



Ormiston Medical Practice Newsletter

Autumn/ winter 2022

Staff News

Dr Victoria McBride has joined the team as a regular locum GP. Her clinics will be Wednesday and Friday all day. You will be able to pre-book an appointment with her.

Dr Hassanien is a GP Trainee that will be with the practice until February 2023. He is a fully qualified Doctor training to become a GP. Dr Hassanien is supervised by Dr Stevens.

GP Trainee Doctors are required to complete Video Consultations as part of their training. This means that during the appointment you and the doctor will be recorded talking to each other. You will receive a consent form from the reception team to complete before your appointment. Please note that this is not for every appointment and you can choose to accept or decline the option of video consultation.

The reception team has grown since the last newsletter. We now have the following receptionists:

Erin – Senior Medical Receptionist
Carole – Medical Receptionist
Jennifer – Medical Receptionist
Amanda – Medical Receptionist
McKenzie – Apprentice Medical Receptionist

Face Coverings

In all Health care settings i.e. GP surgeries and Hospitals the wearing of face masks is still mandatory. This is to keep patients safe and everything running smoothly so we can continue to provide a good service.

Practice Pharmacists

We are pleased to announce that the practice now has a Pharmacy Team. The Practice Pharmacists work closely with the GPs to ensure patients are receiving the best possible outcome from medication, avoiding waste and harm. You may receive a letter or telephone call following a paper based medication review which has resulted in switching you from one medication to another. There can be multiple reasons for this including:-

- Patient safety
- Medicines effectiveness
- Long term outcomes
- Cost effectiveness for the NHS

There will be Pharmacists within the Practice Tuesday to Friday in the Morning and their working days are as follows:

Aileen works on Tuesday
Claire works on Wednesday
Sandra works on Thursday
Kenzie works on Friday

Appointments

We are now offering Face to Face, Telephone and Video calls. There will be a selection of pre-bookable and on the day appointments. When you call reception to book, please state the way you would like to communicate with the GP. Nurse appointments can also be pre-booked.

Phone lines open at 8am every morning. This is the best time to call to make an on the day appointment as they are booked very quickly. After 4pm we will only deal with urgent calls

Opening Hours

We are open **8.00 a.m. - 6.00 p.m.** from Monday to Friday except on Wednesdays we are closed **12.30 pm - 2.00 pm** then reopen until **6.00pm**. This is for regular in-house training and tutorials. We are closed on Bank Holidays and NHS statutory holidays, and occasional other afternoons for NHS Lothian training. These closures are advertised in advance in the Practice.

Practice Closures



Monday 26th December 2022
Tuesday 27th December 2022
Monday 2nd January 2023
Tuesday 3rd January 2023

On the above dates patients will have to dial NHS 24 on 111 for urgent care or in a medical emergency dial 999.

Spending Christmas away from home?

Remember it is your responsibility to ensure you take your regular medications away with you. It can be extremely difficult and time consuming, for both us and you, to arrange for replacement medications with an out of area chemist or GP surgery. During Christmas this situation is worse as all services are stretched at this time.

Flu and Covid Vaccinations

This year, patients that are eligible for the flu and Covid vaccination will receive a letter from the Health Board. This will detail the location and time of appointment. If you can't make it, please call the number on the letter. Ormiston Medical Practice is not doing any of these vaccinations this year.

If you are willing to pay for the Flu vaccine you can contact your local Pharmacy.

Prescription Requests

We ask that all patients order their prescriptions 1 week in advance. If your medication is not on repeats this needs to be passed on to a GP so will take longer. We advise these patients to arrange their prescriptions 10 days before running out. This allows ourselves and the Pharmacy to organize everything you need.

There is several ways to order:

- Online via Ormiston Medical Practice website
- Telephone after 10am
- Hand in request to Reception or post in black box to Left of doors.
- Set up with a Pharmacy, for them to order your prescription every 2 months.
- Post it with pre-paid envelope attached

Contraception

If you are interested in the insertion or removal of the contraception implant you need to arrange a consultation with Dr Alexa Hughes. This allows for you both to discuss the procedure and to determine if this is the right contraception for you.

After the initial consultation Dr Hughes will arrange the 30 minute appointment that is most convenient for you both. This can also be done through Chalmers.

We do not insert or remove the Coil at Ormiston Medical Practice. This service is completed but Chalmers. You can make an appointment via online or by calling 0131 536 1070. Please visit the following link for more information <https://www.lothiansexualhealth.scot/>

When you are due a new prescription for the contraceptive pill, we ask you to complete two blood pressure tests. This can be done in the Practice without an appointment or if you have a BP machine at home you can call with the results. After this, we will arrange for a nurse to call you and have a review before requesting the medication from the GP.

CTACS

CTACs East Lothian is a service that has been developed in response to changes in the GMS contract and as part of the primary care improvement plan. This is to help the Practice Nurses focus on more complex matters.

CTACS East Lothian offers the following:

- Wound Care – all wounds including post-operative, acute and chronic. If a person sustains minor injury they should attend either GP surgery or call minor injuries on 111. Subsequent care can be carried out by CTACS.
- Removal of suture and staples
- Secondary Care phlebotomy (only Haematology and Pre chemo bloods for those attending Ward 1 Oncology)
- Doppler Assessment
- Vitamin B12 Injection
- Ear irrigation at designated hubs
- Vaccination Service – Support of flu vaccination programme

CTACS is located at the following:

- East Lothian Community Hospital
- Musselburgh Primary Care Centre
- Tranent Medical Centre
- Prestonpans Medical Practice
- Harbours Medical Practice
- Dunbar Medical Practice
- North Berwick Health Centre
- Edington Hospital North Berwick
- Gullane Medical Practice

To book an appointment for the above procedure please call: **0300 790 6292**

Phone lines are open Monday to Friday 08:00 – 17:00

Thank you

We would like to say thank you to Ormiston Blooms together for looking after the lovely flowers and for donating the trees at the entrance.



The Warblers – Singing for lung health

Open to anyone with a lung condition or who is experiencing breathlessness in East Lothian. No singing experience needed. Improve your breathing and connect with others by singing in a fun and relaxed environment. Videos of warm up and breathing exercises are also available to sing along to.

East Lothian Weekly sessions

MECA Gym Hall, Haddington Road,
Musselburgh EH21 8JJ

Mondays 2:30-4:00pm

It is also possible to join via Zoom.

£4/£2 or what you can afford.

East Lothian Foodbank

How foodbanks work

Providing emergency food to people in crisis. Every day people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income. A simple box of food makes a big difference, with foodbanks helping prevent crime, housing loss, family breakdown and mental health problems.

Food is donated

Schools, churches, businesses and individuals donate non-perishable, in-date food to a foodbank. Large collections often take place as part of Harvest Festival celebrations and food is also collected at supermarkets.

Food is sorted and stored

Volunteers sort food to check that it's in date, it's then stored by date and when needed made into parcels ready to be given to people. We have over 50 volunteers who donate their time, expertise and skills to us.

Professionals identify people

We have over 100 support agencies from different charities, the NHS and East Lothian Council who can identify people who need our support and refer them to us.

Clients receive food

Foodbank clients are contacted when a referral is received and given a parcel of three days' emergency food and we are able to signpost people to agencies able to solve the longer-term problem.

Visit www.eastlothian.foodbank.org.uk or call 07516 510 617 for more information.

GET THE RIGHT CARE IN THE RIGHT PLACE



	<p>NHS inform includes self-help guides for a range of common conditions: NHSinform.scot/self-help-guides If you think you need A&E, but it's not life threatening, call NHS 24 on 111. If you need same day medical attention that cannot wait for your GP Practice to reopen, call NHS 24 on 111.</p>	<p>NHS 24</p>
	<ul style="list-style-type: none"> • Colds • Cold sores • Sore throat • Diarrhoea or constipation • Indigestion • Aches and pains • Help if you run out of your repeat prescription 	<p>Pharmacist</p>
	<p>Contact your GP Practice Call NHS 24 on 111, 24/7, 365 days a year Breathing Space: 0800 83 85 87 Weekdays: Monday - Thursday 6pm to 2am Weekend: Friday 6pm - Monday 6am</p>	<p>Mental Well-being</p>
	<ul style="list-style-type: none"> • Tooth pain • Swelling to your mouth • Injury to your mouth • Painful or bleeding gums • Advice on oral hygiene 	<p>Dentist</p>
	<ul style="list-style-type: none"> • Red or sticky eye • Pain in or around your eye • Blurred or reduced vision • Flashes and floaters 	<p>Optometrist</p>
	<p>A range of clinicians, including doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.</p>	<p>GP Practice</p>
	<ul style="list-style-type: none"> • Cuts and minor burns • Sprains and strains • Suspected broken bones and fractures 	<p>Minor Injuries Unit</p>
	<ul style="list-style-type: none"> • Suspected heart attack or stroke • Breathing difficulties • Severe bleeding 	<p>A&E or 999</p>

If you are unsure about where to go or who to see, find out at:
[NHSinform.scot/right-care](https://www.nhs.uk/infomanagement/self-help-guides)