

The Blue Practice: Blue News

Summer 2018

Welcome to Blue News.

Hope you enjoy this update from the practice.

Enjoy!



Changes over the summer – disruption to our service

You will be seeing new faces in the surgery as we reorganise ourselves following GP partners retirement and also cover for maternity leave.

In August we will be joined by not only a second nurse practitioner, Jill Woods but also 2 new GP trainees Dr Leesa Marsh and Dr Nicola Rogers. In addition we will have Locum doctors working with us to cover Dr Gillian De La Haye's maternity leave. In July we are joined by Dr Roberta Hewitt and from August onward most of the cover will be provided by Dr Pauline MacInnes and Dr Rachel Crawford.

These changes are impacting on our appointment availability but be assured we are working to improve on that for our patients

On line Services – Please Register

Repeat Prescriptions. - You are now able to order your repeat prescription by logging into the website www.patient-services.co.uk. This system is much safer as it links directly to your clinical record at the practice. You can select the medication you require from an up to date list of medication authorised for you. To register to use this service please see the receptionist at The Blue Practice for a Registration Form. Once you have registered we can issue you with your personal login to set up your account.

This system will replace the current online request system via our website, so please register as soon as possible.

Text Reminders and email communication - We are also able to send text reminders for you appointments and allow you to cancel an appointment by text when you are unable to keep it. You can also register for this using the Online Services Registration Form.

We will need to see a form of identification when you register. You do need to be over 16, have a unique e-mail and mobile no. to use these services.

How soon can I get my blood test result?

It takes 7 days to ensure we have received and reviewed your results.

So please do not call us before that time has passed. When you do call please make it between 3.00 and 4.00 pm when the phones are quieter and we are more able to deal with your request.

Wellbeing Support Team

Tricia Leitch is a Mental Health Practitioner from the Wellbeing Support Team. Tricia offers appointments in the Blue Practice on a Monday afternoon, to people with a variety of mental health and wellbeing issues. She has good connections with other statutory and voluntary services within the local and Perth areas. Her colleague Gareth Murdoch is also available to work with people as part of an ongoing recovery plan.

If your doctor thinks we might be able to help, he or she will suggest you make an appointment with reception staff. Once seen, and when it is agreed that our service is the best option for you, we will discuss ongoing plans which will help you work towards achieving personal progress. Generally we work with people in the short term though this can be extended for up to 6 months if needed.

Know who to turn to

There are many health professionals and services in place in our community that can help you with your health concerns. We've summarised the options below

Local Chemist Pharmacist (self care)	coughs and colds sore throat indigestion diarrhoea or constipation aches and pains help when you run out of your repeat medicine
Dentist	tooth pain swelling to your mouth painful or bleeding gums injury to your mouth advice on oral hygiene
Optician	Eye pain, sudden loss of vision, sudden flashes or floaters Infected eye, red eye, sore eye, dry eye
Minor Injuries Unit - Crieff	cuts and minor burns sprains and strains broken bones and fractures Phone 01764 651762 open 9.00-5.00 mon – fri, 9.00- 9.00 Sat & Sun
GP Practitioner	vomiting ear pain sore belly backache
NHS 24 111	When your GP and local pharmacy are closed, and you are too ill to wait for them to re-open, call 111
999 or A&E	suspected heart attack or stroke breathing difficulties severe bleeding

For services near you visit: www.knowwhototurnto.org