

Davidsons Mains Medical Centre

NEWSLETTER

www.davidsonsmainsmedicalcentre.scot.nhs.uk



Welcome to the Davidson's Mains Medical Centre Newsletter. This newsletter will be produced regularly 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.



Davidson's Mains Medical Centre

2025 Flu and Covid Vaccines



The eligibility criteria for this winter's vaccines has changed.

Flu Vaccines:

- Patients aged 65 years and over
- Patients aged 18 to 64 with eligible health conditions
- Patients who are pregnant
- Patient living in a long-stay residential care home
- Patients with a weakened immune system
- Unpaid and young carers
- Frontline Health & Social Care Staff
- Poultry worker or bird handler
- Asylum seekers living in home office accommodation
- Patients experiencing homelessness or substance misuse
- Patients living in a Scottish prison

Further information at:
www.nhsinform.scot

Coronavirus Vaccine:

- Patients aged 75 years and over (**changed from aged 65 year in previous years**)
- Patients that live in a care home
- Patients who have a weakened immune system (and are aged 6 months and over)

NHS Lothian Vaccine team will contact patients direct – this may be by text or letter or for housebound patients they may receive a telephone call.

Stitch Removals and Dressings

CTAC (Community Treatment and Care) Clinics are offered in multiple locations throughout Edinburgh by NHS Lothian. If you require stitch removals, or any dressings please contact CTAC direct in the first instance on 0300 790 6296

Urine Infections (UTIs)

Urinary tract infections (UTIs) are common infections that affect the bladder, the kidneys and the tubes connected to them. A UTI can be painful and uncomfortable, but usually passes within a few days and can be treated with antibiotics.

Anyone can get a UTI, but they're particularly common in women. Some women experience them regularly (called recurrent UTIs).

If you think you have a UTI there is no need to book an appointment. You should:

1. **Go to your nearest Pharmacy:** under Pharmacy First most pharmacies are able to treat UTIs by prescribing a short course of antibiotics. They do however have strict guidelines including:

- Patients must be aged over 16 years
- Patient must not be pregnant
- Only female patients can be treated
- Patient not had treatment for an UTI in the last 6 months i.e. not recurrent

2. If you are not able to be treated at Pharmacy please **bring in a sample** of urine (bottles available from reception) preferably in the morning. This is then passed to our Practice Nurse to test before results are passed to the GP to follow up accordingly. When handing in a sample you MUST complete the form fully answering the following questions:

- Passing urine more frequently
- Need to pass urine urgently
- Burning on passing urine
- Getting up at night to pass urine
- Date of Last period (If applicable)
- Are you breastfeeding?
- Currently Pregnant
- Over 65 years of age
- Have a urinary catheter
- History of recurrent urinary infections
- How long have you had symptoms?:
- Do you have any drug allergies?

If you are a **male** patient experiencing UTI symptoms then you **must make an appointment** with either the ANP or GP. Please do not hand in sample unless the GP has requested this.

Online Prescription Ordering: Explained!



We recently introduced a new online ordering service for patient to request medication. This is linked to our IT system and is accessible via www.patient-services.co.uk

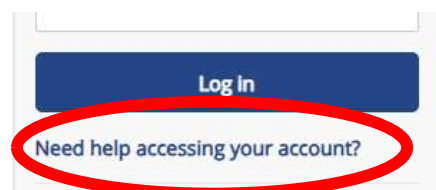
We are continuously receiving requests to register from patients when the patient is already registered for this service.

When registering:

Once we receive the request from you, we will register your email to your patient notes. This then generates an email with a letter attached. This letter contains the linkage key and information required in order for you to **set-up your own username and password**. We do not create this for you.

What if I forget my password?

We cannot reset your password for you this must be done online via patient services. When you go to the log in screen simply select the "need help accessing your account" and you can **reset your password** or get a username reminder sent direct to your email.



What if I never created my username / password?

When you receive the initial email with letter attachment you have a small window to create and activate your account. If you have not done this then we can **resend you a link**. Simply call or email us and we can do this – you DO NOT have complete another registration form.