

## Serial Prescriptions - please speak to GP/Pharmacy if interested in this service

A serial prescription is a prescription for the medicines a patient needs to treat a long-term condition. It looks like a normal prescription but lasts for **24, 48 or 56 weeks**.

Serial prescription(s) are kept in the pharmacy and the GP decides how often they should be collected, e.g. every four or eight weeks. Each time a prescription is collected, the pharmacist tells the doctor. Patients **do not** need to phone or visit the practice to re-order their next prescription.

Before the GP is able to produce a serial prescription, a patient must be registered for the Chronic Medication Service (CMS) at their pharmacy of choice. The serial prescription can only be dispensed at the pharmacy where the registration has taken place.

At the end of the 24, 48 or 56 week prescription, the pharmacist will ask the patient to sign the serial prescription form. At this point, the pharmacist can also request a new serial prescription from the GP. The doctor may prepare a new serial prescription without getting in touch but patients may be invited into the practice for a review before getting their next serial prescription.

The GP may decide some of the patient's medicines are not suitable for a serial prescription e.g. medicine which is only needed occasionally. The doctor will continue to prescribe these items on a normal prescription.

Normal prescriptions do not need to be collected from the registered pharmacy. However, it is helpful for both the patient and the pharmacist if all prescriptions are collected from the same pharmacy.

Even though a patient has a serial prescription, they can still make an appointment to see the doctor whenever they need to. The pharmacist may also tell patients they need to see the doctor if e.g. their condition starts to get worse.

Davidsons  
CHEMISTS

NHS and Private Prescriptions

Long Term Medication Support

Minor Ailment Service

Medicine Compliance Aids

Smoking Cessation Service

Health Care Advice

Prescription Collection Service

Drummond Street, Comrie, PH6 2DW  
01764 670210



# COMRIE MEDICAL CENTRE

SPRING/SUMMER

2017

NEWSLETTER



## DEAR PATIENTS

As you will have noticed we have made a few changes here in the surgery. First we created a larger treatment room for the Practice Nurses. Secondly we created a more confidential area within Reception; a well needed section of the office for quite some time.

We would like to say a huge thank you to everyone who assisted with the medical centre refurbishments recently. Carmichaels Joiners and Roger Mailer for the construction, building and joinery work completed in our Treatment Room and Reception Area, Cramb Painters & Decorators for completing the job and our patients for putting up with the noise and disruption during renovations.

All of this would not have been possible without kind donations from our patients, Comrie Cancer Shop and Friends of Crieff Hospital.

Thank you to MAM for re-surfacing our car park recently. Just a reminder that our car park is solely for patients use only; please refrain from using it to walk your dogs in the nearby woods. Thank you.



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## ARRIVALS AND DEPARTURES



In August we will be saying goodbye and good luck to our Registrar Dr Simon Cooper as he completes his training with us.

Joining us in August 2017 we are pleased to welcome back Dr Matt Jamrozek who will be finishing his GP training with us; he will be with us until August 2018.

Thank you for assisting us with their training by attending their clinics.

Hello!

Joining the District Nursing team for 3 months is Natasha MacDonald. She is a 3rd year General Nursing Student at Dundee University and is in her final management placement here in Comrie. She will be seeing her own patients out in the community as part of her training.

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## DATES FOR THE CALENDAR



Monday 24 July 2017 and Monday 9 October 2017 are public holidays. We are open 9.00 am - 12.30 pm for pre-booked appointments only and ALL calls will be redirected to NHS 24.

If you require urgent medical attention during public holidays or anytime out with normal opening hours please contact NHS 24 on (free phone) **111**.

Please refer to our website for more information and current:

[www.comriemedicalcentre.co.uk](http://www.comriemedicalcentre.co.uk)

### WASTED APPOINTMENTS

As a practice we would like to reduce the number of missed appointments with both GP's and Nurses.

Mistakes do happen and the Practice understands that appointments can sometimes be forgotten about or overbooked.

If you cannot attend your appointments for any reason please let us know as soon as possible, giving at least 24 hours notice. We can then offer the appointment to someone else.

We are displaying posters in our waiting room each month to highlight the wasted GP/Nurse time due to missed appointments.

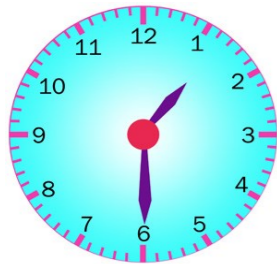


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### LATENESS

Recently there have been more incidences of lateness occurring at the surgery which, I'm sure you can appreciate, has a knock-on effect to subsequent appointments. We understand that there can be legitimate reasons for being late but can you please keep to your appointment time or notify us as soon as possible if you are unable to attend.

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### SPECIMEN SAMPLES

Our specimens box collection time has changed. Please can all urine/stool samples be handed into the surgery by 1.30 pm AT THE LATEST to allow the Nurse to label them before they get sent off to the laboratory. If any samples arrive after this time you may be asked for a repeat sample the following day. When you leave a urine sample in the sample box, that has not been requested by us, please complete one of the questionnaires attached to the box and leave with your sample.

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### PATIENT PRIVACY

Please respect the privacy of other patients in the medical centre. Once you have checked in could you kindly leave the Reception desk and take a seat in the waiting area and your GP or Nurse will call you for your appointment. We thank you kindly in advance for this matter.

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### PRESCRIPTIONS

You can request your repeat prescriptions in the following ways:

- Email: [comrieprescriptions.tayside@nhs.net](mailto:comrieprescriptions.tayside@nhs.net)
- Log into: [www.comriemedicalcentre.co.uk](http://www.comriemedicalcentre.co.uk)
- Drop in your ticked repeat order form to Reception.
- Drop in your ticked repeat order form to Davidson's Pharmacy, Comrie.
- Post your order form to us (please allow 7 days for this to be completed and enclose a SAE if using a different chemist than our local e.g. Crieff or Callander).



**We would like to remind our patients that we do not accept repeat prescriptions over the telephone as this can lead to errors being made.**

**PLEASE ALLOW AT LEAST 48 HOURS FOR REPEAT PRESCRIPTIONS TO BE READY AT THE CHEMIST.**



### UPDATE ON CERVICAL SMEARS

From June 2016 the Scottish Cervical Smear Programme has changed. Previously every woman in Scotland was invited for a routine smear every 3 years from the age of 20 up to the age of 60. The new programme invites women from the age of 25 up to the age of 65; every 3 years from 25-50 and every 5 years between 50

- 65 years of age. The risk of cervical cancer below the age of 25 is extremely rare particularly if HPV (Human Papilloma Virus) vaccination is given. Arranging an appointment for cervical smear greatly reduces the possibility of undetected pre-cancer or cancer of the cervix.

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### PATIENT TRANSPORT - PLEASE HELP US IF YOU CAN

Do you have a car and some spare time? Would you like to contribute to the local community whilst meeting new people?

We **URGENTLY** require more volunteer drivers to assist with our Comrie Medical Centre Transport Service.

This valuable community service enables our local residents who are at times unable to get to the surgery a stress free, friendly way to come to and return home from their appointment. If you would like to add your name to our volunteer driving list then please contact a member of the Reception Team.

May we take this opportunity to thank our current volunteer drivers as, without you, this service just wouldn't exist.

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### HOLIDAY TIME - TOP TIPS FOR HEALTHY TRAVEL

- **Ask** about vaccines that may be recommended for your destination(s). Some travel vaccinations are free on the NHS but others you will have to pay for at a private travel clinic. Vaccinations offered free by the NHS include Typhoid, TDP (Tetanus, Diphtheria and Polio), Hepatitis A and Cholera - please contact us for further information.
- **All** vaccinations must be completed 21 days prior to travel. However, Tetanus can be given up until departure date.
- **Take** precautions if at risk of malaria; be aware, avoid mosquito bites, take malaria tablets correctly if advised and report any fever.
- **Prescription** medicine required during travel e.g. tablets, Insulin and inhalers should be carried in your hand luggage. The rest of your medicines should be in the hold.
- **Ensure** travel insurance covers health emergencies and repatriation.
- **Road** safety is important: use the seatbelt in cars, wear a helmet on bikes/scooters and avoid driving at night.
- **Verify** and consume only safe food and water where possible. Keep hands clean; carry/use sanitising gel when soap and water are not available.
- **Excessive** sun exposure is damaging; limit light exposure, seek shade, cover up, wear good sunglasses and wear high-factor sunscreen.
- **Leave** animals alone; bites, scratches or licks on broken skin can transmit rabies infection. Seek medical attention as soon as possible if bitten or scratched.



Please see: [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) - the A to Z of healthy travel.