

Practice News

Goodbye, Hello and Hello!



Ravenswood will be very sad to say farewell to Dr Helen Edmond, who is stepping down as a GP partner in December. Dr Edmond has been with us for five years, but thankfully isn't disappearing completely - she will still be around occasionally to

provide locum help.

We are delighted, however, to be welcoming Dr Nicola Rogers who will be joining the staff team at Ravenswood from the beginning of December. Dr Rogers will be a familiar face to some, as she has been a locum at Ravenswood, and actually did her GP training here some years ago. Originally



from Yorkshire, she moved north of the border in 2002.

Another familiar face rejoining the team is Dr Elizabeth Gemmell. Ravenswood are involved in the teaching of qualified doctors who wish to become general practitioners, and Dr Gemmell will be back with us until February to complete part of her GP Speciality Training. Angus might be quite a rural area, but Dr Gemmell can take that in her stride - she did one of her medical school electives in the Falkland Islands!



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Extended Hours



Telephone appointments are normally available from 8am to 4.30pm, Monday to Friday. However, we also offer Tuesday early morning appointments from 7.30am, and appointments with the Practice Nurse on Thursday evening until 6.20pm. Please ask at reception for details.



Sometimes it can be hard to tell whether a contact made to you is genuine or a scam. If you are in any doubt, please don't hesitate to contact the surgery and ask for advice. Here are two examples of things that have happened recently.

Genuine

If you are currently on the waiting list for an orthopaedic procedure, you may receive a text message from NHS Scotland. Please note this is NOT a scam. Some procedures are being offered to patients earlier if they are willing to have their surgery done elsewhere in Scotland.

If you do receive a message, please engage with it and complete the questions if you are able. However, if you are unable to complete the questions or if you do not have a smart phone, please do not worry as you will be contacted by telephone over the coming weeks.

Scam

Another practice in the area let us know of an encounter they had with one of their elderly patients. The patient informed them that he was approached by a company called 'Premier UK Healthcare'. This company telephoned the patient, they seemed to know his medical condition and that he was a patient of that Practice. The patient felt reassured

that this was a genuine call when the company mentioned his practice name. He was offered a home visit and during the visit they looked at his mattress and unfortunately he has paid a £200 deposit towards the purchase of a £2,000 mattress. The Practice has clarified with their patient that they would never disclose patient information to companies or to any third party without the patient's consent, and they have advised the patient to contact the police to report this incident.

BOOST
YOUR IMMUNITY
THIS WINTER

FLU + COVID-19 BOOSTER VACCINES

Have you booked your winter vaccines yet? Flu vaccines are now being offered to people over 50, school age children, children aged 2-5, and to various other groups with an eligible health condition or professional need. Some people are also eligible for a COVID-19 booster. If you are eligible, it's strongly recommended that you get vaccinated this winter.

Most adults who are eligible for one or both vaccines will have already been contacted by NHS Scotland, but if you want to check your eligibility or find out more, visit

www.nhsinform.scot/winter-vaccines

All vaccinations are now being administered at the Forfar Vaccination Centre, which if you're a long-time Forfar resident you may know better as the Old Music Centre in Montrose Road.



International White Cane Safety Day

Guide Dogs are a familiar sight in Forfar, as home to the Guide Dogs for the Blind training centre in Scotland. The work they do is brilliant, but of course the vast majority of people with a visual impairment aren't fortunate enough to have a guide dog. Around 2 million people in the UK are visually impaired, and for many of those people their "guide" is a white cane.

The white cane has been a "symbol of blindness" for over 100 years, and in the UK you will sometimes find white canes with red bands added, which indicates that the user also has a hearing impairment. October 15th was International White Cane Safety Day, and in recognition of that we spoke to one of our older patients, Muriel, who is both sight impaired and hearing impaired.

Muriel told us that many people don't seem to know the significance of a white cane, let alone the white and red cane that she uses. One of her frustrations is people who don't make space on the pavement for her as she walks along. In fact, most accidents involving visually impaired pedestrians are actually caused by sighted people who aren't watching what's going on around them!

Many people who use a white cane are

not completely blind - Muriel suffers from macular degeneration, which in her words means that you're "not blind, but you can't see". One of the impacts that has is when trying to deal with traffic - Muriel is often aware of vehicles approaching, but because of her visual impairment can't register the speed of those vehicles.

That presents a particular challenge when she is trying to cross a road at a crossing or junction. Despite the obvious presence of her stick, cars just whizz by, completely ignoring her.

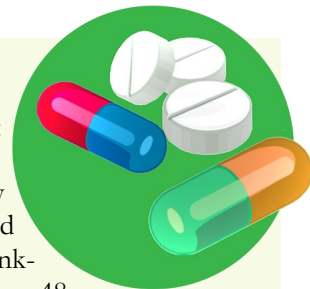
In fact, since last year it has been a legal requirement for cars to give way to any pedestrian (not just those with white canes) crossing or waiting to cross a road into which or from which the car is turning.

According to the RNIB, if you encounter someone using a white cane, the best thing you can do is to watch where you're going, and stay out of their way. They also have a helpful page of ideas for how you can play a part in making our streets accessible for everyone:

www.rnib.org.uk/get-involved/support-a-campaign/inclusive-journeys/how-you-can-make-our-streets-accessible-for-everyone/

Medicine Sick Day Rules

Taking certain medicines when you are dehydrated can result in you developing a more serious illness. If you have fevers, shakes, or sweats, or vomiting or diarrhoea (unless only minor), then you should STOP taking any of the tablets listed below *until* you feel well again and have been eating and drinking normally for 24 hours. If symptoms persist for more than 48 hours, please contact your GP, nurse, pharmacist or NHS 24 (call 111).



ACE inhibitors: medicines with names ending in ‘pril’ such as **Lisinopril**

ARBs: medicines with names ending in ‘sartan’ such as **Losartan**

Diuretics: sometimes called ‘**water pills**’ for excess fluid and high blood pressure. Examples are **Furosemide, Bendroflumethiazide, Indapamide, Spironolactone, Bumetanide**

Metformin, and diabetes medicines with names ending in ‘tide’ e.g. **Semaglutide**

NSAIDs: anti-inflammatory pain killers like **Ibuprofen, Naproxen, and Diclofenac**

SGLT-2 inhibitors: medicines with names ending in ‘flozin’ such as **Empagliflozin**

Your pharmacist can tell you whether your medicine is covered by the sick day rules.

It is very important that you restart your medicine once you have recovered from the illness. This would normally be after 24 to 48 hours of eating and drinking normally. When you restart your medicine, just take them as normal. Do not take extra for the doses you have missed.

Have you found us on Facebook? If you search for ‘Ravenswood Surgery’ and follow our page, you’ll get updates on the very latest news including Practice closures, local health-related events, and other useful information.



Also, did you know that you can sign up on our website to get this newsletter sent to you automatically? At ravenswoodsurgery.co.uk, click on the ‘Online Services’ menu, and then choose ‘Sign up for our practice newsletter’.



Larger print versions of this newsletter are available from the reception team at Ravenswood. Please ask for a copy if you would find this helpful.