



PRACTICE NEWSLETTER NO.4

Repeat Scripts:

The portal is gaining in popularity for ordering repeat prescriptions.

Portal requests are clearer and more accurate than the script answerphone, so this has been discontinued. If you prefer phoning however, you can still order by speaking directly to a receptionist. Patients using the portal find it convenient to order anytime. They like getting a message when the script is ready. Patients with level 2 access find it easy to just tick the medication they want. Patients with Level 1 access like being able to order for family members.

Ask us if you have any questions or want to change your level of access. On July 1st script fees will be \$16, (whether to fax or collect) and urgent (same day) scripts \$21.

Reception Changes:

Sadly our long-serving receptionist Denise will be leaving us on August 1st.

We will all miss her knowledge and the long-term relationships she has formed with many patients. Julie-Anne, who has been working so well as a casual receptionist for the past seven months has now been made a permanent.

We will also be employing Faye, another new receptionist, later in August.



Charitable Surgery:

Manuka St Charitable Trust assisted by Fifeshire Foundation is providing some charitable surgery for selected patients declined by ACC or the public hospital but with no ability to pay for surgery themselves.

Complex expensive surgery like joint replacement unfortunately will not be undertaken, but simpler cheaper procedures like hernia repair or carpal tunnel release may be. If this could present an opportunity for you or a family member talk to your doctor.

E bikes:

It has been pleasing to see that the bike rack at Nelson Family Medicine has been completely full on at least a couple of occasions last month. It is impressive that our patients and staff are braving the chilly conditions. We would not be unhappy if a second bike rack was needed.

The eBike trend is getting more people cycling. While eBikes are a little more expensive, and there are some safety concerns about speed exceeding skills, eBikes are a wonderful way of increasing fitness. The electric motor can compensate for physical impairments or reduced stamina, helping you get further faster.

Dry July:

The challenge to forgo alcohol for a month comes around every year in “Dry July”. It is easy for our alcohol consumption to creep up without realising it. Dry July can be a great opportunity to break habits and bring it back in check.

July might not be your pick of months but there aren't usually a lot of social functions at this time of year and any month is a good month to do something positive for your health.