

BOWEL SCREENING SCOTLAND—CHANGE TO TESTING

Bowel screening is offered to men and women across Scotland to help find and treat bowel cancer early. If found early enough, there's more than a 90% chance of successful treatment.

Bowel cancer is more common in people over 50 years of age, especially men and is the third most common cancer in Scotland.

In Scotland, only people aged 50 to 74 will be invited for bowel screening every 2 years. If you are eligible, the Scottish Bowel Screening Centre will send you a free testing kit to your home address.

Some risk factors are unavoidable such as age, sex or family history however you can reduce your risk of developing bowel cancer by:

Eating a diet that's high in fibre-rich foods (wholemeal bread, cereals or beans) and low in red and processed meat.

Keeping weight within the healthy weight range.

Aiming for at least 30 minutes of moderate exercise (like brisk walking) each day.

Limiting your alcohol intake and having 2 alcohol-free days per week.

Telling your GP if you have any worries about your bowel habits.

From November 2017 in Scotland a new bowel screening test will replace the current test in Scotland. Like the old test the FIT (faecal immunochemical test) tests for hidden blood in your poo. This can be a sign of bowel cancer. The new test requires just one bowel motion sample and is quicker and easier to use. You will receive the result by post in 2 weeks.

VOLUNTEER TRANSPORT

We would like to take this opportunity to say a huge thank you to our volunteer drivers who give up their own time, car and petrol to take patients to/from the surgery, who would otherwise be unable to get here. Instead of payment we ask that the patients make a donation into one of our charity boxes at Reception. Since doing this we have raised over £2000 in one of our charity boxes for the children's charity, CHAS. Without the volunteer drivers and your kind donations this would not have been possible.

We currently require more volunteer drivers to assist with our transport service. Do you have a car and some spare time? Would you like to contribute to the local community whilst meeting new people? If you would like to add your name to our volunteer drivers list please contact a member of our Reception Team.



FIREARMS

The government's Home Office have asked that GPs become more involved in advising the Police on individuals' suitability to hold a firearm. As a result a new screening system has been introduced. On application, consent needs to be given to a questionnaire being sent to the applicant's GP practice to check the medical records for any concerns the GP may have.

Comrie Medical Centre has agreed to provide this service as we accept that it can support public safety. However, carefully checking the medical records takes time and, as this is not an NHS service, a fee of £50 will be charged to the applicant.

CONTACT US

Telephone: 01764 670217

Fax: 01764 679125

Email: comrie.tayside@nhs.net

Website: www.comriemedicalcentre.co.uk

Repeat prescriptions email: comrieprescriptions.tayside@nhs.net



Wishing you all good health for 2018

COMRIE MEDICAL CENTRE



AUTUMN/WINTER 2017/18 NEWSLETTER



DEAR PATIENTS

The nights are now beginning to draw in and the frosty mornings have arrived this can only mean that winter is upon us once more - cold and flu season has arrived. It is important to know the difference between the common cold and the flu.

THE COLD - symptoms can include a runny nose, cough, sore throat, loss of appetite and can last a few days.



THE FLU - tends to be a much more unpleasant illness. Symptoms can include fever or feverish chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, tiredness. Some people may have vomiting and diarrhoea, though this is more common in small children.

The Surgery is still taking bookings for annual flu jags. We recommend all our patients over 65, anyone with a chronic disease e.g. diabetes, COPD, heart disease, asthma that requires continuous or repeated use of inhaled or systemic steroids or with previous exacerbations requiring hospital admission and pregnant women have a flu jag. All preschool children 2-5 years old should contact the surgery for the flu nasal spray. If you have an appointment at the surgery you can have your flu jab whilst in the surgery - please remind us before you leave! Please ask at reception if you are unsure.

WELCOMES AND FAREWELLS

Welcome to Dr Alison Kerr, our new GP Rural Fellow, who will be with us until August 2018. She will be covering all the Doctors' annual leave for the next 12 months—I'm sure she'll be made to feel very welcome here in Comrie.



We also welcome Rachel Ford to our Reception team. Rachel will be with us until next summer when she hopes to commence her nursing training.

We welcome back Dr Matt Jamrozek, our GP Registrar, for his final year with us.

We had said goodbye to Dr Simon Cooper, our previous Registrar. However Simon's new post has him rotating between, Crieff, Auchterarder, Bridge of Earn and Comrie so you will see him again in Comrie. 😊

DATES FOR YOUR DIARY

We are closed on the following dates:

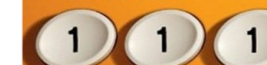
Monday 25 December 2017 Tuesday 26 December 2017

Monday 1 January 2018 Tuesday 2 January 2018

If you require urgent medical attention during these times please contact NHS 24 on (free phone) 111.

It's not a 999 emergency. But you need medical help fast.

There's now



number to call.



when it's less urgent than 999

The opening hours of our Comrie branch are Monday - Saturday 9.00 am - 5.30 pm. We offer various free NHS services including Blood Pressure testing and Smoking Cessation and plans are in hand to enhance the services supplied to Comrie and the surrounding area.

Davidsons also offer the following services:

Minor Ailment Service: Allows the team to give eligible individuals treatment for common conditions on the NHS without you having to pay for it. Please see the next page for a more detailed description.

Medicine Compliance Aids: Patients sometimes need assistance to ensure they are taking the right drug at the right time as prescribed by their doctor. The Monitored Dosing System has been designed to support people in the community who have varying medication requirements. The system allows patients to feel comfortable taking their medication.

We would like to wish all our patients and customers a very Merry Christmas and a happy, healthy New Year. Our festive opening hours are:

Christmas Eve	CLOSED
Christmas Day	CLOSED
Boxing Day	CLOSED
Wednesday 27 December	9.00 AM - 5.30 PM
Thursday 28 December	9.00 AM - 5.30 PM
Friday 29 December	9.00 AM - 5.30 PM
Saturday 30 December	9.00 AM—5.30PM
Sunday 31 December	CLOSED
New Years Day	CLOSED
Tuesday 2 January	CLOSED
Wednesday 3 January	9.00 AM - 5.30 PM

When we are closed over the festive season the following Pharmacies are open in your area:

Christmas Day	Right Medicine, 56 High Street, Crieff	2.00 PM—3.00 PM
Boxing Day	Boots Chemists, 9-11 High Street, Crieff	2.00 PM—4.00 PM
New Years Day	Strathearn Pharmacy, 68—70 High Street, Crieff	2.00 PM— 3.00 PM
Tuesday 2 January	Davidsons Pharmacy, 5 James Square, Crieff	2.00 PM—4.00 PM

****Please ensure you stock up on all your medications to cover you for the full two weeks****

PRESCRIPTIONS - Please allow 48 hours for your medication to be available for collection from the pharmacy. You can request your repeat prescriptions in the following ways:

- Email: comrieprescriptions.tayside@nhs.net (please include name, DOB and address)
- Log into: 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 OR Crieff.
- 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 i.e. 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.

NHS MINOR AILMENT SERVICE

The minor ailment service is an NHS service for children, people aged 60 or over, people who hold a medical exemption certificate and people on certain benefits. When you are registered for the Minor Ailment Service, your pharmacist can give you a medicine, if they think you need it. You will not have to pay for this. It will also save you making an appointment with your GP simply to get a prescription.

Please note: You cannot use the minor ailments service if you live in a residential care home.

Brief summary of conditions that can be treated on Minor Ailments Scheme (not exhaustive - please enquire at the pharmacy for further information):

Gastrointestinal:	diarrhoea, constipation, haemorrhoids, colic;
Nervous:	vertigo, migraine, pain relief;
Infections:	warts, cold sores, threadworm, head lice, scabies, vaginal thrush;
Mouth:	ulceration, inflammation, teething, oral thrush;
Respiratory:	hayfever, allergies, cough, congestion;
Urinary:	cystitis;
Eyes:	Infections, inflammation, dry eyes;
Ear:	wax removal;
Skin:	eczema, allergies, nappy rash, sore/cracked nipples, acne, dandruff, cradle cap;
Musculoskeletal:	sprains and strains.

The following persons are currently eligible to register for the service:

- Persons under 16 years of age or under 19 years of age and in full-time education;
- Persons aged 60 and over;
- Persons with valid maternity certificate, medical exemption certificate or war pension certificate;
- Persons who receive Income Support, Income-based Job Seekers Allowance, Income related ESA or Pension Credit Guarantee Credit;
- Persons named on NHS tax credit exemption Certificate.



GP TRAINING & MEDICAL STUDENTS

Comrie surgery is an accredited practice for training both medical students and doctors as General Practitioners. This means there may be other doctors attached to the Practice at various times including a GP Registrar and/or 5th year Medical Student.

The GP Registrar is a qualified doctor gaining experience in general practice over the course of a year. Occasionally the GP Registrar (currently Dr Matt Jamrozek) will ask patients for consent to record your consultation on video for training purposes. The video is reviewed with another Doctor in order to observe and improve communications between doctor and patient. The Practice adheres to strict guidelines for consent, confidentiality and usage of such videos.

Medical students are 5th year medical students who are training with the practice for 1-3 months. Our current student will be seeing a few patients while she is here, these appointments will be reviewed by a GP prior to the patient leaving.

We would like to take this opportunity to say thank you to our patients for their patience and understanding.

MISSED APPOINTMENTS

We would like to remind patients to notify the Practice as soon as possible if wishing to cancel an appointment at the Medical Centre, to enable us to allocate it to someone else. We have been experiencing a large amount of missed appointments which translates into a great deal of wasted clinical time.

You will have seen our posters in the Practice.

We started informing our patients of Did Not Attend numbers in April 2017, from then 'til end of November 2017 we have had **277 Patients fail to attend resulting in 57 wasted GP and Nurse appointments.**

We appreciate our patients' co-operation with this.