



## FLU VACCINATIONS

We have already held our annual Saturday Flu Clinics for this year but there are still vaccines available if you missed them.

If you are eligible for a free vaccine please contact us to make your appointment.

### Primary Care Clinical Pharmacists and Community Pharmacists :

You may be aware of a fairly new initiative of (PCCP) Primary Care Clinical Pharmacists working in General Practice. At Tweeddale, the PCCP helps with medication queries/checking availability of certain drugs/medication reviews etc. The PCCP also does follow ups on hospital discharge letters and can liaise with patients and community pharmacists on medication queries. The doctors and the rest of the team greatly appreciate the contribution this new post is making to patient care.

The Receptionist you speak to may also direct you to your local Community Pharmacist at your usual pharmacy as a first port of call. The Community Pharmacist is a trained professional and as well as offering assistance with common illnesses—like sore throats, coughs, colds, tummy troubles and aches and pains they can also help with stopping smoking, emergency contraception, sexual health and alcohol consumption advice. You may also be entitled to certain free treatments via the 'Minor Ailments' system.

Most pharmacies have consultation rooms where you can talk privately to the Pharmacist and they can also talk to you confidentially without anything being added to your medical records which you may prefer. Some Pharmacists are able to prescribe antibiotics for adult females with urinary tract infections if appropriate. They can also issue you with an emergency supply of your regular medication if you run out.

Getting advice from your Pharmacist is the best first step for a minor health concern but if you think you or your family member may be more seriously ill then a GP or hospital may be more appropriate.

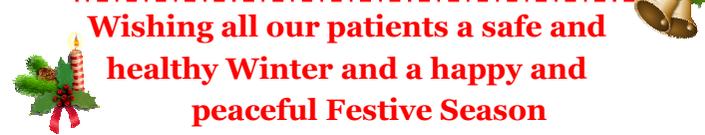
## When we are closed: FESTIVE PUBLIC HOLIDAYS



**Christmas & New Year Holidays  
25th and 26th December 2019  
and  
1st and 2nd January 2020**

When the practice is closed, if you require **urgent** medical assistance that can't wait until we reopen, please ring **NHS24 on 111**.

If you have a **life threatening emergency** please ring **999**



**Wishing all our patients a safe and healthy Winter and a happy and peaceful Festive Season**

### Staff changes:

Recently we have been or will be joined by:

- **FY2 Dr David Gregg (for 4 months) who replaces Dr Rachel Mitchell (Good Luck going forward Rachel)**
- **GPST1 Dr Connor Gamble (3 days)**
- **GP Retainer Dr Hannah Talbot ( 5years)**
- **Robert Gordon University Pharmacist Student Lindsey Campbell (10 weeks)**

### Tweeddale Medical Practice

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## Patient Newsletter

**AUTUMN/  
WINTER 2019  
EDITION**



NOVEMBER  
ISSUE 46

In this edition of your newsletter we have articles updating you on:

- Seasonal Illnesses
- Pharmacist
- Flu Vaccinations
- When we are closed
- Staff changes

We hope that you find these articles helpful and informative but we are always looking for ways to improve **your** newsletter.

Comments and feedback are welcome.

**Visit our website at [www.tweeddale.com](http://www.tweeddale.com)**

Here you can pass on your suggestions and **also sign up for e-mail copies of newsletters and updates direct from us**, to help keep you informed on what's happening at Tweeddale (just go to the "Contact Details" page on the website and scroll to the bottom of the map).

Website: [www.tweeddale.com](http://www.tweeddale.com)

Phone: 01397 703136

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## NOROVIRUS

Norovirus, also called the "winter vomiting bug", is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually goes away in about 2 days.

The main symptoms of norovirus are:

Feeling sick, diarrhoea, being sick (vomiting). You may also have a high temperature of 38C or above, headache, aching arms and legs.

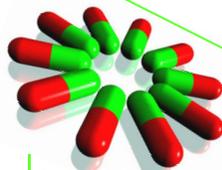
The symptoms start suddenly within 1 -2 days of being infected.

You can usually treat yourself or your child at home and should stay at home for 48 hours after the symptoms have gone. See <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/norovirus> for full details.



### Contact Details

Please remember to update the surgery if you move house/change phone number/name. If we or any of the National Screening Programmes are unable to contact you it may result in you being removed from the practice list as 'untraced'.



## ANTIBIOTICS

Antibiotics can help fight some bacterial infections but have little or no effect on viruses like the common cold.

Taking antibiotics when you don't need them can be harmful and encourage bacteria to form resistance which could put people at risk of more serious infections.

If antibiotics are prescribed – **always finish the course.**

Don't dispose of any medicines by flushing them down the toilet/sink or putting them in the bin. This could result in them harming the environment or even entering our food chain via landfill. Take unwanted/expired medicines to a pharmacy to be disposed of safely.

### **FESTIVE SEASON MEDICATION SUPPLIES**

**Please remember to order your repeat medication in plenty of time and ensure that you will have enough to last over the public holidays.**

Be careful not to over order your medication. Medicine wastage is a huge drain on NHS resources. There are initiatives being discussed to address medicine wastage in the future – **WATCH THIS SPACE.**

## SMS TEXT SERVICES



Tweeddale Medical Practice is now offering Appointment Reminders and where appropriate, Test Results, by SMS (Text)

Recalls and appointment invitations will follow in due course..

In keeping with the General Data Protection Regulations 2018, this is an opt-in service. It is important that you have read and understood the Patient Information Leaflet first. This is available on our website [www.tweeddale.com](http://www.tweeddale.com) or from our reception desk.

You may have received a text message from us offering this service - this text message provides a link to our patient information leaflet and you can reply by text to opt in or out. If you have replied you should get a text back to say "Your answer has been received successfully". If you didn't get this confirmation message, we may not have received your reply. If this is the case, please get in touch with us so that we can update your records.

If you haven't received any text message from us at all, it may be that we do not hold a current Mobile contact number for you - please call the practice on 01397 703136 to let us know. We can update your records and send you information on this new service.

Any questions or queries, please speak to any member of staff who will be happy to help.