



TORPHINS MEDICAL PRACTICE NEWSLETTER

Website: www.torphinsmedicalpractice.scot.nhs.uk

ST MARNAN ROAD
TORPHINS

Torphins Medical Practice
Summer 2019

Staff Update

We say a farewell to Elizabeth MacFarlane, our practice nurse who has gone back to working at the Hospital.

We are however delighted to welcome Yvonne Nicolson to our practice team as a practice nurse. Yvonne comes from Shetland and worked many years in the Gilbert Bain Hospital, Lerwick before working in NHS Education.

Travel Advice—by Dr Neil Campbell

Just to remind those patients who are planning to travel abroad, that travel advice can be given by our practice nurse, Wendy. To ensure Wendy gives you the best possible and up-to-date advice, please complete a travel form and Wendy will get in touch to organise your consultation. During this initial 20 minute consultation, advice should be offered on travellers' diarrhoea; food and water hygiene; insect bite prevention; antimalarial prophylaxis; animal bites; sun and heat protection; accidents; air travel; sexual health and insurance.

When travelling to certain countries, you require immunisations. Before you attend your consultation, Wendy will have looked at your previous vaccination record that we hold at the practice, but it would be useful to bring along any information on any other vaccinations carried out outwith the practice with you. If you require any vaccines, you should be given a prescription and an appointment time to have the vaccination carried-out.

Antimalaria prophylaxis and non-routine vaccination prescriptions must be paid for but Wendy will explain the cost to you at your consultation.

Please ensure you allow as much time as possible before you travel to organise your travel vaccinations as certain immunisations such as Rabies vaccines require a course of three.

We will always try to ensure you are given a travel appointment, but if for any reason your travel plans are within a week or two or you may need yellow fever, we suggest you see a private travel clinic.



Plantar fasciitis—by Dr Gwen Thomson

The Plantar fascia is a thick band of fibres that runs along the sole of your foot, it can become inflamed due to many reasons but those most at risk are: people who stand a lot; people who are obese; excessive walking or running (more so if new to it) especially on uneven ground and without a proper stretch or warm up; unsupportive or ill-fitting shoes especially poor arch support.; sudden unexpected stretch to the foot.

The symptoms are usually pain and tightness in the sole of the foot often focused around the heel area. Often the onset is gradual but if it starts suddenly after an injury to the foot it is important to rest and elevate the foot. Ice packs can be applied but not directly to the skin and simple analgesia (avoiding anti-inflammatories for the first 48 hours if caused by an injury)

If left alone it can take up to 12 months to settle and sometimes longer so it is advised to try specific stretching exercises. The pain is often worse first thing in the morning so try doing these exercises on waking and then repeat later in the day.

- Calf stretches
- Foot flexes
- Toe curls (try putting a towel on the floor and gathering it up with your toes, or picking up marbles with your toes)
- Foot massage use a golf ball, massage ball or foam roller, if it is painful try an ice bottle (3/4 fill a plastic bottle with water and freeze, taking care not to apply ice directly to the skin)

There are products available to buy on-line which can be useful if the pain is significant, the cost between £30-40 and are strapped onto the sole of the foot. (heelease or similar)

If you need to use painkillers then anti-inflammatories such as ibuprofen are useful to reduce the inflammation, if you cannot take these then Paracetamol will help reduce the pain. As in all cases it is best to limit regular painkiller use to the first few days (up to a week) and then reduce to only as required beyond this point.

If the pain is increasing, rather than improving, after doing the above exercises and techniques, it would be worth seeing a Physiotherapist for advice and management. A GP can offer advice if you feel there is doubt as to the diagnosis.

If you require further information, check the website www.Patient.co.uk



PATIENT REMINDERS

Repeat Prescriptions

Please phone after 10.30 am to order your prescriptions. This prevents blocking the telephone at busy times.

Please order your prescriptions 48 hours in advance

If possible, please avoid ordering your prescription on a Friday after midday.

Home Visits

Whenever possible please consider attending the surgery because some examinations are more easily carried-out on these premises.

If a home visit is required, please try to let us know before 10.30 am if possible.

Test Results

Please allow 48 hours for most test results to be sent to the practice.

Please call the receptionist after 11 am to avoid busy times.

Telephone Consultations

The practice is offering telephone consultations as an alternative to face to face consultations.

If you feel that your problem can be managed via a telephone consultation, ie test results, medication queries, please ask the receptionist to book a telephone consultation.

Evening Surgery

We offer patients the chance to book an appointment to see the doctor in an evening between 5.30 pm and 7.15 pm

If you would like to book an appointment, please ask at Reception

Vision Online

We can now offer patients the choice to book their appointments and request their repeat prescriptions online.

Please ask the Receptionist for a Vision Online form, complete it, hand it back into reception and you will be given instructions on how to access it.

**THE ABOVE INFORMATION CAN BE FOUND ON:
WWW.TORPHINSMEDICALPRACTICE.SCOT.NHS.UK**

**ST MARNAN ROAD
TORPHINS**

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

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