

CRAMOND MEDICAL PRACTICE NEWSLETTER

SPRING 2018



Barnton Pharmacy Daily Clinic

We are delighted to say that the experienced pharmacists at Barnton Pharmacy are offering a drop-in clinic for patients of Cramond Medical Practice. The pharmacists can see patients for a variety of ailments including coughs, colds, earache, flu, hayfever, thrush, shingles, sinusitis, tonsillitis, warts and verrucae. Patients can attend the drop-in clinic at the pharmacy Monday to Saturday from 9am to 12 midday. The pharmacist will consult with and examine the patient and can prescribe treatment (including antibiotics) as required on an NHS prescription.

Wart Clinic Ceasing from April

Unfortunately it is becoming increasingly difficult to access liquid nitrogen to perform cryotherapy to warts and other skin lesions. At the same time, there is very good evidence that alternative topical treatments are as effective. For these reasons we have made the decision to stop providing this service at Cramond Surgery as of April 2018.

For treatment of viral warts we recommend that you visit your local pharmacy to obtain suitable wart paint. Using an emery board or pumice stone to pare down the wart before applying the wart paint can be very helpful. Alternatively, there is good evidence that using duct tape to occlude viral warts can be effective.

If you are concerned about possible sun damage lesions, or actinic keratoses, we recommend that you make an appointment with your GP to discuss treatment options. There are now three different topical treatments available. Alternatively your GP may think it best to refer you to a skin specialist for their opinion.

Skin warts, or seborrhoeic keratoses, do not need to be treated. If they are itchy we recommend the use of liberal emollient. If they get traumatised they can bleed and even fall off which is nothing to worry about and the underlying skin will heal with simple management.

If you have any skin lesion that is causing you concern, please make an appointment with your GP.



Telephone Appointments

All of our doctors are pleased to offer pre-bookable telephone appointments.

These appointments are ideal for patients who do not require a physical examination. Please consider a telephone appointment the next time you need to speak with the doctor and help us to keep face to face appointments free for those patients needing an examination.

Easter Closure

The practice will be closed from 6pm on Thursday 29th March and will re-open at 8am on Tuesday 3rd April.

If you need urgent medical attention during this period please contact NHS24 on 111. Always call 999 in the event of a life-threatening emergency.

Snow, Snow, Snow!

We would like to thank all our patients for their understanding during the recent bad weather. Many staff at the practice were unable to get to work meaning we had to prioritise patients according to medical need. As such, routine appointments were cancelled and we were unable to deal with non-urgent queries on the telephone. During future periods of poor weather, we would appreciate patients only contacting us if they need urgent attention.

If there is severe snow again and any patients are able to assist in getting patients or staff to the surgery or prescriptions to the pharmacy we would be delighted to hear from you. Any assistance in clearing the paths around the surgery and the car park would also be appreciated as this allows us to resume normal service for our patients as quickly as possible.

District Nurses

Our District Nursing team are based at Parkgrove Medical Practice. They can be contacted between 8:30am and 4:30pm, Mon - Fri on 0131 312 8210.

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Eye Problems – See Your Optometrist

For an eye problem your first port of call should be an optometrist. An optometrist is the best person to assess urgent eye problems, check for disorders and treat eye conditions. They have professional training and the necessary equipment to assess most eye problems and will refer you to see a specialist when necessary. All appointments are NHS funded. This service can be used for any concerns you may have with the health of your eyes including (but not limited to):

Red Eye(s)	Something in your eye	Sore Eye(s)
Eye infections	Deterioration of eyesight	Other disturbances of eyesight
Cataracts	Scratched eye(s)	

If you already have your own optometrist you should contact them in the first instance as having previous clinical records is very useful. If you do not already have an optometrist you can choose to visit any optometrist in the area providing NHS services for treatment.

When you contact the optometrist their staff will assess your symptoms and offer you an appropriate appointment. The time you will have to wait will depend on the severity and duration of your symptoms. Emergency problems will be seen quickly. If your problem is urgent and they cannot manage to see you they will find someone who can.

After the appointment your optometrist may send you to a local pharmacy or request a prescription from your GP for appropriate medication or, if necessary, refer you to a hospital specialist. A report will be sent to your GP so they have a complete record.

Practice Foreign Travel Advice Service

Due to an increase in workload we are no longer able to offer travel assessments at the practice. We also no longer offer Yellow Fever vaccination. We are, however, delighted to advise that there are a number of private providers in the area who offer this service:

- ✓ **Barnton Pharmacy**
195 Whitehouse Road
0131 339 3449
- ✓ **Masta Travel Clinic**
5 Quality Street
0131 336 3038
- ✓ **Western General Hospital Travel Clinic**
Ward 41 OPD, Western General Hosp
0131 537 2822

Following an assessment at one of these clinics, our nurse, Karen Nicoll, can provide and administer any recommended vaccines available on the NHS (Hepatitis A & Typhoid, Diphtheria, Tetanus & Polio) in the surgery. Please contact reception to arrange an appointment with Nurse Nicoll for administration of NHS funded vaccines. Please ensure that you bring your paperwork from your travel assessment appointment with you to this appointment – without this paperwork we will be unable to vaccinate you. We no longer offer Yellow Fever vaccination.

Health Visitor Contact Information

Our Health Visiting team is involved with the care of all pre-school children registered at the surgery. The Health Visiting team can be contacted at the Pennywell All Care Centre on 0131 286 5015.

Nursing Team Update

As there have been some changes to our nursing team over recent months we thought it would be useful to provide you with an update.

Our latest recruit, Sister Karen Nicoll, comes with a wealth of experience in practice nursing and is the lead nurse for the team. Sister Sargent has decided to bring forward her retirement after 28 years at the practice and won't be returning to work following a recent absence through illness. Nurse Hilary Brumwell will continue as our skilled Treatment Room Nurse and Ann Russell remains our experienced Healthcare Assistant. We are also delighted to say that our Phlebotomist, Donna Fairholm, is undergoing training to develop her role to become a Healthcare Assistant. Additionally, we are currently recruiting for a new nurse to join the team.

As our workload increases, we recognise the importance of developing and expanding our nursing team. In this challenging time, nurses will pick up some of the work historically done by GPs. When contacting the surgery for an appointment you may be given an appointment with a nurse if this is deemed most appropriate.

Unused Medicines

Please note that the surgery is unable to take any unused medication back from patients. Unused or expired medications should be returned to your local pharmacy for appropriate disposal. Please never put unused medications in domestic waste.