

When can you see the practice nurse?

The practice nurse is usually available from 8.00am until 5.50pm Monday to Friday.

We run an appointments system, with appointments being made at main reception or by telephone.

Patients are also seen at the doctor's request, following consultation, but may have to wait until appointed patients have been seen.



Community Nurses

We work closely with NHS Tayside employed District Nurses, Health Visitors and Midwives based in Parkview Primary Care Centre:

District Nurses provide nursing care in the home for those unable to attend the surgery.

Health Visitors provide advice on health care, particularly to children, expectant mothers, the handicapped and the elderly.

Midwifery Services are provided by our midwife who is attached to the practice – The Midwifery service is available for antenatal, postnatal advice and care.

The team is based at Arbroath Infirmary and can be contacted on 01241 822537



Practice Nursing Services Carnoustie Medical Group



Dr McNaughton • Dr Morton • Dr Roberts
• Dr Galbraith • Dr Howe • Dr Khan

Parkview Primary Care Centre
Barry Road
Carnoustie
Angus
DD7 7RB
01241 859888

Who are your practice nurses?

Sheelagh Stokoe
Irene Black
Adele Oliver
Caroline Crosby

with healthcare assistant support from Nancy Rudd and Annie McDonald

What do the practice nurse do?

They offer a range of services including:

- Blood Pressure monitoring
- Blood Sampling including Warfarin Monitoring
- Weight monitoring
- Urine Testing
- Injections eg Travel (please leave up to 8 weeks to process forms), Contraception, Flu
- Travel Advice
- ECGs (heart tracings)
- Wound care and dressings
- Ear Syringing
- Minor illness triage and assessment
- Minor injuries which do not require xray
- Assisting doctors with minor surgery
- Asthma, Diabetes and other chronic disease monitoring
- Nurse prescribing - Some of our more specialised nurses can prescribe medication
- Childhood Immunisations

The practice nurses offer general advice and support for a wide range of health issues and problems with accompanying health education leaflets often available.

Our healthcare assistants take blood, check blood pressures, measure height and weight,

perform ECGs (heart tracings), new patient checks, and assist at minor surgery procedures.

If you are unsure with whom you should make your appointment, please ask our reception staff who are only too happy to help.

Well Person/New Patient Assessment

Involves

- Height and weight measurement
- Recording of blood pressure
- Urine test

And discussion about

- Diet
- Exercise
- Smoking
- Alcohol intake
- Personal and family history
- Vaccination status
- Smear status from female patients

With subsequent advice, education and treatment tailored to maintain your well-being. In addition we have several practice nurse specialised clinics:

- Asthma and COPD – including checks on inhaler technique and frequency and use of medication.
- Cardiovascular – including care of patients following a heart attack and monitoring of other heart conditions.
- Diabetes – including checks to monitor and maintain good diabetic control.

- Skin – treatment of warts, verrucas and other minor skin conditions.
- Well Woman – including cervical smear, breast awareness, family planning and advice regarding women's health issues
- Leg Ulcer Management – diagnosis and treatment of leg ulceration
- Well Man – including height, weight, blood pressure checks and general advice
- Medication Review - repeat prescriptions are subject to regular review to ensure that the treatment is still appropriate and safe for you to continue with.
- Childhood Immunisations – implementation of an extensive national programme for baby and pre-school children.

Surgery POD

- The surgery has a facility for patients to record their own BP, smoking status, height, weight and other information.
- This info is sent directly to your personal electronic file.
- The POD is situated at the back of the main waiting area with simple instructions.
- Please feel free to use the POD at your convenience.