

# GREEN PRACTICE

# STOCKBRIDGE HEALTH CENTRE

Health Centre Closed – Public Holiday  
Monday 16<sup>th</sup> September 2013  
For Urgent Call: 08454 24 24 24



Summer 2013  
[www.greenpractice-shc.co.uk](http://www.greenpractice-shc.co.uk)

## New Touch screen arrival system



We have the pleasure to announce that we have now installed a

**Touchscreen automatic arrival system**, situated on the front desk.

- It will create timesaving for patients via self check-in avoiding queues
- It will help to retain confidentiality on arrival
- It will allow our receptionists to handle more “patient specific” tasks
- If you have any feedback or need assistance please ask.

## New Art work

Displayed along GP corridor Karen's Fleming work is influenced by social history, particularly housing in stages of decay. Her focus is on the interior design of the housing, particularly wallpapers and textiles which were common in the homes at the time.



Displayed in GP waiting area is from George Heriot's school. To enhance their learning pupils for both junior and senior schools have the opportunity to attend specialist art clubs. Pupils are encouraged to participate in competitions and visit/display their work in exhibitions. Displayed art covers a variety of subject matter and materials from all ages.

We hope you enjoy looking at all the new art work in the Health Centre.

## Volunteers Required

The practice is thinking of running a series of health related sessions involving the local community over the winter of 2013.

The idea is to use resources within the practice team and the local community to promote positive mental and physical health. Suggested topics might include stress and stress related overeating, exercise promotion and exploring creative potential.

The session would be non profit making and run by volunteers. We are looking for volunteers to help to organise this venture. Anyone with community links in these areas or anyone willing to volunteer to help with administration and refreshments, we were particularly thinking of volunteers from the over 65 age group.

If you are interested please give your name and contact details to the reception staff.

## Visit to Modern Art gallery – June 2013

Protected Learning Time is scheduled on the last Wednesday afternoon of every month. Usually we use this time to update ourselves on clinical topics; check that systems are running successfully in the practice; present SEA's (significant event analysis) or review practice protocols.

At the June PLT we had a team building outing and taking advantage of the beautiful weather, the practice walked along the Water of Leith to the Modern Art Gallery.

In small groups we viewed the galleries current Death to Death and other small tales exhibition. This collection challenged us and stimulated a great deal of interesting discussion over scones and tea in the gallery garden!

Our new partner, Patrick Gilson took some artistic group photos which are great mementos of an enjoyable afternoon.



## GP Training – What are GPST1/2/3?

The Green Practice enjoys being involved in the on-going training of junior doctors. Acronyms are frequently used to describe doctors and we realise these can be quite confusing to patients (and staff) so hopefully reading this will explain who or what FY2s or GPST3s are.

After graduating from university all doctors complete two "Foundation Years" and are known as FY1s and FY2s. Doctors can then go on to specialise in a particular area, such as general practice ("GP"). Common alternatives to starting specialist training include working abroad and gaining further experience.

For GP specialist training ("GPST"), doctors can choose either a three or four year training programme depending on the variety of experience they wish to gain. In a typical three year programme, a doctor's first year ("GPST1") will consist of two six month postings, one in GP and the other practicing another medical discipline. The following year ("GPST2") is spent in a variety of speciality posts. During the time away from the practice, trainees maintain semi-frequent visits to keep in touch and maintain focus on GP.

The trainee's final year ("GPST3") is spent entirely in GP, traditionally being referred to as Registrars.

The only difference for those undertaking a four year programme is that an additional year is spent in specialty posts before GPST3.

Trainees are great members of the team, with a variety of experience gained prior to and throughout their GP training and so we would encourage patients to see them. There are a number of trainers in the practice who support the trainees and you may sometimes experience them doing joint consultations for development and feedback. You may also be asked to help with training by completing a feedback questionnaire or agreeing to have your consultation recorded for the trainee to review their performance.

Our current GPST3 is Dr Rowan who completes her training in August. Dr Stephen will return to the Green Practice to begin her final year, you may have met her in 2011 when she completed her GPST1 year here.