

DATES FOR THE CALENDAR

Public Holidays—Monday 27 July and Monday 5 October 2020

We will be open 9.00 am - 12.30 pm for pre-booked telephone appointments only and ALL calls will be redirected to NHS 24.

If you require urgent medical attention during public holidays, or anytime outwith normal opening hours, please contact NHS 24 on (freephone) **111**.

Please refer to our website for more information :

www.comriemedicalcentre.co.uk

REPEAT PRESCRIPTIONS

You can request your repeat prescriptions in the following ways:

- Email: comrieprescriptions.tayside@nhs.net
- Log into: www.comriemedicalcentre.co.uk
- Drop in your ticked repeat order form to Reception.
- Drop in your ticked repeat order form to Davidson's Pharmacy, Comrie.
- Post your order form to us (please allow 7 days for this to be completed and enclose a SAE if using a different chemist than our local e.g. Crieff or Callander).

During this uncertain time, we ARE currently accepting repeat prescriptions over the telephone to enable our shielding and less able patients to order their medication.

May we take this opportunity to remind patients if they are to be abroad for more than 3 months, all that they are entitled to under the NHS is a sufficient supply of their regular medication to enable them get to the destination and find an alternative supply of that medication abroad.

PLEASE ALLOW AT LEAST 48 HOURS FOR REPEAT PRESCRIPTIONS TO BE READY AT THE CHEMIST.

WE WISH YOU ALL A LOVELY SUMMER!

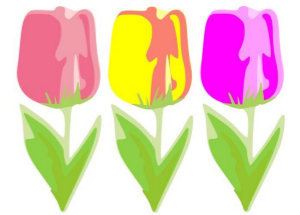
Please enjoy the Summer, take some exercise in the fresh air, and meet up with friends responsibly, observing the physical distancing rules of 2 metres. Be kind to yourselves and remember that the Medical Centre is open and here to address any medical concerns you may have.



COMRIE MEDICAL CENTRE



SUMMER 2020 NEWSLETTER



DEAR PATIENTS

Well, 2020 has not had the best start., but at least we have had a long spell of lovely weather to cheer us all up.

The Medical Centre has been fortunate enough to remain open throughout to patients via telephone appointments and the newly added video consultations, and our patients seem to have really benefitted from this. This new way of working has been adopted well by patients and staff with many patient queries being able to be dealt with by telephone. Moving forward, if appropriate, it may be that more consultations will be dealt with in this way instead of the traditional face-to-face appointments that we have been used to.



MOBILE MEDICAL SUPPORT UNIT

The Practice has been lucky enough to be loaned a mobile medical support unit by John Greenfield of HART and First Responder, Alan Moffat. Patients will probably have noticed this outside the surgery in the car park. This has enabled us to minimise the number of patients needing access to the Medical Centre, and therefore reduced the risk of patients and staff contracting any virus. Routine procedures such as injections and blood tests have been successfully carried out in the medical support unit for this reason, and we hope our patients will understand why this option has been chosen. We are asking all patients attending for appointments with the Practice Nurse to either, if arriving by car, peep your horn on arrival to the car park, or if arriving on foot, to ring the doorbell. The nurse will then meet you in full PPE and escort you to the mobile unit.

WE WOULD LIKE TO EXPRESS OUR THANKS TO :-

OUR FIRST RESPONDERS

We would like to extend our thanks to the team of First Responders who have worked so hard to deliver medication from the chemist to our patients during the lockdown period. They have provided a lifeline to those vulnerable people unable to collect their medication themselves.



Can we also say thank you for all the generous donations of cards and gifts from our patients over this difficult and challenging time. We really appreciate all of your kindness.

Thank you also to **Mr and Mrs Selman** for their wonderful re-upholstery of our Medical Centre chairs. They represent a huge amount of time and effort and we are so grateful to you both.

COVID 19 GENERAL ADVICE

National advice regarding Covid 19 and Coronavirus is constantly being updated. The following guidelines still apply:

If you have developed a new continuous cough or a high temperature above 37.8 degrees, or are experiencing breathlessness, or a sudden loss of smell or taste, but are managing these symptoms, the advice is to remain at home and self-isolate for 7 days (if living alone) or 14 days (if living with others). If you are unwell with these symptoms, please call NHS24 on 111.

To arrange a test, we would direct you to the NHS Inform website at:

<https://www.nhsinform.scot/> and follow the link regarding Test and Protect, or call **0800 028 2816**. This website gives comprehensive information regarding testing, contact tracing, isolating and many other issues relating to Covid 19.

The new **Test and Protect** programme is now operational across Scotland. Everyone who tests positive for Covid 19 will be contacted by the public health contact tracing team so that those they have had close contact with during the time they are considered infectious can be identified. These close contacts will be asked to self-isolate for 14 days, and will not be tested unless they develop symptoms. A close contact is defined as a household member, someone who has been within 2metres for more than 15 minutes, or someone with face-to-face contact for any length of time.

Shielding patients are now able to go outside their homes for exercise or to meet with others in an outside area, provided the 2 metre social distancing rules are being followed. This does not allow others to use the bathrooms of shielded patients, or for shielded patients to use the bathrooms of others. This applies until July 31st when the situation will be reviewed again.

HANDWASHING — CLEAN HANDS SAVE LIVES

During the Coronavirus pandemic, keeping hands clean is especially important to help prevent the virus from spreading. Frequent handwashing with soap is one of the most effective ways to stop the spread of Coronavirus and other infectious diseases. In the absence of a vaccine, preventing its spread from person to person is vital to reduce the pandemic's impact on people's lives, health, livelihoods and the healthcare systems we all rely on.

You should wash your hands:

- After using the toilet or changing a nappy.
- Before and after handling raw foods like meat and vegetables.
- Before eating or handling food.
- After blowing your nose, sneezing or coughing.
- Before and after treating a cut or wound
- After touching animals, including pets, their food and after cleaning their cages.



Follow 5 Steps to Wash your Hands the Right Way.

- Wet your hands with water. Apply enough soap to cover your hands.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers and thumbs and under your nails.
- Rub your hands for at least 20 seconds. Hum or sing the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them. If using a disposable towel, dry your hands completely and use the disposable towel to turn off the tap.

If you do not have immediate access to soap and water then use alcohol-based handrub where available.

MINDSPACE LOCKDOWN LISTENING SERVICE

The MindSpace support organisation has a new listening service if you are struggling during lockdown. This is a temporary service available from 3 June until 31 August 2020, but may be extended should lockdown be extended further. You can speak with a member of the team for up to 45 minutes about whatever is worrying you or causing you concern. You will be listened to without judgment and supported in exploring ways of coping and your thoughts on what may be helpful to you.

If you are aged 16 or over, are experiencing difficulties brought about by lockdown and feel you would benefit from speaking with someone then this could be helpful for you.

Please call on 07928 859628 Monday to Friday between 10am and 4pm or find more details at www.mindspacepk.com/lockdown-listening-service



MENTAL HEALTH NURSE

If more clinical support is required, we are able to offer consultations (on the telephone at present) with Magaidh Mathieson, our Community Mental Health Nurse. On a weekly basis, she conducts, normally 1 hour appointments, by telephone with patients to discuss their mental wellbeing and assesses what, if any, further input is required. These appointments can be made either with the Reception team, or via the GP.

FIRST CONTACT PHYSIO

Comrie Medical Centre is now able to offer patients telephone consultations directly with a physiotherapist to discuss specific muscular and joint issues.

The physiotherapist can triage via the telephone consultation and offer exercises, advice and onward management. Please ask a member of Reception staff for an appointment, or find information on our website regarding this service.

NEAR ME VIDEO CONSULTATIONS

Comrie Medical Centre is now fully set-up to offer video consultations from GPs to patients who are unable to attend the surgery, because of Covid 19, or other reasons. This is an easily accessible service which allows you to have a virtual face-to-face consultation with a doctor.

You require to have access to either the Google Chrome or Apple Safari internet browser, and, once the appointment time has been arranged with Reception, all you need to do is log on to :

<https://nhsattend.vc/comriemc>

At your appointed time, click the **Start Video** call button and follow the easy step-by-step instructions. Your doctor will see you are waiting and will join the video call shortly. If you have any queries, please ask one of the Reception team.

ARRIVALS

Joining our Practice is Dr Clare Cadogan. We are glad to see Clare back with us on a permanent basis following on from being our Rural Fellow a couple of years ago. I am sure you will join us in welcoming her back to the village.

Hello!