

Spring 2013



Dundonald Medical Centre

# Practice News

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## New GP

In February 2013 Dr Catherine Curran joined the practice.

Dr Curran is the daughter of Dr Maria Callaghan and Dr Hubert Curran who retired from the practice in March 2009.

Dr Catherine Curran qualified in Edinburgh and completed her GP training in Glasgow where she worked as a locum before taking up the partnership.



## No Smoking Day

No smoking day is on Wednesday 13th March 2013.

Smoking is the UK's number one cause of avoidable premature death and is linked to a range of serious and often fatal conditions.

If you have previously tried to quit and failed you are not alone, most people who give up successfully have tried on a number of previous occasions. Keep trying!!

Visit [www.nosmokingday.org.uk](http://www.nosmokingday.org.uk)



Benefits after	
20 minutes	Blood pressure and pulse return to normal
8 hours	Nicotine levels halved, oxygen levels return to normal
24 hours	Lungs start to clear out the build up of tar
48 hours	No nicotine left in body, taste and smell improve
72 hours	Breathing becomes easier, energy levels increase
2-12 weeks	Circulation improves making exercise/ walking easier
3-9 months	Breathing problems improve as lungs improve
15 years	Risk of heart attack same as non smokers

**Please feel free to make a donation at our Charity Book Stall in reception.**

**All proceeds to Marie Curie.**

**To date we have raised £370.**



*Please check we have the correct contact details for you and your family next time you are in!*

## Patient Contact Details

Over the last few months, on a number of occasions, the practice has had great difficulty contacting some patients by telephone. We would like all patients to inform reception if they change their telephone number or address.

We are happy to take mobile numbers if a land line is not available, if available we will take both numbers.

Also we would like to have email addresses. Please speak with reception regarding this.

We are installing new computer software to allow us to send text messages. Text messages are fast, ecologically friendly and often more convenient than a phone call. Please sign up for this (form also available on line).

## Travel Vaccinations

Most travel vaccinations are available at this practice.

To access this service contact reception and complete the travel risk assessment form (also available on-line). It is important to do this as early as possible, at least **6 weeks** before you travel.



You will be asked to call at the surgery a few days after the completed form is received to collect the necessary prescriptions and make an appointment for their administration.

Comprehensive personalised travel information including vaccinations will be given at this appointment.

## NHS Zero Tolerance Policy

Dundonald Medical Centre fully supports the NHS Zero Tolerance Policy. The aim of this policy is to tackle the increasing problem of violence against staff working in the NHS.

Violence is defined as “ any incident where staff are abused, threatened or assaulted”. This includes both **verbal and physical abuse** as well as threatening or abusive language.

We have seen an increase in the level of verbal abuse faced by our staff over recent times. We have a duty to provide a safe environment for patients and staff.

Any incidents will be dealt with extremely seriously and may result in immediate removal from the surgery list or even prosecution.

