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**SUMMER NEWSLETTER**

Staff News: The Practice would like to extend a warm welcome to our New Advanced Nurse Practitioner, Lindsay McNab, started with the Practice in April and has become a highly regarded member of the Practice team.

Lindsay can prescribe medication and can see patients with the following ailments:

-Coughs/colds/flu/sore throat/sinusitis/chest infections/Earache/blocked ears  
- Urinary infections/cystitis  
- Constipation/Sore stomach/Indigestion and heartburn/Diarrhoea and vomiting  
- Fevers in child **From age 5** and adults –

- Asthma/COPD exacerbations  
- Hayfever  
- Back pain and other joint/muscular complaints  
- Infections: chicken pox/shingles/cold sores/hand, foot and mouth/ impetigo/ slap cheek infection/ sticky eyes/ scabies/head lice/threadworms.  
- Bites and skin sores  
- Rashes/skin: eczema/ fungal infections / ringworm / athlete's foot/nappy rash  
- Vaginal discharge/STD checks/Pill check/HRT reviews/Emergency contraception

GP Registrars

From August 7th 2019 the Practice will have a new GPST1 – Dr Mhairi Doris and returning GPST3 Dr Pramya Manhendra.

Travel Vaccines

If you are lucky enough to have booked a summer holiday please **remember to check** if you **require any vaccines**. Here are a few tips for keeping healthy:

**Sunburn** – Remember to take shade at regular intervals, and **wear a hat** to prevent sunstroke. If you do get burnt have a cool shower or bath and apply a good quality after-sun, if you are seriously burnt seek medical attention.

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**Dehydration** – Make sure you drink plenty of water, fruit juices or ice pops.

**Bites and stings** – it is not easy to avoid hungry insects in the summer heat but if you do get bitten or stung, try to remove the sting if still left inside you with fingers or tweezers, wash the area with soap and water, put on a cold flannel and raise the area to avoid swelling, use an antihistamine cream or spray – avoid itching as this can cause infection.

**Enjoy the sunshine**

Breast Screening

Breast screening is currently under way in East Kilbride. If you are invited for screening please attend.

**Cervical Smears**

Uptake for booking and attending appointments for Cervical Smears is at an all-time national low yet there are more than 3,200 women diagnosed with cervical cancer every year in the UK and 900 die annually. All women aged 25 to 49 are invited for a screening test every 3 years and those aged 50-64 are invited every 5 years.

Missed Appointments

Missed appointments (Did not Attend) are a continuous strain on the practice and NHS. During the month of June there were **17 hours of wasted appointments**. If you do need to cancel an appointment please give at least 24 hours’ notice.

Extended Hours

The Practice offers early morning appointments from 7.30am. Please contact the surgery for further information.