immunisation clinic at the Practice.

Over the coming years, the government campaign will be extended to cover more age groups.

Shingles

This is a new vaccination and initially we will be writing to all eligible patients. This will start with patients aged 70 years and 79 years and similar to the influenza campaign it will be extended to cover more age groups in the coming years.

MMR

The Scottish Government announced on 24 April 2013 that it will run a catch-up immunisation campaign for children and young people aged between 10 and 17 who are unvaccinated or partially vaccinated. If you are within this age group and unsure if you have been fully vaccinated, please contact the receptionist to make an appointment.

Rheumatoid Arthritis

It is known that patients who have rheumatoid arthritis are at increased risk of developing certain medical conditions like cardiovascular disease (strokes and heart attacks) and osteoporosis (thinning of the bones). We are therefore going to invite you to attend for an **annual review by the Practice Nurse**.

We appreciate you may already attend the rheumatology clinic at Ninewells hospital but this review will specifically assess:

- ▣ Your risk of developing coronary heart disease – this may include checking a cholesterol blood test and blood pressure.
- ▣ Your risk of developing osteoporosis.
- ▣ Any problems and queries you may have.
- ▣ How your arthritis is affecting your life and if there is anyway we can improve this.

Patients with Rheumatoid Arthritis will receive an invite to attend this clinic in due course.

Patient Participation Group



Are you interested in becoming involved in our patient participation group (PPG)? If so, please complete a form available at reception and we will consider all applications as there is a cap to the number of patients we can involve. We aim to have a variety of patients on the group to allow for broad representation. The PPG are patients who have volunteered in their own time to act on behalf of all Erskine Practice patients. This group helps the Practice to discuss new ideas and planned developments with the PPG. It also allows an opportunity to discuss feedback from patients