**Station Road Medical Practice**

**Winter Newsletter**

Welcome to our Winter edition of the practice newsletter.

**Staff News**

Update on our junior doctors. Dr Beveridge, Dr Nazim and Dr Noble are our current ST3 GPs (Specialist Trainees). We will also welcome Dr Krasniqi in January 2024 as our FY2 (Foundation Year).

It is crucial to protect the future of general practice by allowing junior doctors to gain more experience within the general practice setting. Our junior doctors are fully qualified doctors, who have spent time working in hospital and are now spending time in general practice.

We are delighted to congratulate Dr McLachlan who has now fully completed her GP training programme and is currently carrying out locum GP sessions for our practice until February 2024. It is fantastic to see the progression of GP trainees who have been with the practice for many years.

**Consultation Statistics**

During the month of November 2023, the clinicians in the practice carried out 3,346 face to face consultations and 2,074 telephone consultations.

In addition, there are multiple patient contacts throughout the day, both acute and routine, which our clinicians are dealing with.

Our telephone lines continue to be extremely busy. During November, our reception team answered 10,857 calls to the practice. Please bear with us when the phone lines are busy, particularly on a Monday morning, our team work exceptionally hard to answer as many calls as possible each day.

**Surveillance Swabbing**

The practice continue to participate in disease surveillance on behalf of Public Health Scotland. If you have a respiratory illness, you may be asked to undertake a swab to be analysed. The results of the swab will determine the treatment of your illness and will help support the crucial surveillance of diseases in Scotland. It also means that patients are not unnecessarily taking antibiotics which will help to reduce antibiotic resistance.

**Holly Health Lifestyle Improvement App**

Holly Health is a new app offered free of charge to our patients to help with long term condition management and personal habit coaching. Follow the instructions on the following link to join the service and help to improve your health and wellbeing: <http://hly.app/stationrd-gp>

**NHS Inform Waiting Well Hub**

A new waiting well hub has been launched on NHS Inform, created to support people who may be waiting to see a healthcare specialist or to get health and social care services.  This site has information to support your health and wellbeing at this time.  This includes information on your physical and mental health, as well as advice about practical issues like money worries.  Visit NHS Inform for further information.

**Flu & COVD Vaccination Programme**

The Health Board continue to deliver the flu & COVID vaccination programme locally via mass vaccination centres. All eligible patients will be notified when their cohort is due to be vaccinated.

**Shingles Vaccinations**

The eligibility criteria for shingles vaccinations has changed (determined by age as at 1st September 2023:

* 65 years.
* 70 years.
* 71-79 years (and not previously had the vaccination).

Patients also eligible:

* 50 years or over with a severely weakened immune system or about to start immunosuppressive therapy.
* 18 years or over and have received a stem cell transplant or had CAR-T therapy.

If you would like a shingles vaccination, please contact our reception team. The vaccination can be given at any time of the year. Please note, you must wait 7 days after your COVID or flu vaccination before having the shingles vaccination.

**Serial Prescriptions**

Our pharmacy team continue to switch eligible patients onto serial prescriptions. A serial prescription lasts for 24, 48 or 56 weeks and your pharmacy will dispense it for you every 8 weeks as normal. This means you will no longer need to order a repeat prescription from the GP practice for the items included on your serial prescription. If you are eligible for this service, you will receive a text communication instructing you to attend your designated pharmacy to receive more information. You can also ask your community pharmacy if you would be eligible for this service.

**Facebook**

Please remember to follow the practice on Facebook for patient information in order to keep up to date with practice issues. Please note this platform will be for information sharing purposes only.

**Days We Are Closed**

The practice will be closed on Monday 25th & Tuesday 26th December 2023 and Monday 1st & Tuesday 2ndJanuary 2024. If you have an urgent matter which cannot wait during this time, please call the out-of-hours service on 111.