

Academy Medical Centre

Newsletter

Spring 2024



Public Holidays—2024

We will be closed all day on the following Public Holidays –

- Monday 1st April
- Monday 8th April
- Monday 6th May
- Monday 27th May

We will be closed in the afternoon from 1pm to 6pm for staff training on:

- Wednesday 5th June, 2024

If you take regular medications, please ensure you check you have enough left to cover whilst the practice is 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.

If you are ill during the days the practice is closed, and you can't wait until it reopens, help will be available from a range of NHS services, from your pharmacy and minor injuries

Practice Updates—



- Spirometry services are up and running. Conditions that may be picked up and monitored using spirometry include Asthma, Chronic Pulmonary Disease (COPD), Cystic Fibrosis and Pulmonary Fibrosis. The tester will explain what you need to do and support you throughout this testing.

To find out more about Spirometry you can click [HERE](https://www.nhs.uk/conditions/spirometry/) (https://www.nhs.uk/conditions/spirometry/)

- We have acclimated to our new phone system in the practice and resolved all teething IT issues were facing at launch.
- PPG information desk is back up and running. PPG members will be at the information desk every Monday.

If you want to learn more about the PPG are interested in joining the PPG, please see additional information on how to do so on:

<https://www.academymedicalcentre.co.uk/ppg.htm>

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, X (Twitter) , Instagram and YouTube
@ForAcademyMed



Your feedback means a lot...

**GREAT
WORK**

"I would like to pass on my thanks to the entire staff at AMC for all their help since having my stroke."



"I want to thank the entire Academy Staff for the help you all provided during my unwell-ness during December and January. At all times the staff have been patient, helpful and friendly. Their professionalism has been outstanding."

"The nurse was very patient with me as I was very nervous about the appointment and my health concerns. Thank you."

Calling the practice for an appointment...

Our receptions at Academy Medical Centre have been trained to signpost the patients to the most appropriate healthcare professionals.

Our clinical team is a mix of various professions, including doctors, advanced nurse practitioners, nurse practitioners and other allied health professionals. Our allied health professionals can include the pharmacy team, community nurse team, first contact physio team and much more.

On each occasion you contact the practice, you will be triaged and directed to the most appropriate professional given the symptoms you describe, therefore it is important to provide a brief summary of your problem in order to aid the receptionist to support you.

Where there is no availability for a clinician to call back on the day, the admin member will do their best to help you in alternative ways, utilising alternative healthcare services in place.

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Staff Updates

We welcome our new members of the team:

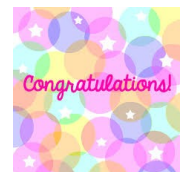
Kirsty Alalibo (Receptionist) has just joined the team. Bringing with her excellent administrative skills within the healthcare space.



Liudmyla Hladun has recently joined us as we support her qualifications in the UK. Liudmyla bring with her a plethora of experience in medical care as a GP from Ukraine.

We celebrate our continuing learning and training. Here are just a couple of updates:

Congratulations to Teresa Forbes (Office Manager) for completing the CPR Trainer course. Teresa will be running our next round of CPR refreshers for the staff.



Well done to both Trish Stewart (Nurse Practitioner) and Keri Garland (Advanced Nurse Practitioner) for undergoing refresher courses to support in optimal care for our patients.

Trish completed a course Spirometry Interpretations and Keri completed a course on Menopause,

Upcoming Awareness Campaigns

March: Ovarian Cancer month

<https://www.nhsinform.scot/search?q=Ovarian+cancer&locpt=55.378051%2C-3.435973&ds=&tab=inform>

April: Mental Health Awareness month

<https://www.nhsinform.scot/search?q=Mental+health+problems&locpt=55.378051%2C-3.435973&ds=&tab=inform>

May: Deaf Awareness month

<https://www.nhsinform.scot/illnesses-and-conditions/ears-nose-and-throat/hearing-loss/>



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Are you reaching out to the right services?

Right Care, Right Place



NHS inform

- Check your symptoms
- Find local services and opening times
- Health advice to help you stay well



Pharmacist

- Coughs, colds, and sore throats
- Aches, pains and UTIs
- Diarrhoea or constipation
- Help if you run out of your repeat prescription



Optometrist

- Red and/or sticky eye
- Blurred or reduced vision
- Flashes and floaters



GP Practice

A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues



NHS 24

When your GP and pharmacy are closed, and you are too ill to wait call NHS 24 on 111



NHS 24 Online App

A handy app to help you check your symptoms and find your nearest service



Mental Wellbeing

- Help for mental wellbeing: nhsinform.scot/mind-to-mind
- Breathing Space: 0800 83 85 87
- For urgent mental healthcare call NHS 24 on 111



Dentist

- Injury to mouth or teeth
- Swelling in mouth
- Toothache and general dental advice



Minor Injuries Unit

- Cuts and minor burns
- Sprains and strains
- Suspected broken bones and fractures



999 or A&E

For emergencies including:

- Suspected heart attack or stroke
- Severe breathing difficulties
- Severe bleeding

If you think you need to attend A&E, but it is not life or limb threatening call NHS 24 on 111

To check your symptoms visit: nhsinform.scot

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