

Davidsons Mains Medical Centre

NEWSLETTER



Welcome to the Davidson's Mains Medical Centre Newsletter. This newsletter will be produced quarterly with information about the practice, who we are and how best to access our services. We hope you find this useful – every issue will also be on our website and our Facebook page.

Appointments - Who Should I see?

We are very fortunate to have a wide range of clinicians working within the practice. We will book you an appointment with the right clinician for your needs, this may be here in Practice or we may direct you to a NHS Lothian Clinic as appropriate. Our team will ask for a brief description of your symptoms to help us guide you to the most appropriate clinician.

Minor Injuries (MIU): If you have had a minor injury such as strains, sprains, burns, wounds, eye injuries and insect bites. Please contact NHS24 on Tel: 111 (MIU will only see injuries less than 7 days old).

CTAC: For stitch or staple removals as well as dressings and ear irrigation please call direct on **0300 790 6296** for an appointment. There are multiple CTAC clinics in Edinburgh.

Vaccines: All vaccinations including flu, Covid, Pneumococcal and Shingles are carried out with the surgery. Please contact **0300 790 6296**

Sexual Health: For STIs, contraception and other related queries Lothian Sexual Health can be contacted on **0131 536 1070**. Barclays+ also offer Implant and COIL services for all patients – please contact them on **0131 339 6670**



Within the Practice

Advanced Nurse Practitioner (ANP)

Sandra, our Advanced Nurse Practitioner (ANP) is a skilled and experienced practitioner who is able to consult a wide range of acute medical ailments, prescribe medication, order clinical tests and refer to hospital specialists.

Practice Nurse

Irene carries out the Long term health conditions (including diabetic reviews) smear tests, coil removal and thread checks, as well as monitoring for BP and bloods.

Advanced Physio Practitioner (APP)

Thirza assesses patients with musculoskeletal problems such as muscles, bone and joint problems (e.g. back, neck, shoulder pain) and arthritis. She can also provide you with advice on how to manage the problem and suggest appropriate exercises for you to work on independently. Further referrals can also be carried out if required to obtain an x-ray, attend ongoing physio rehab or orthopaedics, as well as cortisone injections if appropriate.

Pharmacist

Katie can assist with advice regarding your medication including dosette boxes, alternative medication / out of stock and serial prescriptions.



Prescription Ordering

Patients who require repeat medication are able to request this from the Practice by email, by post or via our website. We DO NOT take prescription request over the phone unless previously agreed.

If you have ordered medication please contact the Pharmacy in the first instance to check if it has been processed.

NHS PHARMACY FIRST SCOTLAND

ADVICE | TREATMENT | REFERRAL



NHS Pharmacy First Scotland allows patients to gain expert advice and treatment from their community pharmacies.

This service replaces the previous minor ailments service, and is available to anyone who is registered with a Scottish GP.

This service helps people access the Right Care at the Right Place, without having to visit the GP practice or Emergency Department. Pharmacists can help treat conditions such as:

- Acne
- Allergies
- Cold Sores
- Constipation
- Cystitis (in woman)
- Diarrhoea
- Hayfever
- Earache
- Headaches
- Impetigo
- Indigestion
- Shingles
- Warts and verruca's

NEW Online Prescription Service

We have a new Online Ordering Service available on our website called Patient Access. This creates an individual username and password, which gives you access to your own medications where you can simply tick what is required. This also shows when it has been processed and when you last ordered too.

To sign-up simply complete the form online or ask for a form from reception. Please note this service is only available for patients aged 16 years and over.



@DavidsonsMainsMedical

Practice Closures

Wednesday 25 December 2024
Thursday 26 December 2024
Wednesday 1 January 2025
Thursday 2 January 2025



www.davidsonsmainsmedicalcentre.scot.nhs.uk