

Dr Ian Dempster
Dr Alex Morton
Dr Kellie-Marie Martin
Dr Carwyn Watkins



Garden Hill Primary Care Centre
2 Garden Hill Road
Castle Douglas
DG7 3EE

April 2024

Newsletter



Welcome to the latest edition of our newsletter.

We now look forward to the longer days and warmer weather.

Happy Reading!

Team News

Advanced Nurse Practitioner

Mrs Pauline Brown MBE

Pauline recently visited Buckingham Palace with her family where she received an MBE from Princess Anne for service to healthcare in Scotland spanning 50 years.

Many of our patients will remember Pauline's initial post was as Midwife and Health Visitor. In 1995 she graduated from Lancaster University as one of Scotland's first Advanced Nurse Practitioners. She remains forever grateful for the support from her colleagues past and present, statutory and voluntary services and of course our patients and their families with whom she has had the privilege of being part of their healthcare journey.



Dr Keira Jones



Hello, my name is Keira. I am the new FY2 junior doctor at Castle Douglas Medical Group. I qualified from the University of St. Andrews/Dundee in 2022 as part of the ScotGEM programme. My first degree was in Anatomical Sciences. I have been working in DGRI hospital for the past year and a half and I am looking forward to exploring primary care as a qualified doctor. My hobbies outside medicine include dance, functional fitness and running. I look forward to getting to know all the patients and staff.

Dr Ekechi Nkwogu (Francis)

My name is Francis. I am an ST3 general practice registrar at Castle Douglas Medical Group (CDMG). I came to the region in 2022 when I started my general practice training and my first rotation was at CDMG. I had an awesome experience. I have since rotated through various departments in Dumfries and finally, back to CDMG to complete my training. I am having the same awesome experience.

Castle Douglas seems to be one of the most beautiful towns in Dumfries and Galloway. The beautiful scenery on my way to work has always been captivating. I must say that staff and patients of CDMG are welcoming.

My hobbies are playing football and table tennis and I am a fan of Chelsea football club. I hope to continue enjoying my training and placement at CDMG.





We have recently welcomed a new receptionist, Steph Phillips has previously worked with the NHS and after having her family has joined the team here at CDMG, Steph will be a great asset to the Team.

Pharmacy First!

Pharmacy First is a service provided by all community pharmacies in Scotland and can be used by anyone who lives in Scotland and is registered with a GP.

The pharmacist and their team can provide advice and medicines, if needed for common illnesses. These include:

- acne
- allergies and hayfever
- athlete's foot
- constipation
- coughs and colds
- diarrhoea
- earache
- eczema and other skin conditions
- headlice
- impetigo
- indigestion
- mouth ulcers
- pain
- skin infection
- sore throat
- threadworms
- thrush
- urine infection
- warts and verrucas

You can access this service at any local pharmacy, mostly without an appointment. The pharmacist or trained member of the pharmacy team will ask you about your symptoms then decide if treatment is needed. If medicines are needed they will be prescribed from a list of approved drugs that is the same for every pharmacy. They will also give you advice or refer you to another healthcare professional if needed.

Prescriptions

There are two different prescription types here at Castle Douglas Medical Group. These are acute prescriptions and repeat prescriptions. An acute prescription is for a medication intended for short term use such as an antibiotic or a steroid cream. It can also be for medications that are intended for longer term use but that the GP/ pharmacist would like to follow up with you to review its benefit. For example, some medications require further tests such as blood tests and blood pressure measurement prior to the prescription being moved to repeat.

Medications on your repeat prescription can be ordered and processed by the reception team, this can be done by telephone, handing in paper re order slip or online - please speak to a member of reception to request log on details for online ordering.

Please always allow 4 working days between ordering and collecting your medication from your chosen pharmacy.

Medications on your acute prescription **cannot** be processed by the reception team and require a telephone or face to face appointment with a prescriber in the practice (pharmacist/GP) to obtain a further supply.

Repeat prescription Telephone number 01556 505666

Holiday Immunisations

NHS Dumfries and Galloway have now mandated that in line with the rest of Scotland, all Travel immunisations for all patients across Dumfries and Galloway should now be provided by designated immunisation centres:- Dalbeattie, Glenlue, Greyfriars and Lochthorn.

Information in relation to the immunisation centres can be found at:

<http://www.nhsdg.co.uk/travel/>

- This website can be used to check what vaccinations are required (if any)
- This is not an NHS service and charges will apply
- Please contact your chosen immunisation centre at the earliest opportunity to ensure timely vaccination



Following on from patient feedback we have been looking at ways in which we can improve the practice telephone system and subsequently we hope to have a new automated telephone system installed in the near future.

To simplify the process for patients, all services will be able to be accessed via the main practice number. It will not be necessary to dial a different number for results and prescription requests.

Initially calls to the old prescription and results line numbers will be diverted to the main number, but in due course this will be switched off.

For all queries, please therefore contact the practice directly on:-

01556 505900



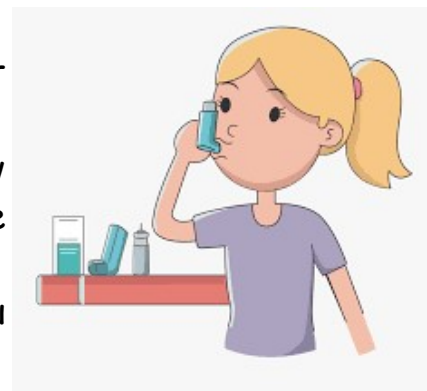
We now also accept card payments for any private work carried out by the practice - please ask a member of the reception team if you wish to pay by card.

Chronic Disease Review

We are now beginning to catch up with chronic disease reviews (diabetes, COPD, asthma, heart disease, stroke, BP etc) after the pandemic.

However if you feel that you are overdue a review and have not heard from a member of staff here at CDMG please contact reception.

The receptionist will be able to advise when you are due to be called in.



We would value your feedback on this newsletter and any ideas for articles you would like to see in the future.

Please contact, Angela Murray here at the Medical Group, or email her at info@castledouglasmedicalgroup.co.uk. She looks forward to hearing from you.



Important Dates for Your Diary Bank Holiday — Monday 6th May 2024

If you require urgent medical attention or advice during times when the surgery is closed, please phone 111 where you will be connected to the NHS 24 Out of Hours Service. This is a free to call number. If you telephone the practice number, you will be connected to the service but you will be charged for this call

Useful Contact Numbers: * will be consolidated to main number in due course

Castle Douglas Medical Group	01556 505900	NHS 24	111
Castle Douglas Hospital	01556 502333	Stop Smoking Service	0845 602 6861
Repeat Prescription Line	01556 505666 *	Social Services Department	030 3333 3001
Dumfries Infirmary	01387 246246		
Results Line	01556 505662*	(10 -12 and 2-4 Daily)	
District Nurses	01556 505708		
Health Visitors	01556 505710		

Have you visited our website?
www.castledouglasmedicalgroup.co.uk