



Carronbank Medical Practice Newsletter

Carronbank.co.uk

November 2008

Dr Ryrie is Retiring

Many of you will have heard the rumours and we can now confirm that Dr Gillian Ryrie will be officially retiring at the end of this year.

Dr Ryrie joined the practice in the mid 1970s and has been our senior partner since Dr Davidson retired in 1990.

She has been in the practice longer than any of the staff and has seen two generations of Denny children grow up. She will miss you all but she won't miss the long days at work.

However, the good news for us all is that she will still help us out from time to time. So retired but not farewell.

Driving Force

Driving Force is our local charity which provides transport for our Denny and Bonnybridge patients to cancer appointments and treatments in hospital. If you or one of your family or friends is unlucky

enough to need cancer treatment, then ask for a Driving Force leaflet at reception. Those who have used the service say it is fantastic and the volunteer drivers are a real support to both the

patients and their carers.

And if you would like to become a volunteer driver or fund raise for it, the leaflet gives details about that too.

She won't thank us for reminding her but when she started in Denny in the 70s there were no computers to help GPs, no mobile phones, the old Clinic in Duke Street was a state of the art building and there were a lot less drugs for doctors to remember. And petrol for her Ford Capri cost less than a pound a gallon and for that the people in Haugh's garage filled it up for you. The more senior of you will remember that the doctors then were Dr Fowler, Dr Davidson, Dr Beaton and Dr Anderson.

We are sure that you will want to wish her and her husband Gordon a long and happy retirement.

- *The practice closes on six half days each year for staff training. Emergency cover is provided by the Out of Hours service at Falkirk and Stirling by phoning NHS24*

- *The dates are advertised well in advance on posters*

- *Try asking for a telephone appointment if your problem can be dealt with by phone*

- *Practical help for patients with cancer from Driving Force*

Training young doctors

At Carronbank, we take the training of young doctors very seriously. One of the best ways to improve the doctor's skills is to see how he or she consults with patients. That is best done using a video camera so that the consultation can be seen by the doctor who has seen the patient along with one of the training doctors (Dr McLean and Dr McElhinney). The doctor has to show that they have the necessary skills before finally qualifying as a GP.

Your written consent is always needed before a consultation can be videoed. The receptionists help with the consent

forms. You can say at any time before or after your consultation if you don't want the recording of it to be used for training.

We are extremely grateful to those of you who agree to their consultation with the doctor being videoed. This helps to make sure that the next generation of GPs is trained to a high standard which is to everyone's benefit.

Cystitis and simple urine infections

There are new guidelines out which advise us on the right way to treat women with cystitis or a simple urine infection.

We no longer need to send a sample to the bacteriology lab to see if there is an infection in the urine. Instead, in

most cases we will be giving a three-day course of an antibiotic. Only if the symptoms are still there after the course of treatment will we ask you to hand in a red-topped sample bottle.

This advice does not apply to men or pregnant women who will still need to hand in a sample before starting an antibiotic.

Sports news

Dr McElhinney completed the Snowdon marathon in Wales in October. The weather was awful with gales and heavy rain. He said he never felt any pain afterwards but we think it's because his legs had gone numb with the cold.

The more sensible of us have given up active sport for the winter and will see if Dr Donaldson will let us watch his Setanta Sports.



Flu jags

There is still time to have your flu jag for this winter.

Those over 65 and anyone under that age with diabetes, a heart problem or lung problem or kidney disease is entitled to a free jag. Unfortunately we are not allowed to give it to anyone else even as a private treatment.

Speak to one of our receptionists if you want to arrange an appointment.

Maternity updates

Dr Appleby and Dr Gorman will be returning to the practice for a few months at the beginning of next year. They have both been off on maternity leave. They need to complete their last few months here to complete their training