

Academy Medical Centre Newsletter Autumn 2021

Public Holidays

We will be closed all day on the following Public Holidays –
Monday 11th October (we will be open for pre booked flu vaccination appointments only)
Monday 27th December
Tuesday 28th December
Monday 3rd January 2022
Tuesday 4th January 2022



If you take regular medications, please ensure you check you have enough left to cover times we are closed. It's also important not to over order, so only request what you need, and make sure you don't run out of anything during that time. Did you know that if you have a long term condition and require regular medication you can register for the **Chronic Medication Service (CMS)** with your pharmacy for serial prescriptions who will dispense these at 8 weekly intervals without the need to order your prescription online or in surgery. For more information please discuss with your local community Pharmacist to register.

If you are ill on a day or time when the surgery is closed and you can't wait until it reopens help may be available from a range of NHS services, from your pharmacy and minor injuries unit, to NHS Inform and NHS 24 on 111

Welcome to our medical students!

You might have already noticed that we have a full programme of medical students here this year to learn from us in the practice. If you feel comfortable to allow one of the students to be part of your consultation please let us know, you may also be offered an appointment with one of the students who will always be supported by the staff team. Equally if you feel you would prefer that a student is not part of your consultation then let us know.

It's been a difficult time for students to get practical learning opportunities throughout the pandemic so we are pleased that we can now safely have them as part of the team!

LEARNING



Did you know we are now on Instagram?



As well as following us on Facebook, Twitter and YouTube you can now also follow us on Instagram. Give us a follow and keep up to date with the latest information at the surgery.

For services and the latest practice news let us know your email address and we will add you to our mailing list or visit




www.academymedicalcentre.co.uk

You can also follow us on Facebook, Twitter, Instagram and YouTube
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How will I get my flu vaccination this year?

General Practices are vaccinating people who are over 70 (as of 1st September 2021) and those who are clinically extremely vulnerable (formerly known as shielders). All others who are eligible for their vaccine this year will be vaccinated by the Vaccinations Team. Keep up to date with Scotland's vaccination programme at www.nhsinform.scot/flu-vaccine  [NHS Inform \(https://www.nhsinform.scot/flu-vaccine\)](https://www.nhsinform.scot/flu-vaccine)

We have now completed the bulk of vaccinations for this cohort but if you are aged 70 and over, or are clinically extremely vulnerable and have not had your vaccine yet please contact us to book your vaccination appointment

- There will be no drop in clinics
- **Please do not attend the surgery to make an appointment as we are only admitting patients to the premises if they have an appointment booked.**

Thank you for your positive feedback you have given us about our eConsult service, it really brightens our day so we wanted to share. Your opinions help us improve patient experience and informs the work that we do here.

If you haven't used our eConsult service please read page 4 for everything you need to know!

90% would recommend this service to your friends and family

90% said you were contacted within the stated response time

"It saved time I think, instead of attending doctors surgery"

90% of you did not have to contact a GP or any other health service regarding the same problem in the week following your eConsult

70% of you that have used the service were satisfied

"Much better than having to visit the practice"

"Prompt response and was given a GP appointment without having to phone and have a phone appointment followed by a face to face appointment"

World Suicide Prevention Day



10th September is the date each year where organisations come together to raise awareness but is something that affects many people at all times of the year.

What helps you to stay hopeful when you're struggling? "We can all play an active part in suicide prevention" [Samaritans](http://www.samaritans.org) (www.samaritans.org) have compiled a list of tips and resources to help you remain hopeful during a difficult time. You can access these resources by

clicking [here](https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/staying-hopeful) (https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/staying-hopeful)

Welcome to the newest member of the surgery's Hillcrest Futures team. Michelle MacAskill (Mental Health Peer Worker) is here to support you with managing your mental health and wellbeing. To book an appointment just contact the practice, or you may be referred onto Michelle from within the surgery as she may be the most appropriate person to help you with your issue. For more information visit our website— [Angus Mental Health Peer Workers Service](https://www.academymedicalcentre.co.uk/news/2020/peer-support.htm) (https://www.academymedicalcentre.co.uk/news/2020/peer-support.htm)



Race for Life—Cancer Research



Some of our staff team took part in the 2021 Race for Life events at Camperdown Park on the 12th September. It was great for us to get together outside of the practice as this is something we have really missed throughout the pandemic and lockdowns. Most importantly we superseded our fundraising target for Cancer Research and raised £1775 plus £371.25 gift aid (as of date of publishing this newsletter)

If you want to have a look at more of our photos from the event check out our social media.

You can find information and support from Cancer Research by visiting— [Cancer Research UK](https://www.cancerresearchuk.org/) (https://www.cancerresearchuk.org/)

You can also contact their free nurse helpline if you have any questions about cancer—0808 800 4040 Monday—Friday 9am—5pm

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Our Website—Tips and Advice

If you haven't used our eConsult service yet, keep reading for all you need to know. All you need is an internet connection and a Smartphone, tablet or computer...



What is eConsult?

This online service gives you access to self help advice that you can trust for hundreds of common conditions. You can also request advice and treatment from the practice online.

Why has the practice started using this service?

With ever growing pressures on GP surgeries and national shortages of GPs, practices are continually looking for ways to improve access to meet demand and allocate (or triage) correctly the type of service or advice that your condition requires.

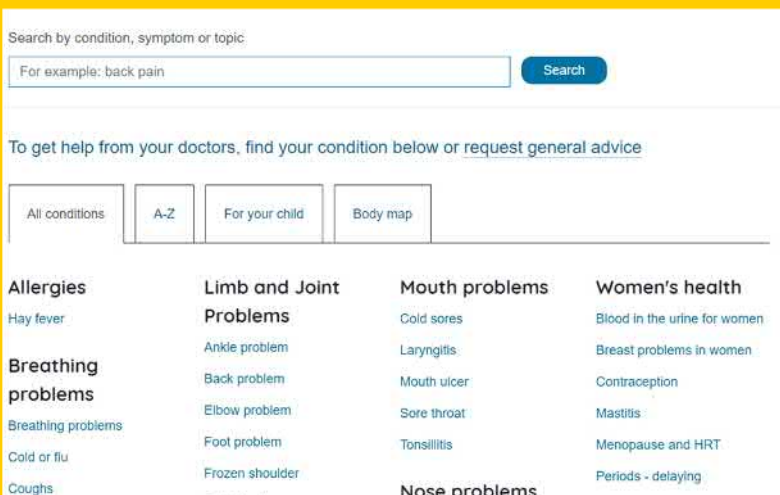
So what does eConsult do?

It provides safe and trustworthy help with self diagnosis using the symptom checker and self help info. It can guide you to the most appropriate place to go, which may be us, local pharmacy or NHS Inform (111) and you can also submit a secure eConsult directly to your GP.

How do I access eConsult?



1. Visit the practice website at www.academymedicalcentre.co.uk home page and select "Get Started" on the top of the homepage



2. Scroll down to find your health condition and fill out a simple questionnaire (the image to the left is just a small screenshot of options)

3. Your GP, nurse or most appropriate member of staff will get back to you normally before the end of the next working day with feedback and treatment options.

If you would like more information and/or guidance please watch the online video [here](https://www.academymedicalcentre.co.uk/news/2020/econsults.htm) (<https://www.academymedicalcentre.co.uk/news/2020/econsults.htm>)



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Changes in the Practice

Back in June, in line with the national GMS contract changes, some services that were previously carried out in the GP surgery are now being carried out at the Angus Care and Treatment Centre situated within the Outpatient Department at Whitehills Hospital, Forfar.



These services are routine clinical investigations and reviews such as:

- Blood tests
- Monitoring prior to the practice review of your long term condition
- Wound care
- Ear care
- Leg ulcer management

If you are required to have any of the above services, the GP surgery will give you a number to call to make an appointment.

As is the case currently, the results of any of these tests will come back to the practice or requesting clinician (if requested by hospital consultants) for review and any action to be taken.

This is part of a nationally agreed plan to increase the support provided to general practices and their patients, and increase the space within general practice for a wider provision of services. The Whitehills Outpatient based model builds upon the wide range of services, including anticoagulation monitoring, already provided at Whitehills Hospital on behalf of all practices.

Feedback is being gathered from anyone attending the clinics to help further improve and develop the service moving forward.



LGBT + Health and Wellbeing



Earlier this year we launched our LGBT and Health and Wellbeing Resource Page and we've had some great feedback!! Here are some of the comments we've received -

- "Layout excellent and easy to access. As a patient it would put me at ease to see how inclusive the surgery is reading their policy."
- "Wow ! Impressive I've never seen such a resource in any NHS setting or local practice - well done"
- "Resources - although it states it's not an exhaustive list, it covers a huge cross section from youth to elderly and lots in between."
- "I really like the glossary, as an LGBTQ+ Ally. I often worry about saying something wrong and I would never want to hurt or offend someone- so the reading list certainly made things clearer for me."

Click [here](https://www.academymedicalcentre.co.uk/lgbti/)  (<https://www.academymedicalcentre.co.uk/lgbti/>) to access more information.

www.academymedicalcentre.co.uk

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