

# ARDGOWAN MEDICAL PRACTICE

## Newsletter – Spring 2018

### Drop in blood clinic



Remember if the doctor has asked you to attend the blood clinic it runs on Monday to Friday from 9am to 10am. Remember – No need to make an appointment!

### Advanced Nurse Practitioner



We now have an Advance Nurse Practitioner who has joined the practice. Sr Angela Wilson will be seeing patients on the day and home visits. Sr Wilson can prescribe medications, organise sick lines, make referrals just the same as a GP.

### Baby Clinic



From 1<sup>st</sup> June 2018 the practice will no longer be carrying out any baby immunisations. All baby vaccinations will now be carried out by the local community clinics. Details of where you should attend with contact numbers will be included with invitations.

### No Female GP

Dr Cairns is currently off on maternity leave and the practice currently does not have a female GP.

### Online ordering of repeat prescriptions & Appointments



The practice now offers patients the opportunity of ordering repeat medication online. If you would like to register for this please discuss today with a member of staff or visit <https://ardgowan.gpsurgery.net/>

### Repeat prescription answer machine



This is available 24 hours a day – 365 days of the year. If you remember at night time or the weekend you can telephone the prescription line on **888688** and leave details of your prescription the staff will process this during working hours.

### Pharmacist



The practice now has attached pharmacists working with the practice daily. They assist the GP's with medication requests and may contact you with any queries regarding medication.

### Change of address/name/telephone number



If you have changed your contact details recently please inform the reception staff who will update your medical records.

**PLEASE INFORM RECEPTION STAFF WHO WILL UPDATE YOUR RECORDS.**

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### DID YOU KNOW - Your GP does not always need to be your first point of contact?

#### Telephone Triage



The doctors have asked reception staff to ask why you need to see the doctor. This is so they can direct you to the correct person please see examples below.

#### Dental Problems



Please contact your dentist if you have any problems with your teeth and gums.

#### Eye Conditions



Contact your local opticians who can help you with any concerns about your eyes or infections.

#### Physiotherapy – self refer



Are you suffering from a musculoskeletal problem? Sprain and strains, stiff joints, back problem, recent muscle injury? If so please ask the reception staff at the surgery or any local physiotherapy department for a form today. Or for further advice, visit [www.NHSINFORM.SCOT](http://www.NHSINFORM.SCOT)

#### Chiropody – self refer



Problems with your feet – please telephone Chiropody/ Podiatry on: 0141 347 8909



#### PHARMACY FIRST (previously known as minor ailments scheme)

This is available to ALL Inverclyde residents registered with a local practice. All local pharmacies will be able to give advice and free treatment on the following conditions.

<b>Acne</b>	<b>Eczema and allergies</b>	<b>Nasal congestion</b>
<b>Athlete's foot</b>	<b>Emergency contraception</b>	<b>Pain</b>
<b>Back ache</b>	<b>Haemorrhoids (piles)</b>	<b>Period pain</b>
<b>Cold sores</b>	<b>Hay fever</b>	<b>Thrush</b>
<b>Constipation</b>	<b>Headache</b>	<b>Sore throat</b>
<b>Cough</b>	<b>Head lice</b>	<b>Threadworms</b>
<b>Cystitis (women 16-65)</b>	<b>Indigestion</b>	<b>Warts and verrucae</b>
<b>Diarrhoea</b>	<b>Impetigo</b>	<b>Shingles</b>
<b>Ear ache</b>	<b>Mouth ulcers</b>	<b>Smoking cessation</b>