

All nurses wear a name badge. If you are unsure who they are please ask to see it.

Nicola Paterson District Nurse Team Leader
Lindsey Stewart Community Staff Nurse
Wendy Thomson Community Staff Nurse
May Bruce Community Staff Nurse
Claire Cowie Community Staff Nurse
Ann Craig Community Staff Nurse
Jessica More Community Staff Nurse
Gemma Valentine Community Staff Nurse

Who can refer you to the District Nurse

You can contact the District Nurses for yourself or if you look after someone. You may be referred by someone else eg. a GP, a carer, a hospital nurse or other professionals.

If you require medical advice please contact your GP directly.

To improve patient experience, we welcome feedback. Comments or complaints may be made to :

The District Nurse Team Leader,
Keith Health Centre Annexe
Turner Street
Keith

AB55 5DS
Tel: 01542 881008

A leaflet outlining the NHS complaints procedure is available from your Health Centre.

This leaflet is available in other formats and languages. Please contact the district nurses to request this.

January 2020

**KEITH/FOCHABERS
DISTRICT NURSING TEAM**

**PATIENT INFORMATION
LEAFLET**



The District Nurse can be contacted on

Tel: 01542 881008

Tel: 01343 829944

8.30am-5pm 7 days a week

Out with these hours please contact
NHS 24 Tel: 111

What you can expect from your District Nursing Team

To be treated with a high standard of

care by knowledgeable and appropriately skilled professionals.

To obtain your consent to treatment and procedures and include you and your family in the planning of your care.

To maintain your confidentiality and dignity and to respect the culture and beliefs of individuals

What the District Nursing Team expects from you

To ensure your home is a safe place to provide your care. We would prefer if your pets could be removed from the area you are to be treated in.

We expect to work in a smoke free environment. We would be grateful if you refrain from smoking while the nurse is in your house.

To minimise cross infection the nurse will need to wash her hands or use hand sanitiser.

As we are a community based service we do not give times for visits and may visit you anytime within our working hours.

Type of care we provide

Wound Management

Assessment, prescription and application of dressings.

Administration of Medication

We teach people to administer injections themselves where possible. We can also train a family member to do it. If this is not possible and you are unable to attend the health centre the District nurse will visit to do this.

Provision of Nursing Care

For patients in the palliative stage of a disease or at the end of life we offer emotional and practical support. We can plan for future care needs by making an anticipatory care plan and document the wishes of individuals.

Long Term Condition Management

Management and monitoring of conditions like Diabetes, COPD, Coronary heart disease, Dementia, Multiple sclerosis. We offer advice and support and promote self-management and self-care.

Referral to Other Professionals

We can refer you to Occupational Therapy, Physiotherapy, Community Care, Macmillan nurses, Marie Curie nurses and Specialist nurses who support people with specific diseases. We can also refer you for assessment on eligibility for certain benefits.

Continence

We assess continence and arrange for the provision of products. To order more supplies please call Tel: 01467 672746 or ask your family or carer to do this in plenty of time.

Health Education

We can offer education, support and advice to enable and empower you to achieve your full potential for health.

Our services are offered to people whose needs are best met at home. As there is a huge demand for our services we may ask you to attend the health centre if this is appropriate. Thank you.

