

October 2008

Flu 2008



As we begin to feel an Autumn chill in the air, we at Carden Medical Centre are beginning to think about our annual Flu Immunisation Campaign. All those over 65 years old and those in various 'at-risk' groups are entitled to free Flu Immunisation here at the surgery.

The 'at-risk' groups include those with chronic heart, respiratory, renal or liver disease, diabetes or those who are immunosuppressed due to disease or treatment. Some Health or Social Care Professionals may be entitled to flu vaccination. This should be provided through an Occupational Health Service. If you are not in one of these groups but are determined to have the flu jab, there are several places in Aberdeen where this can be purchased, eg Michies, Boots and Albyn Hospital.

There are those out there who feel they don't need to have the flu jab as they've never had flu before. That is no guarantee that you won't have it in the future. Influenza is a serious illness, especially in those over 65 years of age. 0.5 per 1000 with flu at this age will end up in hospital. During our last Flu Epidemic in 1989, there were 29,000 deaths.

Others out there will say they got unwell with "flu" after their flu jab. The flu vaccine does not cause flu. In a small minority of people there may be a short 2-3 day spell of mild viral type symptoms. Those who get a more severe "reaction" to their flu jab will have been breeding that infection anyway!

For more information about flu and the vaccine please see www.immunisation.nhs.uk

All those over 65 year and in the above groups should also be immunised against Pneumococcus. Unlike the flu jab which is given annually, this is given only once. The Pneumococcus bacteria causes a range of infections including pneumonia, otitis media, septicaemia and meningitis. If you are eligible and haven't had this vaccine, it will be available at our Flu Clinic this year.

Please phone the surgery to book your appointment.

CLINICS WILL COMMENCE OCTOBER.

**ON THE FOLLOWING DATES
AND EVENINGS**

WEDNESDAY 29th OCTOBER

(6.00pm – 8.00pm)

SATURDAY 1st NOVEMBER

(10.00am – 4.00pm)



It is with great sadness that we say goodbye to Dr. Valerie Steven. Dr. Steven, who has been with the practice for nearly 5 years, is moving on to work at Banchory Medical Practice and we wish her all the best for the future.

Dr. Marwick is celebrating the birth of her baby son, David, Dr Marwick will be on maternity leave until January 2009

We welcome Dr. Claire Crothers who will be with the practice until Dr Marwick returns from maternity leave. (*Photo on next page*)

We are also pleased to welcome Dr Adrian Crofton, our new Partner and Dr Catriona West, our Career Start GP who joined the practice in August. We have asked them to introduce themselves to you.

Dr Adrian Crofton

Following a philosophy degree from St Andrews and 18 months as an auxiliary nurse in neurosurgery at ARI, I returned to university to study medicine, finally graduating from Aberdeen in 2000. For the first six years of my career I specialised in paediatrics. I spent some of this time as Registrar at Raigmore Hospital in Inverness and latterly as a clinical lecturer at Royal Aberdeen Children's Hospital. Towards the end of this time I became increasingly interested in primary care. After working in general surgery in Shetland and accident and emergency in Aberdeen, I completed GP training at Scotstown Medical Group in Bridge of Don in August 2008. I retain an interest in paediatrics through a weekly outpatient clinic at RACH, and of course the younger patients I see day to day in general practice.

I am married to Rachele, and we have two children - Eilidh (six) and Alasdair (four). We live locally. In my spare time I like to be outdoors – preferably up a mountain!

I am delighted to be joining the practice, and I'm looking forward to the challenges and rewards that this will bring. (*Photo on next page*)

Dr Catriona West

I came to university in Aberdeen in 1999 and graduated from Aberdeen Medical School in 2004. I have worked in and around the area since then, completing my GP training in Stonehaven in 2008. I have a special interest in Medicine for the elderly and will be spending some of my time working at Woodend Hospital. (*Photo on next page*)

We are sad to say that we have lost one of our reception team, Laura Tough and also our Admin Assistant Karen McMullan. We wish them both well in their new positions.

We do however have 3 new faces joining our team, Carol Gatt and Jenna King are our new receptionists and Kerry Laing is our new Admin Assistant. I'm sure you will make them very welcome and support them during their training and settling in period.

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Dr Claire Crothers



Dr Adrian Crofton



Dr Catriona West

Building Works

For the last number of months work has been ongoing on the Coach House, beside the old part of the building at the front of the site. We are hoping that this work will be completed by mid November. The front of the old house is being re-pointed and painted and after that, we would hope that will be the end of the disruption.

May I thank you for your patience during this time.

Lorraine McKenna
Business Manager.



Evening Surgeries

As you may be aware, we have been running evening surgeries on alternate Wednesday's and Thursday's since April.

We have 2 doctors consulting from 6.00 – 8.00 p.m. with a receptionist who will book you in when you arrive. We do not have any other staff working during these late evenings, therefore we cannot offer the services provided by our nursing or community staff teams.

We would ask that if you can make it to the surgery during the day, that you do not request one of these appointments. This will ensure that those patients who cannot come to the surgery before 5.00 p.m. can avail of these appointments

Thank you

Visit by Lewis Macdonald MSP

We are delighted to welcome Lewis Macdonald MSP, who will visit the practice on Wednesday 22nd October 2008. We will give Mr. Macdonald a guided tour of the practice and outline the variety of services that we provide. Mr. Macdonald will meet the doctors and staff and the visit will culminate with a general discussion. We will have more news and pictures in our next edition.

Lorraine McKenna
Business Manager

Travel Clinic

We are currently piloting a change in our procedures with regard to the travel clinic. The purpose of this is to ensure maximum efficiency and to cut down on the number of times patients have to come to the surgery.

When you enquire about a travel appointment, the receptionist will ask you to collect a questionnaire for completion. (available on our website www.cardenmedical.com or from the practice) There are a number of questions relating to immunisations already received, where you are travelling to etc.

If you are going on a package holiday, you will need to complete and return the questionnaire to the practice at least 6 weeks before you intend to travel. If you are going on a backpacking holiday, you will need to complete and return the questionnaire to the practice at least 6 months before you intend to travel.

On receipt of your completed questionnaire, the nurses will gather the required information and arrange for any prescriptions to be done. You will then receive a call from the practice with an appointment time and advised, where necessary, to collect the prescription and get it filled before your appointment.

When you attend your appointment, the nurse will give you all the information that you need and will administer any injections.

Please take care when completing the form as incomplete information will cause a delay.

As mentioned earlier, this is a pilot, therefore we would appreciate your comments.



Please visit the practice website at www.cardenmedical.com for more information about the practice and related websites.

If you have any comments or suggestions please let us know by contacting reception.