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SPIRE

On the 7th March 2017 a national campaign was launched to inform the public about **SPIRE** and to make everyone in Scotland aware of the way we are improving how we use information from GP patient records.

SPIRE is a service that will allow small amounts of information from GP practice records to be used to help doctors' surgeries, NHS Scotland and the Scottish Government to improve care and plan services and to help researchers to learn more from patient information held at GP practices.

The campaign is underway to inform patients across Scotland of the benefits of the service and the confidential and secure way in which GP patient records will be used to help plan and improve health care services.

You have a choice about your patient record being used in this way. To find out more go to www.spire.scot.

SPIRE website

The campaign website - spire.scot - holds information for both the public and health professionals and has been updated with further resources – both foreign language and Easy Read versions of the leaflet and opt-out form are now available. A British Sign Language and a short video film for people with learning disabilities can also be obtained from the website.

SEPSIS

You may have seen articles on the news or heard about Sepsis on the radio recently. It has been a very 'hot topic' in the last few months so we thought we would provide a little bit of information on the condition.

Sepsis is caused by the way the body responds to germs, such as bacteria, getting into your body. The infection may have started anywhere in a sufferer's body, and may be only in one part of the body or it may be widespread. Sepsis can occur following chest or water infections, problems in the abdomen like burst ulcers, or simple skin injuries like cuts and bites.

Sepsis is a life threatening condition that arises when the body's response to an infection injures its own tissues and organs. Sepsis leads to shock, multiple organ failure and death especially if not recognized early and treated promptly. Sepsis can be caused by a huge variety of different bugs, most cases being caused by common bacteria which we all come into contact with every day without them making us ill. Sometimes though, the body responds abnormally to these infections and causes sepsis.

DO I HAVE SEPSIS

If you or a loved one had a suspected infection or certain risk factors like being very young or old, diabetic, pregnant or on long-term steroids, then you would need to know what to look for. Early signs of a "flu" like illness, chest infection, diarrhoea and vomiting or inability to eat and drink, together with one of the symptoms of sepsis should seek medical advice immediately.



**GP
News**

**District
Nurse
News**

Karen Mair

I would like to announce that I moved to a new practice on 6th March 2017. I am very sorry to leave Carden. We all work very hard as a team to give our patients the best possible care and treatment and I have been very fortunate to have been given the opportunity to work in such a friendly and supportive environment. I will miss everyone here, patients and staff alike.

OSTEOPATHY

Osteopathy specialises in the management, treatment and prevention of musculoskeletal and other related problems. Osteopaths use a combination of stretching, deep tissue massage and manipulation to improve function and relieve pain. Commonly treated conditions include back and neck pain, postural problems, sporting injuries and restricted mobility. An osteopath will take the time to understand a patient's unique combination of symptoms, medical history and lifestyle. This helps to diagnose the causes of the pain and from that, to formulate a treatment plan that will achieve the best results.

Osteopathy is available as a private service at Carden Medical Centre every Thursday with our Osteopath Sarah Dolan.

For more information or to book an appointment please enquire at reception or book online through the practice website.

Osteopath News



Cervical Screening Programme

Change in Age Range and Frequency 2016

From Monday, **June 6th 2016**, the age range for cervical screening will change from ages 20–60 years, to ages 25–64 years plus 364 days.

The frequency of cervical screening will continue to be every three years from age 25 to age 49 but will change to be every five years for women from age 50 to 64 plus 364 days of age.

Women on non-routine screening (where screening results have shown changes that require further investigation/follow up) will be invited up to age 70 years plus 364 days of age (a change from current arrangements up to age 68).

Nursing News

Breast Screening - Helping you decide

It is your choice whether to have breast screening or not. The following information will hopefully help you decide

Why does the NHS offer breast screening? The NHS offers breast screening to save lives from breast cancer. Screening does this by finding breast cancers early, when they are too small to see or feel. Breast screening does not stop you from getting breast cancer. Sometimes screening finds cancers that might be harmless, and the treatment can cause side effects.

Who is offered breast screening? NHS Scotland invites all women aged between 50 and 70 years old to have breast screening every three years. You can still have breast screening if you are over 70. You will not be contacted by the NHS but you can make an appointment with your local screening centre (see below for details). Women of all ages should regularly check their breasts for changes. Contact your GP if you find something that worries you.

Why should you have breast screening? Screening can find breast cancer before you think anything might be wrong. The sooner breast cancer is found, the better chance you have of surviving it. If breast cancer is found early enough it will usually need less treatment.

How will I know when to go for screening? You will be sent a letter asking you to go for screening. You should get your first invitation before your 53rd birthday. Please contact your local screening centre if you do not get an invitation letter by your 53rd birthday.

What happens during breast screening? Your appointment will usually take no more than half an hour. The breast x-ray (breast x-ray) itself only takes a few minutes. This part of the breast screening is carried out by female staff only. You can ask questions at any time. You will be asked to undress from the waist up, so you may find it more helpful to wear trousers or a skirt. The screening will be done in private and you can cover up with your own top when you aren't having the breast x-ray. Please don't use talcum powder or spray deodorant when you go for screening. Roll-on deodorant does not affect the x-ray. You can watch a short film about what is involved in a breast screening appointment at: www.nhsinform.co.uk/screening/breast

When do I get the results? A letter with your results will be sent to your home address within three weeks.

Be breast aware! Being breast aware is about getting to know your own body so that you can notice changes to your breasts straight away. Changes in your breasts as well as the area up to your armpit may be harmless, but you should get them checked straight away. You need to look out for: a lump a lump or swelling in either of your armpits one breast bigger than the other crusting on or around the nipple a leaking nipple which might have blood in it dimples or sunken areas of skin a nipple that's become turned in.

Nursing News

Where can I get more information?

NHS inform

www.nhsinform.co.uk/screening/breast

You can also read about getting support and advice about spotting the signs and symptoms of cancer at

www.nhsinform.co.uk/cancer/scotland/dce**Scottish Breast Screening Centre Aberdeen**

North East of Scotland (Aberdeen)

Tel: 01224 550570

Carden patients who are eligible for breast screening should receive invites to attend in/around October 2017.

Health Visitors Update March 2017

Health Visitor Marie Mulvany is now back with us after her recent time away helping out at another practice and we are very glad to have her back.

We have also had a change to the HV staff at Carden so the following is a quick update of our working hours:

Nicola Dickie HV	Mon – Fri	08.30-5pm
Marie Mulvany HV	Tues – Fri	09.00-5pm
Kate Beckman NN	Tues	08.30-4pm
	Wed	09.00-1pm

Health Visitor News

NHS Grampian is now offering every pregnant woman a Universal Health Visiting Pathway. This pathway will involve a minimum of 11 home visits to offer support and guidance in the first 5 years of your child's life.

As part of this pathway the health visiting team will offer you an ante-natal appointment when you are around 32-34 weeks pregnant. The purpose of this visit is to introduce the Health Visiting Service and to explain the role of the health visitor. It will give you and your partner the opportunity to ask any questions that you may have and to offer any support and guidance in preparation for your baby's arrival. This forms part of your antenatal care which means that you are entitled to time off work for this appointment.

We look forward to meeting you and advising you in your preparations towards the arrival of your baby.

Nicola Dickie & Marie Mulvany

Christmas Gifts

Many thanks to all our very generous patients who wished us well and handed in gifts of sweets, biscuits and other treats for the staff at Christmas. We put these in the admin areas and staff room each week for everyone to share and enjoy and we are all so grateful for your kindness. We also had a visit from Santa and his helpers over the festive period to hand out gifts to the staff.

*Thank you
To
Patients*



Service and Feedback

We are continually looking at ways we can improve our service to patients.

Answering the telephones – We understand that you find it frustrating to be kept waiting for the phone to be answered - and our aim, whenever we can, is to answer your call within 3 rings. Wherever possible, we will now have 5 staff answering the phone at 8:30am (some then move on to other jobs within the practice) – we do know that there can be a lot of you calling at that time, so do try to deal with calls as quickly and efficiently as possible. Our prescription line is a separate number so that all our other lines remain available. You can access the prescription line directly by calling 01224 846696 (or by choosing option 4 when you call the main number).

Contacting you on your mobile phone – We know that many people find it helpful to receive messages on their mobile phones. When you phone or come into the surgery, we will ask you to confirm your mobile number with us as we have started to use text messaging to send some invites and reminders to patients. If you change your mobile number, just let us know and we can quickly update your records. If you would prefer not to receive any messages to your mobile phone – just let us know and we can arrange for you to continue to receive information by letter when needed.

Contacting us by e-mail - We were told that it would be helpful for patients to have a way of contacting us by e-mail for non-clinical matters - we have added an e-mail address to our website so that you can do this. We do welcome your feedback on our service and ideas on how we can improve - it's also nice to hear about what you think we do well too!

Vision On-Line - An update

We now have a large number of our regular patients signed up and using the Vision On-Line Service. This service is open 24 hours a day, 7 days a week and lets you order repeat prescriptions and book appointments for our GPs and Nurse Practitioner. All our appointments are available on the Vision On-Line service and you can even book "on the day emergency appointments" - these open at 8:30am each day and are used for patients who urgently need to see us. To register, pop into the practice with some identification.

Public Holiday Closures 2017

17th April
1st May
10th July
25th September

Please visit the practice website at
www.cardenmedical.com
for more information about the practice and
related websites

We want to be responsive to your questions
or issues. Please send your e-mail to
carden.administrator@nhs.net
and we will respond to your query

**Please be aware that requests for appointments and
clinical advice cannot be processed in this way. You
must contact the practice by telephone or use the
online service mentioned above.**