



## **SPRING/SUMMER NEWSLETTER 2025**

### **Staffing Update**

We warmly welcome Advanced Nurse Practitioner (ANP) Shaun McKenzie to the North Avenue team.

Shaun is a highly qualified ANP who has a background in District Nursing. He completed his ANP training in North Avenue and is now a permanent member of the team. We are delighted to have him on board!

Dr James Burns is a locum GP who is now working in North Avenue on a regular basis and we are very pleased to have him working with us.

We bid a fond farewell to Dr Rebekah Jardine and Gillian Moor (ANP), who have moved on to pastures new.

We have a large and varied team of clinicians who all have special interests - these can be found on our website.

#### The North Avenue GPs:

- Dr Andy Howie
- Dr Nicola Donoghue
- Dr Jennifer Chadwick
- Dr Ian Loh
- Dr Nina Singh
- Dr Jayne McNamara

#### Healthcare Assistant:

- Sharon Wotherspoon

#### Advanced Nurse Practitioners:

- Amy McGuire
- Kenny Fulton (Fridays only)
- Lisa Gallacher
- Shaun McKenzie

#### Practice Nurse:

- Louise Bissett

#### Management:

- Louisa Munro – Practice Manager
- Paula Connell – Assistant Manager

Our helpful and highly trained Patient Care Advisors can guide you and ensure you see the right clinician for the problem.



## Appointments System

We aim to provide the best and safest service that we can for our patients.

We have a variety of different types of appointments available depending on the problem and the urgency.

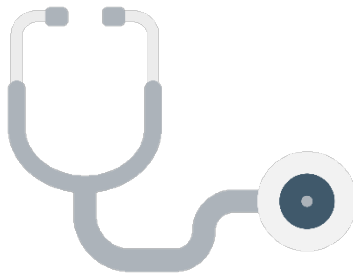
Our Patient Care Advisors will signpost you to the best service available to meet your needs.

Routine appointments with our ANPs can be booked by calling the practice, as can routine GP telephone appointments.

If a GP feels you require a face-to-face appointment, they will book this during your telephone appointment.

Medical emergencies or urgent matters will be triaged by our clinicians on the day.

We also offer home visits for housebound patients and chronic disease reviews, BP checks and smears with our practice nurse.



## Teaching and Training

In North Avenue we take pride in ensuring our knowledge and skills are kept up to date, and we have regular learning activities and teaching sessions within the surgery.

You may have noticed that we sometimes have medical students from Glasgow University in the surgery. They are with us to learn and if you are happy to allow them to be involved in your consultation we are very grateful.

We also meet regularly, discuss patient care, learn from each other and improve our service. These meetings include:

- Clinical Meetings
- Palliative Care Meetings
- Staff Meetings
- Partners Meetings
- Signposting Training
- Staff Appraisals

On 19th March, all North Avenue staff took part in a special learning event held in David Walker Gardens care home. This was a chance for our team to come together, learn from each other and improve our practice going forward.

Topics covered included Health Inequalities (led by Dr McNamara), Interfacing Between Clinical and Admin Teams (led by practice manager Louisa Munro) and Sleep Matters (led by Dr Chadwick), as well as policy reviews and team discussions.

The event was a great success with positive feedback from clinical and admin staff. More of these events will be planned in the future. The next planned learning event is on 5<sup>th</sup> August.

### Headache Clinic

We are excited to announce that our highly experienced Advanced Nurse Practitioner Lisa Gallacher is going to be carrying out a monthly headache clinic for North Avenue patients. Lisa has a background in Neurology nursing and a special interest in assessing and managing headaches. There will be a limited number of telephone and face-to-face appointments for any patients who suffer from headaches - these can be booked by speaking to reception or a clinician.

### Travel Vaccines

The way travel vaccines are accessed has changed - travel vaccinations free on the NHS were previously provided by community pharmacies, but are now provided by the NHS Lanarkshire Vaccination Service.

These vaccines are:

- Hepatitis A
- Typhoid
- Hepatitis A and typhoid combined
- Cholera
- Revaxis (polio/diphtheria/tetanus)

Planning and early action are necessary for a healthy, stress-free trip.

If you need any of the above vaccinations, please call the vaccination service directly on 01698 687 456 asap.

We strongly recommend reaching out to the vaccination services **at least 8 weeks before your travel date**, failure to do so may result in being turned away or not allowing enough time for the vaccines to provide optimal protection before you travel.

Ensure you are aware of the vaccination requirements for your destination(s), and allow a minimum of 8 weeks to complete the vaccination process. You can check the specific requirements at <https://travelhealthpro.org.uk/> before arranging your appointment with The Vaccination Service.

Some travellers may need other vaccines and anti-malarials which are not provided free of charge through this NHS service. Pharmacies may provide this additional service, however there will be a charge for it.

For further travel health and vaccinations information visit the [NHS Inform](#) website.

### Summer Ailments

For information on common summer ailments such as sunburn and hay-fever please refer to the NHS inform website.

Pharmacy can provide all treatment for hay-fever that is available from your GP so please speak to your local pharmacist if you require help with your symptoms.