

Branch Surgery
Kincorth Medical Centre
Provost Watt Drive
Kincorth, Aberdeen
AB12 5NA
Tel: 0345 337 1170

**Dr A.D. Jamieson, Dr L.J. Mackenzie,
Dr S. Kumar, Dr B. Macphail,
Dr M. Clark & Dr E. Cantin.**
**ANP Partner's - Anne-Marie Jackson & Lisa
Gordon.**

Main Surgery
Cove Bay Health Centre
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Consultations by Appointment Only

Update from Cove Bay & Kincorth Medical Centres – April 2025

Staff Update

Dr Brodie MacPhail will cease being a partner at the practice at the end of March and will become a salaried GP from 1st of April 2025.

Dr Mary Clark will return from maternity leave on the 18th of April 2025.

The practice would like to congratulate Dr Estelle Cantin and her family on the safe arrival of their son, Aiden on the 3rd of February 2025. Mum and baby are doing well.

The Evolving Role of the Extended Primary Care Team in General Practice

We are aware that often it feels difficult to access a GP - but often the GP may not be the best person within the practice to help you. General Practice in Scotland is changing. As patient needs grow more complex, all GP practices are expanding their teams beyond doctors and nurses to include a range of highly skilled professionals. This **Extended Primary Care Team** is to improve access for patients, ease pressure on the reducing number of GPs, and to ensure patients receive the right care from the right person at the right time.

Pharmacists play a key role in managing medications, conducting medication reviews, and advising on long-term conditions such as asthma and diabetes.

Advanced Nurse Practitioners (ANPs) provide expert care, diagnosing and treating common illnesses, ordering tests, and prescribing medication. Within our team, two of our ANPs have taken on increased responsibility, becoming partners in the practice.

Our **District Nurse Team** are critical in visiting those patients who are chronically housebound, including those requiring palliative care, and works very closely with the GPs and the multidisciplinary team, including social care and the hospital, discussing patient care.

Digital solutions like **eConsult** are there to allow patients to seek advice, request prescriptions, or arrange appointments online, improving efficiency and access.

For those acutely unwell and unable to attend the surgery, the practice now arranges for the **City Visiting Service** to send trained healthcare professionals to assess and treat patients at home, allowing the GPs to remain in the surgery to deal with the numerous contacts on the Duty Doctor screen.

With the increasing amount of mental health problems, we are extremely fortunate to have a **Mental Health Practitioner** who sees and assesses patients with mental health concerns such as depression, anxiety, and related conditions. She provides referral onwards to specialist clinics if required, but she can also prescribe medication if needed or help by signposting to community resources that can support patients to move forward. One of these is our **Link Workers**, who connect patients with community resources to support mental well-being, financial concerns, or social isolation.

Our **Physiotherapists** are embedded in our team, offering access for musculoskeletal issues, reducing the need for GP appointments, and ensuring faster treatment.

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This multidisciplinary approach is transforming primary care in an attempt to make it more responsive, efficient, and patient-centred for the years ahead. These roles are designed to support and bring depth to General Practice rather than to replace GPs. The intention of the Scottish Government has been towards increasing GP numbers, but unfortunately this has proven very difficult. Indeed, we currently have fewer GPs nationally than a decade ago despite a rise in population and greater complexity of care needs. This clearly means that we are spread significantly thinner on the ground, impacting access and continuity of care, but by the team working together, we aim to face these challenges to the best of our ability.

London Marathon

Our Lead Practice Nurse Debbie will be running the London Marathon on Sunday 27th April and is raising money for Guide Dogs. In support of this we will be holding a bake sale and a raffle to raise some funds. If anyone would like to make a donation here is Debbie's Just Giving page details <https://www.justgiving.com/page/debbie-foreman-2025>

Public Holidays 2025/26

Please note that the practice will be closed on the following dates:

Monday 21st April 2025

Monday 5th May 2025

Monday 14th July 2025

Monday 22nd September 2025

Thursday 25th December 2025

Friday 26th December 2025

Thursday 1st January 2026

Friday 2nd January 2026