

The Practice Post

Newsletter of Kirriemuir Medical Practice



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NEW APPOINTMENT SYSTEM

From Monday 22nd June we will be making some changes to our appointment system. Please pick up our "new Appointment System" leaflet for further details.

PANDEMIC FLU

If you have symptoms of Pandemic influenza but you are not seriously ill, please **DO NOT** attend the surgery but telephone instead, or contact NHS 24 (08454 242424) for advice.

TRAINING GPs AT KIRRIEMUIR

For many years in Kirriemuir we have supported GP's in the last stages of their training. All these Doctors are fully qualified and often bring Specialist skills into the Practice. As a rule we have one Registrar Doctor at any one time but over the next year we have Dr Victoria Brown working part time as well as Dr Ian Taylor starting in August for a year, working full time. We are delighted to have them in the Practice and all the Partners feel that it helps to keep us on our toes and up to date with current thinking! Working in Kirriemuir will hopefully give them the experience they need to make the transition from their hospital training to the

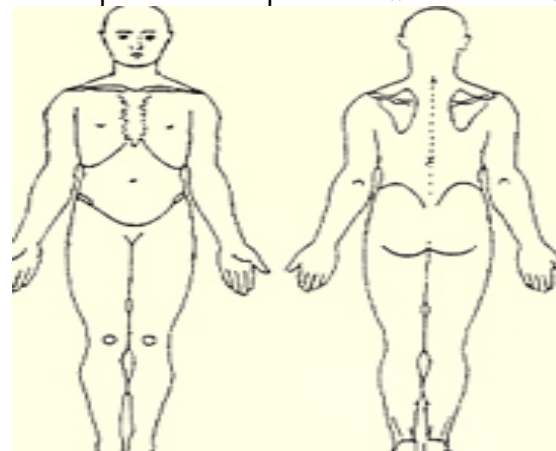
considerably different world of General Practice. We are sure that the skills they bring will benefit all of us. As well as Dr Brown and Dr Taylor, Dr Karen Nicolson will join us from August gaining some experience once a week before starting as a Registrar the following year. From the work point of view all three Doctors will work just like the other GPs and we very much look forward to them joining the Practice team.

SELF-REFERRAL TO PHYSIOTHERAPY

Whitehills Health & Community Care Centre Physiotherapy department have introduced self-referral to physiotherapy. This means you do not need to see your GP first if you would like to see a physiotherapist. Physiotherapy is beneficial for:

- Neck/low back pain
- Post-operative
- Ante natal and post natal
- Sports and recent injuries
- Joint and muscular pain
- Fractures
- Bells Palsy

If you feel you could benefit from physiotherapy patients can complete a form which is available at the Kirriemuir Reception. This form will need to be completed and handed back to Reception in order for it to be sent on to the Physiotherapy department. Please note that a copy of this form will be placed in the patient's medical notes.



ANGUS CARDIAC GROUP

Angus Cardiac Group is a patient led support group which was established in 1992 with a view to supporting cardiac care and rehabilitation in Angus through member support, social contact, fundraising, working with health professionals and the local authority, and the promotion of patient health through exercise.

Monthly meetings are held in Arbroath, Forfar and Montrose with speakers, often sourced from the NHS, to educate, inform, and discuss, various elements relating to self-management of the patients' condition. Speakers on more general subjects are also invited.

Exercise classes are also available at Arbroath, Carnoustie, Forfar, Kirriemuir and Montrose for cardiac patients. These classes are run by qualified instructors and are very well attended. Many of those who attend these classes and the monthly meetings speak of the physical and mental benefits that they receive through interaction with fellow patients. The group's website at www.anguscardiacgroup.co.uk is the best place to access information about classes and contact details.

We are a very friendly group and anyone interested in joining us will be made most welcome.

Gordon Snedden
Vice Chairman
Angus Cardiac Group

ADMINISTRATION CHARGES

It is Practice policy that any insurance or miscellaneous forms handed in to a GP to sign or any letter that a patient requests from the GP will incur a current administration charge of £15.50. (This will be subject to change.) Full lists of charges are listed at Reception and if you have any queries please ask at Reception.

ORDERING REPEAT PRESCRIPTIONS

Your Doctor may decide to provide you with a repeat prescription. You can request a repeat prescription in one of the following ways:

- Place your repeat prescription slip in box at main entrance. Please do this before 12 noon and give at least 24 hours notice.
- E-mail your request by registering online at www.kirriemuirhealthcentre.co.uk
- Have your prescription sent by post (please include a stamped addressed envelope)

You may be asked occasionally to see the doctor before your next prescription is due. This is to ensure that your medications are still appropriate for you. The local Chemists (Lloyds and Alliance) provide a collection service and 48 hours notice must be allowed between ordering the prescription and collecting it from the chemist. Please ask at reception for details.

For reasons of security, repeat prescriptions are not permitted to be requested over the telephone. Prescriptions for oral contraception or HRT can only be obtained by seeing a practice nurse/doctor in person.

Medication changes can only be authorised by a GP and patients are required to have their medication reviewed annually.

RELAY FOR LIFE CANCER RESEARCH UK

Kirriemuir Health Centre Staff and friends are entering two teams for Relay for Life Cancer Research UK. This is a fund raising event that takes place in Martin Park on Saturday 22nd August where team members collectively walk round the park for 24 hours. We are holding a coffee morning on Saturday 13th June in the Guide Hall at 10 am and would appreciate any support. Anyone wishing to make a donation can do this at the reception at the Health Centre and can also give a donation if wishing to dedicate a candle of hope bag. Thank you for your support.