



Craigshill Health Centre— July 2025 Newsletter

Referrals to Secondary Care—Please be advised that the GP has no influence on Secondary Care waiting lists.

What is a referral?

In cases where a GP or Allied Health Professional may feel that you need to be seen by secondary care (i.e. a Hospital Consultant or Mental Health Services) a referral is made on your behalf to be seen.

Sending the referral

The referral is written up with your past medical history and details of why the referral is made.

The referral will be sent electronically via a secure, NHS system.

Urgent of routine

The referral will be sent either as Urgent, or Routine.

GPs are often asked to change referrals due to the length in waiting lists to be seen. Many patients are understandably anxious about time frame to be seen. Please be assured that all referrals are checked by the receiving department and clinically prioritised regardless of having a routine or urgent marking.

How can I find out where I am on the waiting list?

The department you are referred to can advise on this.

We know waiting lists are long and a cause of anxiety but your GP is unable to find out on your behalf.

Update your contact details with your GP

Remember to keep your contact details on your GP records up to date as this will show on your referral.

Useful Contact Numbers

St John's Hospital: **01506 523000**

Royal Infirmary of Edinburgh: **0131 536 1000**

NHS Lothian Outpatient Waiting Times

Scan or click on the QR Code



Everyday questions about
your health
The answer is NHS inform



www.nhsinform.scot
0800 22 44 88



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Health information you can trust

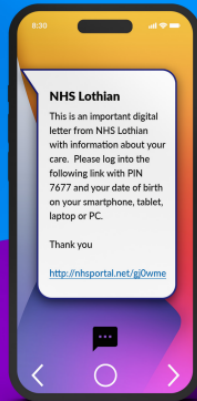


Letters from NHS Lothian sent electronically

NHS Lothian are sending some patient letters electronically. You may receive a text notification from us asking you to log into a secure portal, using a unique PIN and your date of birth so you can see these letters.

Please make sure you do read these letters and take action if needed.

You can access further information on our patient website.



<https://services.nhslothian.scot/electronicletters/>

Farewell Dr Stewart

We said a sad farewell to Dr Stewart who has retired after many years in the practice. Dr Stewart was a fantastic colleague who cared deeply about her patients. She will be sadly missed and wish her well in her retirement.

Welcome Dr MacRitchie

We are delighted to announce the arrival of Dr Neil MacRitchie who joined us this month.

Dr MacRitchie will be working Tuesday afternoons, all day Wednesday and all day Friday. He has considerable experience and previously worked in the North East of Scotland and recently elsewhere in West Lothian

Sunburn

Sunburn is skin damage caused by ultraviolet (UV) rays. It usually causes the skin to become red, sore, warm, tender and occasionally itchy for about a week.

The skin will normally start to flake and peel after a few days and will usually fully heal within 7 days.

While sunburn is often short-lived and mild, it's important to try to avoid it, because it can increase your chances of developing serious health problems, such as skin cancer, in later life.

It's easy to underestimate your exposure to the sun when outside, as the redness doesn't usually develop for several hours. Breezes and getting wet (such as going in and out of the sea) may cool your skin, so you don't realise you're getting burnt.

You should always be aware of the risk of sunburn if you're outside in strong sun, and look out for your skin getting hot.

Your nearest pharmacist can advise you on the best treatment if you have sunburn.

For more advice and guidance, please visit NHS Inform on the QR Code below. You can also click on the QR code as a link to the NHS Inform website.



Diazepam for Flying

We do not prescribe diazepam for flying.

This policy has been in place since 2023 due to changes in guidelines and recommendations.

Please find the following link which explains why we cannot provide diazepam for flying. The link also provides advice and support on overcoming the difficulties of flying.

<https://tinyurl.com/4ut53x82>