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*Consultations by Appointment Only*

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## **Update from Cove Bay & Kincorth Medical Centre – May 2016**

### **Elderly Care**

Our Practice team have been working hard over the last year on improving care for the elderly residents in Kincorth and Cove. This includes identifying needs to help the most vulnerable to remain able to manage at home whether regards care, equipment, help with medication or whatever. We are also trying, at times of health decline, to see if alternatives to hospital admission are possible if wished and to support vulnerable elderly people after admission to hospital. In this regard special mention must be made to our Elderly Care Nurse Practitioner, Anne-Marie Jackson and our Practice attached Pharmacist, Claire Douglas.

Anne-Marie, who joined us in April, is seeing many elderly patients at home when they run into a crisis and has both clinical skills and time to liaise with other services and support. This can give greater depth to an assessment than when previously done by a GP who may often have very limited time to put in place these supports.

Claire works with us one day a week (usually a Wednesday) and is assisting hugely with medications issues in the elderly population, including review of whether pills may be starting to cause more problems than benefit and also considering how to help remembering to take medication. She is currently working with care staff and residents of Mark Bush Court to look at helping in medicine management as much as possible.

What is very important too, for best elderly care, is that those involved in your care communicate closely. Behind the scenes we work very hard to ensure this is the case.

Hospital is absolutely necessary and helpful when it is needed but it can be harmful for the elderly in particular, to be in hospital if it is not needed. Whilst hospital infections are reducing there will always be a greater chance of picking up infections. It can be difficult too for the elderly to get back on their feet if they have been largely bedbound in hospital.

Our teamwork in supporting the elderly appears to be paying dividends. At present Kincorth/Cove has the lowest rate of hospital bed days in the city. We recognise that there is a lot more that can be done and welcome any feedback on what we can do better to keep our elderly population safe and supported at home.

### **Charity Fundraising Success**

Our Macmillan coffee morning organised by our Clinic Co-ordinator, Theresa Coyle, raised £86.00 and Kincorth Receptionist, Sam Smith, organised our 'Wear it Pink' day for Breast Cancer Research which raised £100.00. Well done both!