

MEARNS MEDICAL CENTRE SPRING /SUMMER NEWSLETTER 2020

www.mearnsmedicalcentre.co.uk

0141 639 2753/0141 639 5531 surgery number - Px line – 616 7909

Emergency out of hours no – Freephone 111

OPENING HOURS Monday – Friday 8.30AM – 6.00PM



Surgery Website

THE SURGERY WEBSITE IS A GREAT PLACE TO FIND OUT ALL THE RELEVANT AND CURRENT INFORMATION REGARDING THE PRACTICE. WHEN YOU REGISTER ON THE WEBSITE YOU CAN VIEW THE NEWSLETTER, ORDER PRESCRIPTIONS, LEAVE FEEDBACK AND MUCH MORE. REGISTER TODAY AND HAVE A LOOK AT ALL OUR POINTS OF INTEREST.
mearnsmedicalcentre.co.uk

THE SURGERY PHONES ARE DIVERTED BETWEEN 12-2PM AND 5-6PM FOR EMERGENCY CALLS ONLY.

THE SURGERY WILL BE OPEN ON THE MAY BANK HOLIDAYS.
04/05/2020-25/05/2020

MEET THE DEDICATED GP/CLINICAL TEAM WHO ARE HERE TO HELP

GP PARTNERS

DR LESLEY MACAULAY
DR RODERICK W IRELAND
DR OWEN MCELEAVY
DR FRANCES LAWSON
DR DAVID CRAIG
DR JENNIFER O'CONNOR
GPS
DR STEPHANIE GRAY
DR ANDREW NIMMO



LOCUM

DR BRIAN ROBSON
DR ROSALYN MORRIN

REGISTRARS

DR MATTHEW STEWART
DR VICTORIA CAMPBELL
DR ADAM MCLEAN

ADVANCED NURSE PRACTITIONERS

SISTER JANE WILSON
SISTER AMANDA KEENAN
SISTER NICOLA HENDERSON
TREATMENT ROOM NURSES

NURSE LYNN TEDMAN
NURSE KATE SMITH
HEALTH CARE ASSISTANTS

ANNE SOMERVILLE
COMMUNITY HCA – MARCIA LOWE
COMMUNITY ANP – AILSA GARDNER

PRACTICE MANAGER
JULIE HAWTHORNE

ASSISTANT PRACTICE MANAGER
SHARON BARR

THE ADMIN TEAM
SUSAN CLARKE
ANNE SOMERVILLE
JULIE LETHAM
JULIE MORRISON
GILLIAN MCNAIR
CAROLE GAFFNEY
CIARA GAFFNEY
LEEANNE JARVIE
ALLISON MCMILLAN

Welcome to our Spring/Summer Newsletter

THE SURGERY DOORS ARE NOT OPEN BUT WE ARE HERE AND AVAILABLE BY TELEPHONE FOR ADVICE AND HELP - TELEPHONE THE SURGERY 639 2753 RATHER THAN KNOCKING THE DOOR, THE RECEPTIONISTS ARE ALL ON THE PHONES.

Dr Jen O'Connor became a partner with the practice on 1st April 2020

Ailsa Gardner, Community Advanced Nurse Practitioner looks after our elderly & frail patients, chronic disease patients and also acutely unwell patients.

Our Community Link Workers - Anne Stevenson covers Tuesday , Robert West all day Thursday and Beth Jamieson on a Friday morning. All link workers are still available and working remotely please contact the surgery if you require this service.

Patient Information COVID-19

TEST RESULTS

If you are calling for test results, hospital letters, x-ray results or sample results please call **AFTER 11AM**. Blood tests take approximately one week, urine/swabs/stool samples at least 48hours, hospital letters and Xrays can take anytime between 2 & 4 weeks.

Visit local links below for services near you:

www.knowwhatturnto.org

www.nhsinform.scot

<http://www.eastrenfrewshire.gov.uk/CHttpHandler.ashx?id=20474&p=0>

REPEAT PRESCRIPTIONS

During Covid-19 ALL prescriptions will take up to 72hours to arrive at your requested chemist. Our preferred way to order prescriptions is "Patient Access" an online service. Please ask reception for your user ID to register or visit our website and register, alternatively call the px line on 616 7909. Please avoid calling the surgery to check prescriptions are ready as this is VERY TIME CONSUMING FOR THE RECEPTIONIST TO CHECK SO PLEASE CONTACT YOU'RE PHARMACY. PLEASE DO NOT COME TO THE SURGERY FOR COLLECTION OF PRESCRIPTIONS. INFORM STAFF AND WE WILL SEND TO A CHEMIST

- **If you have symptoms of COVID-19**
- If you've developed a new continuous cough and/or a fever/high temperature in the last 7 days, stay at home for 7 days from the start of your symptoms even if you think your symptoms are mild. Do not go to your GP, pharmacy or hospital.
- Phone 111 if your symptoms:
- have not improved after 7 days
- are severe or you have shortness of breath
- worsen during home isolation
- You should also phone 111 if you develop breathlessness or it worsens, especially if you:
- are 70 years old or over
- have underlying poor health
- have heart or lung problems
- have a weakened immune system, including cancer
- have diabetes
- If you have a medical emergency, phone 999 and tell them you have COVID-19 symptoms.
- If you live with others, then the person who has symptoms of COVID-19 (new continuous cough and /or fever/high temperature) should stay at home for 7 days from the start of their symptoms AND ALL OTHER HOUSEHOLD MEMBERS WHO DON'T DEVELOP SYMPTOMS SHOULD STAY AT HOME FOR 14 DAYS in line with new guidance. The 14-day period starts from the day illness began in the first person to become ill.
- If others in the household develop symptoms within the 14 days then they will need to stay at home for 7 days from the day their symptoms began, even if this takes them over the 14-day isolation period.
- Please follow this link if you require an isolation note because you are unable to work for more than 7 days. www.111.nhs.uk/isolation-note
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- **If you have a received a letter from the Scottish Government advising you that your health problem means that you self-isolate for 12 weeks and you need additional practical support or assistance with collecting prescriptions or shopping then you can contact East Renfrewshire Council on 0141 557 3093 or email them at shielding@eastrenfrewshire.gov.uk.**
- Other resources that could help you are [The Community Hub](#) or phone 0141 876 9555
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The Community Hub
Contact the Community Hub Monday - Friday 10am -
3pm on
0141 876 9555
hello@va-er.org.uk

Voluntary Action East Renfrewshire,
together with East Renfrewshire Council
and Health and Social Care Partnership,
are operating a Community Hub phone
line to coordinate the wonderful community
response across East Renfrewshire to the
current coronavirus crisis.

If you are isolated
without family, friends or
neighbours to help out, and you
need assistance the Community Hub
is here to help you. **Please call us.**
We can help with **shopping;**
prescription deliveries or simply
having a friendly chat if you are
feeling lonely or not sure where
to go for help

Pharmacy/Optician

- **Pharmacy First' is a national programme to make better use of pharmacy skills and widen the range of services available in local pharmacies.**
- Under the scheme pharmacies across Greater Glasgow & Clyde should be the first port of call for women suffering from uncomplicated urine infections and people over the age of two with the skin condition, impetigo. For adults aged 18 and over can also visit their pharmacy for treatment for skin infections and shingles.
- When a person attends their community pharmacy with one of the above conditions, the pharmacist will assess them and, where appropriate, prescribe medication. If the person is not eligible for treatment, they will be referred to the most appropriate service.
- The Minor Ailment Service is also available in community pharmacies to eligible patients (up to 16 years or under 19 and in full-time education, 60 years and older and those on certain benefits). After a consultation with their community pharmacist, people may be provided with treatment, given advice or referred to their GP or out-of-hours service. As well as common clinical conditions, your community pharmacist can deal with coughs ,colds etc
- **Eye Problems**
- Eye care for a range of eye problems is at high street optician practices through the Eye care Greater Glasgow & Clyde service.

Patients with the following can be seen by an optometrist:
Any changes to clarity of vision including distortion/shadows/vision loss/blurring/peripheral vision problems
Red eye(s) or sore or gritty feeling eye(s)
Watery or dry eye(s)
Itchy or sticky eye(s)
Unexplained headaches
Flashing lights and/or floaters
Swelling around the eyes
Foreign body - for example dust or grit
- **Most pharmacies are still open for telephone advice and appointment pre arranged if required**

www.nhs24.scot



	<ul style="list-style-type: none">• coughs and colds• sore throat• indigestion• diarrhoea or constipation• aches and pains• help if you run out of your repeat prescription	Pharmacist (self care)
	A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues.	GP Surgery
	<ul style="list-style-type: none">• tooth pain• swelling to your mouth• painful or bleeding gums• injury to your mouth• advice on oral hygiene	Dentist
	<ul style="list-style-type: none">• Red and/or sticky eye• Pain in or around your eye• Sudden loss of vision• Blurred or reduced vision• Flashes and floaters	Optometrist
	NHS 24's health information service includes self-help guides for a range of common conditions. www.nhsinform.scot/self-help-guides When your GP and local pharmacy are closed, and you are too ill to wait, call 111.	NHS 24
	<ul style="list-style-type: none">• Breathing Space 0800 83 85 87 www.breathingspace.scot• Choose Life www.chooselife.net	Mental well-being
	<ul style="list-style-type: none">• cuts and minor burns• sprains and strains• suspected broken bones and fractures	Minor Injuries Unit
	<ul style="list-style-type: none">• suspected heart attack or stroke• breathing difficulties• severe bleeding	999 or A&E