

Newsletter

Dunedin Medical Practice

Produced by the Patient Participation Group

June 2010

OUR WEBSITE

Our website is now up and running and has all the information required to make full use of the service. In particular, it provides an easy means of arranging repeat prescriptions and gives useful links to other health services. You will find it to be an easy site to use and access and certainly worthwhile adding to your *favorites/bookmarks*.

The site address is -

www.dunedinmedicalpractice.co.uk

PATIENT PARTICIPATION GROUP

Since its inception, the Practice has had a group of patients who meet monthly with the practice manager or doctor to review the running of the practice. At present there are seven in the group. Finances are given to the group to provide amenities for patients. This has been a beneficial exercise and the group would very much like more patients to participate, in order to be as representative as possible. You could come along to one of its monthly meetings at which you would be most welcome, or actually join the group to meet at its fairly brief meetings. These are held, at the moment, on a Thursday at 6 p.m.

Funds are available to provide for a carer or child-minder and also transport if that were required for you to attend.

Please contact James Muir for more information at 230264.

You may also wish to contact him if you had an issue about the Practice which you thought worthwhile bringing up.

Denis Lumsden may also be contacted at 222693

STAFF CHANGES

Dr Antonio Uceta-Perez joined the Practice as a permanent salaried GP on the 1st February 2010 and will be working on Tuesdays, Thursdays and Fridays.

Dr Carlyne Simpson will be taking six months of maternity leave from mid-May to mid-November.

During this time, Dr Uceta-Perez will be undertaking additional hours to cover. This period will also be covered by a locum GP –



Dr Catriona Clubb for some sessions-

Kathryn Henderson is acting as Practice Nurse for two days a week and Chris Mackay is also available should the workload require it.



Dr Uceta was born in Spanish North Africa from Spanish parents and went to Granada (Southern Spain) to study medicine. He received his training in General Practice in Northamptonshire, England, and took up his first job as a GP on the Isle of Lewis where he worked for 4

years before moving to Argyll where he worked for two more years.

In more recent years he did some training in tropical medicine in Liverpool and travelled through South America. He is now settling on the East Coast. He enjoys cycling and sea kayaking.

HOME CARE

New developments have taken place in the provision of facilities to help the disabled and elderly infirm, when alone, to stay in their own homes.

In the Highlands this service takes the form of

The Highland Telecare Service.

In essence, this is the provision of sensors in a house to monitor the movements and any unforeseen events that might be happening in the household.

The basis of the scheme is a connection of all the involved households to a centre where all the information from the many sensors is monitored. In our case this centre is in Aberdeen. At the centre all the relevant data is held. In the event of some untoward happening the centre has all the information necessary to get help to the person involved.



The innovation comes from the large array of sensors now available and the decision to co-ordinate the scheme in one centre. More than twenty different kinds of sensors are available and to give you some idea of their range a few are listed:

Property exit sensor: provides an early warning by alerting the fact that the user has left their home and not returned within a predetermined time. Ideal for people with dementia and their carers

Fall detector: Automatically detects a serious fall and raises an alert. Can also be used as a personal trigger.

Medication reminder/dispenser: provides effective solutions to support medication compliance. Can be used to provide other reminders if required.

Temperature extremes sensor: detects low, high or rapid rate of temperature change within a property. This could be useful if a cooking device has been left on and unattended or say, windows left inappropriately open in the winter.

User/Carer Pager Alert – provides hearing impaired users with immediate notification of alarm call activation. A pager can also be used to alert a live-in carer of sensors being triggered in the home.

The value of this new service of monitoring is that it should allow many more elderly and disabled to be able to stay at home with some degree of independence when otherwise they would need to be looked after in a care home. This service is available now. A small monthly fee is charged.

Assessment has to be made for each user to personalise the various forms of monitoring and to see what other services would be required for the user to stay at home. For further information on the Highland Telecare Service contact the Highland Council's Service Centre on 01463702000 and ask to be put through to the Care at Home Co-ordinator.

PRESCRIPTION CHARGES

A further reduction of prescription charges for people in Scotland came into effect on 1 April 2010. This is the last reduction before prescription medication becomes free for everyone in April 2011.

The new charges are:

- **£3 for a single prescription item**
- **£10 for a 4 month Prescription Pre-payment Certificate (PPC)**
- **£28 for a 12 month PPC**

PATIENT CONSULTATION

Remember the closing date for comments on the Changing Community Care consultation is **Tuesday 15th June**. (This period will almost certainly be extended). The Highland Council and NHS Highland are putting together a new joint plan for community care services for the next three years. It is important that we hear from people who use the services in order to make sure that planning reflects what is important to people.

For more information and to get the consultation documents, click on the following link www.fhcommunities.org or telephone 01463 702807 to request paper versions of the consultation documents