

GREEN PRACTICE

STOCKBRIDGE HEALTH CENTRE

Health Centre Closed – Public Holiday
Wednesday 25th & Thurs 26th December 2013
Wednesday 1st & Thurs 2nd January 2014

For Urgent Medical Attention: 08454 24 24 24



Winter 2013

www.greenpractice-shc.co.uk

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Brown Bag Reviews

The Green Practice recently undertook a project to review medication as part of a local prescribing initiative. It is estimated that as much as 10% of the NHS medicines bill is spent on medications that are not used, this is equal to approximately £100 million in Scotland.

30 patients were seen at home by their GP; they were highlighted by the team as housebound and prescribed 8 or more regular medications. The GPs were able to conduct a review with these patients looking at what medications they had at home including any that they were buying. These visits enabled us to help patients understand their medication better and discuss any concerns that patients had; through this we were able to stop medications that were no longer needed, assess side-effects and review safety of medication including starting or amending 9 dosette boxes and removing 10 expired medications! It also gave GPs and patients the opportunity to review their health; 9 medicines were changed to control symptoms better and new diagnoses were made in 8 patients.

All the unwanted medication was brought back to the practice and Alan Berrie from Stockbridge Pharmacy kindly arranged appropriate disposal. From the medications we returned to the pharmacy and the annual cost of those which we stopped, we calculated savings of £9097.51 from this project!

If you have questions or concerns about your medications or you have stopped taking any medications please an appointment with your GP. We would encourage patients and their family and carers to return unused medication to their local pharmacy.



Weigh Forward Group

In January we are starting a new group supporting people to make positive changes towards weight loss. The aim is to think more broadly than just calories, focussing on developing a healthier relationship with food and encouraging sustainable lifestyle change.

Meetings will include group discussion led by Dr Sayers, Dr Watson & District Nurse Kath Williamson, plus local guest speakers designed to encourage fresh approaches.

The group will run weekly on Thursdays from 23rd Jan until March, meeting in the Health Education Room (2nd floor), with numbers limited to 16.

Interested? Please ask at Green Reception.

New Staff

Over the last few months there have been some new faces at The Green Practice. We have welcomed two new administrative staff, Lee-Anne and Suzanne. They have settled in quickly and become great members of the team. Dr Stephen has taken over from Dr Rowan as GP Registrar and will be with us until August 2014 to complete her training. Some patients may remember Dr Stephen from 2011 when she started her training. Dr Rowan is returning as a locum GP now that she has completed training.



Suzanne & Lee-Anne



Dr Stephen



Dr Rowan

Flu vaccines

It's the time of year for flu immunisations again, the practice has been offering flu vaccines since October.

Please call appointment line 260 9926 to arrange an appointment with the practice nurses or healthcare assistant, stating your eligible status. Eligible patients may also be offered the vaccine during routine appointments with the GP.

Flu vaccine is available to the groups most at risk from flu namely:

>65year olds/ those with chronic heart / lung disease / kidney/ diabetes / some neurological diseases, pregnant women and those with a weakened immune system or splenectomy.

Also this year children aged 2-3yrs will be offered a nasal based flu vaccine – and NHS Lothian will be writing to all eligible children in this age group, parent should bring letter to appointment.

Recognised carers will be offered the flu vaccine with there annual careers review



The Benefits of Singing

Our lead Practice Nurse (Pauline Waugh) has been working very hard over the last 6 months or so to set up a small choir for some of our patients who are affected by the lung condition Chronic Obstructive Pulmonary Disease (COPD). Numerous research projects have shown that singing is incredibly beneficial for both physical and mental health, as well as being really good fun for those involved. There is also a highly sociable element to joining a choir which is beneficial for those who are or feel isolated in any way.

Pauline and Sarah Head (our other practice nurse) both have first-hand experience of the benefits of singing after joining a local choir in January. Pauline and Sarah, along with Anne Ritchie (Practice Nurse at St Leonards) submitted a proposal for funding to the Queens Nursing Institute of Scotland (QNIS). The proposal was accepted and the choir, named *Singing for COPD – Take a Breath*, started Monday 7th October. We hope all the new choir members enjoy singing as much as they do!