**Frailty**

Frailty is becoming a common challenge as populations age and life expectancy improves. It is something that we can instinctively recognise and is an area that medical services are now turning their attention to. The prevalence of frailty is estimated at 10% in adults aged over 65 and increases to 50% in those over 80 years of age. Clearly those with frailty are vulnerable to illness and often deteriorate quickly due to their lack of physical reserves. A systematic review of interventions in primary care was published this year in the British Journal of General Practice. This concluded that frailty could be delayed or reversed with a combination of strength exercises and protein supplementation. Both are relatively easy to implement by either attending exercise classes at the gym or by doing home exercises. Live Argyll, have classes for those in their 60s and also seated exercise classes available (at the Victoria halls 01436673275). In the coming weeks, we will be posting a short video of what you can do at home on our website. Protein supplementation can be achieved with use of protein powder mixed with water to make a shake taken once a day. I would encourage those of all ages to exercise given the known benefits not just for physical but also mental health. If you have any questions please get in contact!

**Urine Samples**

All urine samples should be handed in to the practice by 1pm to be processed.

Please ensure samples are in the correct specimen pot.

Specimens MUST be labelled with name and DOB. All specimens handed in for dip testing must have a form completed, available at reception.

Specimens not received with all the correct information will be discarded.

**Do we have your up-to-date contact details?**

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Address, Landline/Mobile Number and Email?

Please update these with reception. Thank you.

**Practice Website**

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Have you visited our practice website?

[www.helensburgh-medicalcentre.co.uk](http://www.helensburgh-medicalcentre.co.uk)

You can find information about our opening times, practice news, access our online services and much more.

**Not registered for online access?**

Please speak to reception and they will be happy to help you.

Millig Practice Newsletter

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|  |  | June 2019 Edition |

**Nurse Practitioners **

Our Nurse Practitioners are highly skilled and can deal with a large number of ailments.

The Nurse Practitioners always have access to a GP for advice and support and can consult with them as needed.

The following is a list of minor ailments that our nurses can see, this list is not exhaustive.

Acute asthma (Sister Low) Dizziness Infected wound

Back Pain Earache Ingrown toenail

Bites/Stings Eczema Nappy rash

Boils Hayfever Rashes

Cold & Flu Emergency contraception Sinusitis

Cold sores Headache Sore eyes

Constipation Head injury Sore throat

Cough Head lice Sunburn

Cystitis Neck pain Threadworms

Diarrhoea and vomiting Impetigo Urine Infection

\*Some of these conditions can also be dealt with by the local optician, dentist or pharmacist. Please check with the receptionist.

**Why does the receptionist need to ask what’s wrong with me?**

The reception staff are members of the practice team and it has been agreed they should ask patients ‘why they need to be seen’. Reception staff are trained to ask certain questions in order to **ensure that you receive:**

* The most appropriate medical care,
* From the most appropriate health professional,
* At the most appropriate time.

**Receptionists are asked to collect brief information from patients:**

1. To help doctors prioritise house visits and phone calls
2. To ensure that all patients receive the appropriate level of care
3. To direct patients to see the nurse or other health professionals rather than a doctor where appropriate.

**Reception staff, like all members of the team, are bound by confidentiality rules.**