

The Baronscourt News

Volume, Issue

October 2009

Welcome to the October 2009 edition of the Baronscourt News

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Telephone Consultations

There are some problems, which can be dealt with over the telephone without the patient actually needing to see a Doctor

If you have a problem which:

- **Does not** require a Doctor to examine you,
- **Does not** require blood or other tests,
- **Is not** associated with severe pain or unusual bleeding
- **Does not** relate to a possible psychiatric problem

Then it may be possible to discuss it with a doctor during a telephone consultation.

Arrangements can be made via the receptionists for a Doctor to 'phone you at a given time (+/- 30 minutes). The Receptionist will ask you for details of the problem to allow the Doctor to prepare and to ensure that it is an appropriate problem to be dealt with by telephone.

It may still be necessary to ask you to come in to the surgery, if the problem turns out to be more complicated than first thought. It may be that another member of the Practice Team is better placed than a Doctor to deal with it.

Please note that there are only a limited number of telephone consultations available and only appropriate problems will be dealt with through this system.

Are you a Carer?

The definition of a 'Carer' often means different things to different people but this definition from a Scottish Organisation called Carersnet (www.carersnet.org) is very clear.

"A carer is someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability."

Carers are everywhere and at least 1 in 8 people in Scotland provide unpaid care. Caring for someone can be extremely rewarding but it can also impact on your own health and bring financial and social changes into your life that can be difficult to manage or come to terms with.

The work that carers do saves Scotland's NHS £7.6 billion per year, almost the equivalent of running a second NHS but there is support and help out there that you can access.

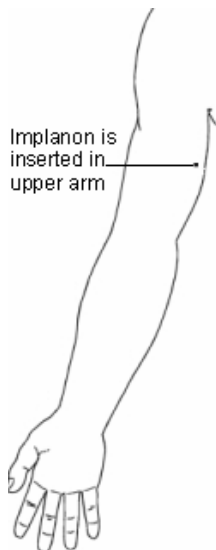
The North East Edinburgh Local Health Partnership employs a Carer Co-ordinator called Madeline Martin who is available to help and support Carers in this area. Madeleine offers one to one support and information to carers either by telephone, visiting you at home or by appointment at the Leith Community Treatment Centre in Junction Place or she can post information out to you. Madeline has a wide knowledge of local and citywide Carer organisations and can explain what services and opportunities these organisations have to offer and if required she can offer on going support. Madeleine is keen to reach people who are in the early stages of caring for someone so that they can be armed with a range of information for when they need it most.

If you would like to speak to Madeline there are various ways to make contact....

You can ask your GP or nurse to refer you; ask at reception for a self-registration form; call her on 0131-536-6215 or E-mail to Madeline.martin@nhslothian.scot.nhs.uk. Please get in touch if you think she could help you.

Contraceptive Implant

An implant is a small flexible rod that releases hormones and is inserted under the skin on the inside of your upper arm. The brand name is Implanon. It suits women who can't use the combined pill or want an alternative to the pill and it doesn't require an internal examination.



Dr Thomson is now doing a monthly Implanon Clinic. This is a new contraceptive service now available within our Practice.

If you would like any information or advice, please contact reception and make an appointment with our Practice Nurse Karen Osborne, who will discuss this service with you before arranging an appointment for Dr Thomson.

What does longer lasting contraception mean?

You don't have to remember to take it every day or think about it every time you have sex. This makes it very effective – over 99% reliable in preventing pregnancy. Once you have started using longer-lasting contraception, it lasts for several years.

Longer-lasting contraception starts working very quickly but stops within days after it is removed and won't affect your future fertility. It is very safe and most women can use it up until the menopause.

It is still important to practice safer sex. Just like the pill, longer-lasting contraception doesn't protect against sexually transmitted infections (STIs) so you should still use a condom.

Baronscourt surgery is a C:Card point. Condoms are available **FREE** by registering confidentially with this service. Ask the receptionist for details

Flu vaccinations 2009/10

The Flu vaccine campaign will be underway by the beginning of October

Patients who are eligible are:

- All those aged 65 and over and/or have:
- Chronic respiratory disease including, Chronic Obstructive Pulmonary Disease, chronic bronchitis, emphysema, cystic fibrosis
- Asthma that requires continuous or repeated use of steroids either in inhaler or tablet form, or with previous episodes requiring hospital admission
- Coronary Heart Disease including those who have had a heart attack, suffer from angina or heart failure
- Patients with Kidney Disease
- Patients with Liver Disease including chronic hepatitis
- Diabetics
- Immunosuppression due to disease or treatment including those receiving chemotherapy, large doses of steroid tablets, and those with HIV infection.

For those who fall into the above categories but do not wish to have the flu vaccination, **please** contact us so that your records can be amended. Carers will also be considered to protect those most at risk should their care receiver fall ill. A carer is considered to be someone who provides help and support to another person who could not manage without their help; this could be due to age, physical or mental illness or disability.

At present we are not able to give the swine flu vaccine. More details will be available soon.

Protected Learning Afternoon

The next staff protected learning afternoons will be:

Wednesday October 21st
Tuesday November 17th

The Practice will be closed from 12 noon on those days. This provides the staff with valuable time to develop as a team and learn about new services.