

# Academy Medical Centre Newsletter Summer 2021



## Public Holidays

We will be closed all day on the following Monday –  
26<sup>th</sup> July

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

## Are you worried about your child's Wellbeing or Education?



Are you a parent/carer of a child who is school age?

The Angus Educational Psychology Service have set up a phone line where you can talk through any concerns you might have about your child's education and/or their wellbeing.

This is over and above what you may have already discussed with the school.

To use this service please call the Angus Council ACCESSLINE on 03452 777 778 (select option 2 then hold the line for General Enquiries)

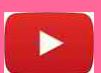
## Resilience and Wellbeing Programme for S1 -3 pupils

Resilience is a group of skills we build through our lives. It is the ability to prosper in the face of adversity which is especially significant throughout the pandemic. Angus Women's Aid offer a 6 week programme to support male and female children and young people learn and develop these skills.

If you are interested in finding out more or booking onto one of these programmes contact Susie on 07811 444255 or email [Susie@anguswomensaid.co.uk](mailto:Susie@anguswomensaid.co.uk)

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](http://www.academymedicalcentre.co.uk)



You can also follow us on Facebook, Twitter and YouTube  
**@ForAcademyMed**



### International Receptionists and Nurses Day—12th May

We celebrated this special day in the surgery to give thanks and sincere appreciation to our hard working, fantastic administration and nursing team. The teams were thanked with balloons, cakes, certificates and motivational thank you cards. The teams always work hard and provide the best care to patients of the surgery and have continued this throughout the recent more challenging times. Thank you again for all that you do.



Thanks for your supportive feedback. Over the last few weeks we have received many kind and thankful messages, some of which we'd like to share with you. If you would like to leave us a review please visit [Google](https://www.google.co.uk/) (https://www.google.co.uk/ ) and search for Academy Medical Centre, log into your Google account and leave us a review.



"Thank you for the newsletter, full of useful information. Kindest regards...I have [also] had both vaccines with no particular issues"

"Would like to convey my thanks to everyone, you are doing a great job"

"Well done to everyone and keep up the good work"

### Video Consulting Service—Near Me

Did you know you can access a video consultation with any of our clinicians and Social Prescribing team rather than a phone appointment? All you need is a good internet connection (using Google Chrome or Safari) and a camera. This is a secure form of video consulting approved for use by the Scottish Government and NHS Scotland.

he benefits include—

- Reduced travel to appointments: time, cost, convenience
- Reduced time away from work, school or home
- Easier to attend if you usually need someone to take you to appointments
- Enables you to have someone with you for support at your appointment (either with you or joining the consultation by video from another location, even from abroad)
- Better for the environment.
- Reduces spread of infectious diseases

To use this service access the Academy MC website and select the "quick access to online services" tab at the top of our website and select "Enter online waiting room option" at the time you have been given for this appointment.

**We're Listening**



**You Said....** You wanted to know which clinician your appointment is with when you receive your text reminder.



**We Did!** The text reminder service will now tell you which member of staff you will be seeing on the day.

**You Said....** You wanted to change to a different team and shared your reasons with us.



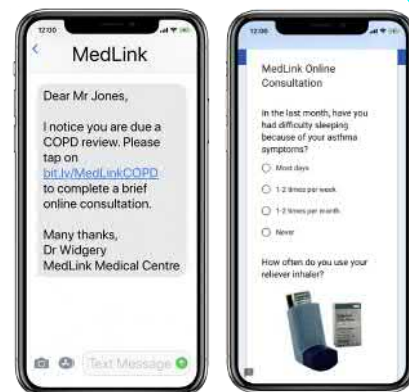
**We Did!** The partners met to discuss this and you have been moved into a team that you feel is more appropriate for you.

**More About One of Our New Programmes—Medlink**

**What is Medlink?**

Medlink is a programme which GPs can use to send links to patient to manage routine work such as annual reviews efficiently, whilst maintaining clinical quality of information.

**How does it works?**



Medlink works by the patient receiving a text, email or letter with a link which takes the patient straight to the annual review. There is no need to download, register or log-in.

The link also includes useful short patient experience videos and images.

The link will also direct patients to other relevant resources depending on how questions are answered.

Reviews are completed remotely and once patient has completed and submitted the review it is received via email in the practice and processed.

## NHS PHARMACY FIRST SCOTLAND

ADVICE | TREATMENT | REFERRAL



### Did you know that the pharmacy can help if you have a wart or verruca?

If you have warts or verrucae you can go directly to your local pharmacy for advice and treatment. These aren't usually serious and unless causing you a problem there is no need to treat them as they will likely clear up without any

treatment. However if you would like to speed up this process you can buy treatments over the counter or speak to the pharmacy team about Pharmacy First options.

The only treatment for warts that has been shown to work (in other words more quickly than doing nothing) is applying salicylic acid, which comes in the form of lotions, paints and special plasters available at your chemist. Freezing warts (cryotherapy) with liquid nitrogen can reduce the size of warts but can be painful and cause blistering with no evidence that it is any more effective than using salicylic acid. There are also homeopathic remedies called Thuja which comes as a cream or taken as a tablet. The evidence for Thuja is poor but are harmless and some people find them helpful.

### New Service—Care and Treatment Centre

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 and 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.

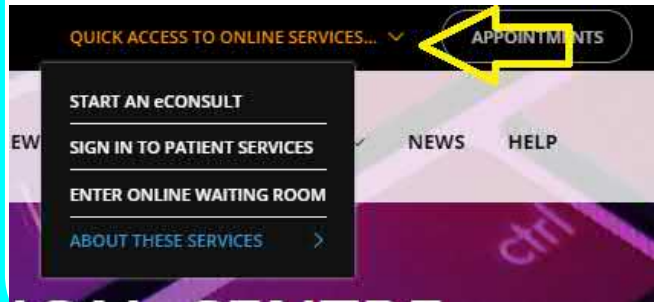


## Our Website—Tips and Advice

To access our online services, for example an econsult or Near Me video consultation services please follow the steps below...



### If you are using a Desktop or Laptop



1. Visit our website using Google Chrome or Safari (Internet Explorer will not allow you to access some of these services).
2. Once on the site look along the toolbar (the options underneath the address bar)
3. Hover or click on the option "Quick Access to Online Services"
4. A drop down menu will appear allowing you to select the option you wish to access



### If you are using a Smartphone or Tablet



1. Visit our website using Google Chrome or Safari (Internet Explorer will not allow you to access some of these services).
2. Once on the site look along the banner at the top the options underneath the address bar)
3. Tap the orange menu box under the opening hours
4. Tap on the option "Quick Access to Online Services"
5. A drop down menu will appear and you can select the option you wish to access



## 14th—20th June is Cervical Screening Awareness Week

Smear tests can save your life. Attending your screening can stop cervical cancer before it starts and should take no more than 5 minutes. It can find changes in even if you look and feel healthy and is the best way of finding if you are at risk or cervical cancer. You will receive your invitation when you're due your next screening.



For further information click the link to watch this informative YouTube video—[YouTube Video about Cervical Screening](https://www.youtube.com/watch?v=RuAxzJ9nwUg&t=1s) (https://www.youtube.com/watch?v=RuAxzJ9nwUg&t=1s)

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