

AUCHTERMUCHTY HEALTH CENTRE NEWSLETTER – AUTUMN 2016

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FLU CAMPAIGN 2016/17

FLU CLINIC: 5TH NOVEMBER
TIME: 0900-1300

We respectfully request that **everyone** who is entitled to receive the flu immunisation attends this clinic where possible.

As you can imagine this time of year is exceptionally busy in General Practice and the Annual Flu Campaign is additional work on top of an already busy service.

We offer this additional clinic out with Practice opening times in an effort to ensure the campaign does not directly impact on the appointment availability for the Practice Nurses.

Please be advised that if you are unable to attend the clinic, reception staff are unable to book appointments after this date. Since the Practice only receives a finite number of immunisations each year, those in clinical priority groups will be offered their immunisations first.

Only on completion of these groups of Patients will staff be able to book appointments for anyone else. The impact of this may result in "low risk" groups being immunised towards the end of the campaign.

It is also our intention to offer the shingles vaccination to those who are entitled to receive it this year at the Flu Clinic.

If you are unsure if you are entitled to any of the immunisations, please ask a member of reception staff.

PATIENTS WITH LONG TERM CONDITIONS

From April 2016 the Scottish Government made significant changes to the GP Contract.

Historically those Patients with a Long Term Condition may have received several letters of invitation each year, inviting them in for various different reviews and tests. For some Patients this could potentially mean they receive several letters per year.

In an effort to streamline the process for both Patients and Clinical Staff, and to ensure Patients are still reviewed annually, it has been agreed that if you are being treated for one of the conditions below you make an **ANNUAL REVIEW APPOINTMENT** with the **Treatment Room Nurse (unless stated otherwise)**.

We are suggesting to all Patients they book their review appointment **the month of their birthday** – this has proved to be an easy way of remembering when annual reviews are required.

If you require a blood test prior to the appointment or need to bring in a urine specimen details are listed below.

If you are unsure of anything relating to annual reviews for any Long Term Conditions – please feel free to speak to a member of reception staff.

LONG TERM CONDITION:

ASTHMA

*An appointment with Nicola Anderson at her asthma clinic or completion of on line questionnaire required. *Questionnaire can be found on Practice Website www.auchtermuchtymedical.co.uk*

**Please note, you may be required to attend clinic following assessment of online questionnaire*

ATRIAL FIBRILATION

10 minute review with Laura Fraser, Treatment Room Nurse

CHRONIC HEART DISEASE

Fasting blood test with Phlebotomist followed by 10 minute appointment with Laura Fraser, Treatment Room Nurse approx imately 2 weeks later.

CHRONIC KIDNEY DISEASE

*20 minute appointment with Laura Fraser, Treatment Room Nurse, bringing along **urine sample** (white top specimen bottle can be collected from Reception)*

COPD

A review appointment with Nicola Anderson at her asthma/COPD clinic

DEPRESSION OR MENTAL HEALTH

20 minute fasting blood test with Laura Fraser, Treatment Room Nurse followed by 20 minute appointment with Dr Collinson approximately 2 weeks later

DIABETES

*Fasting blood test with Phlebotomist followed by 20 minute annual diabetes review with Laura Fraser, Treatment Room Nurse. Urine sample also required**

**(white top specimen bottle can be collected from Reception-first urine of the day where possible)*

HEART DISEASE

20 minutes annual review with Laura Fraser, Treatment Room Nurse

HYPERTENSION

*3 times blood pressure checks in Health Check Room (no appointment necessary)**

**Please note that following assessment of results by a clinical member of the Practice Team, you may be required to book a follow up appointment*

HYPOTHYROID

Annual blood test with Phlebotomist

STROKE

10 minute review with Laura Fraser, Treatment Room Nurse

Should you require any further details regarding any of the information in the newsletter, please feel free to speak to a member of the Administrative Team.