**Ochilview Practice Newsletter: Autumn 2015**

***New Practice Nurse***

We are pleased to have a new member of the nursing team. Lindsey Hemsley joined the practice at the start of August.  She joins us after working within Forth Valley as a nurse in A&E and is looking forward to the different challenges of general practice.

***GP training***

Ochilview continues to be involved in training of new GPs. As part of this Dr Vicky Speedie started with us in August and will be with us for an initial period of 6 months.

GP trainees are all qualified doctors who spend time working in the hospital and general practice setting for 3-4 years before qualifying as independent GPs. Vicky will spend 6 months with us just now and return for a further 12 months in 2017.

As part of Dr Speedie’s training, she needs to record some of her consultations (so called Video consultations). Extra appointments are offered on a Wednesday afternoon for these appointments. The recordings are then reviewed by Dr Speedie and one of the experienced GPs for training purpose only. Once reviewed they are deleted.

***Flu vaccine season***

It’s that time of year again!

We are running drop-in flu clinics on

Sat 3rd October 9-11am

Wednesday 14th October 5.30 – 7.30pm

Sat 24th October 9-11am

Sat 31st October 9-11am

***Diabetic trial***

Ochilview practice is currently involved in supporting research in to diabetes management. Recent research in Newcastle and Glasgow has shown that new dietary approaches to managing type 2 diabetes could be very beneficial. Only a small amount of patients are eligible for the current trial and the practice will have written to you if you are suitable for inclusion with this trial. If you have received a letter and wish further information, please arrange a telephone appointment with one of the doctors.

***Review of medicine: focus on Omeprazole and Lansoprazole***

Omeprazole and lansoprazole are medications that are used to treat heartburn. A lot of patients need to take them for a short period of time and some need to be on them long term. Nationwide it has been recognised that some patients who are taking them every day may not need to do so if we gradually reduce the dose of their medication. The practice is reviewing which patients may be suitable to either stop or reduce the dose of these medicines and will contact you if appropriate. However if you are taking these tablets and wish to discuss this please arrange to speak to one of the GPs.