

Strathlene Surgery

Date 19/06/2026

No address on record

Our Ref: DSAR-20260619-3E527A

Client Ref: 100006

Subject: Data Subject Access Request - Full GP Medical Records - Our Reference:100006

Client Name: Mrs Amanda Golabek

Client Reference: 100006

Client Address: 61 Highfield Circle, Muir Of Ord, IV6 7TF

Date of Birth: 12/11/1979

Name in Care:

Previous Address:

NHS Number:

Dear Sir/Madam,

We act on behalf of the above-named individual and submit this request under Article 15 of the UK General Data Protection Regulation and the Data Protection Act 2018.

Scope of Request

We request a complete copy of the patient's full medical records, including all data held in electronic, paper, and archived formats.

This specifically includes:

Full GP records (not a summary printout)

Consultation notes and free-text entries

Historical paper records (including Lloyd George records where applicable)

Coded clinical data

Correspondence to and from hospitals, specialists, and external providers

Mental health records held within the GP file

Safeguarding concerns or alerts

Referral records and outcomes

Medication and prescription history

Any scanned documents or attachments

2.1.4. Any associated advisory, compensatory or restorative process.

2.2. Requests made by the Representative shall be treated as made personally by the Client.

3. SCOPE OF AUTHORITY

3.1. This Authority applies to all public and private bodies including (without limitation):

3.1.1. Local Authorities and Councils

3.1.2. NHS Boards and GP Practices

3.1.3. Health & Social Care Partnerships

3.1.4. Integration Joint Boards

3.1.5. Religious bodies and orders

3.1.6. Residential and foster care providers

3.1.7. Education authorities and schools

3.1.8. Government departments

3.1.9. Archive services

3.1.10. Insurers holding historical liability files

3.1.11. Successor, merged or restructured public bodies

3.2. The Authority applies whether Records are:

3.2.1. Archived, microfiche, digitised or handwritten;

3.2.2. Stored off-site by contractors;

3.2.3. Held by dissolved or reconstituted institutions;

3.2.4. Transferred following statutory reorganisation.

3.3. The Client requests that records not be withheld solely on administrative grounds such as archival storage or institutional restructuring including, for example:

3.3.1. The institution has closed or restructured;

3.3.2. Records are archived or require manual retrieval;

3.3.3. Records are held by insurers or successor bodies;

3.3.4. Retrieval involves time or administrative burden.

4. SPECIAL CATEGORY DATA – EXPLICIT CONSENT

- 7.1.2. Explain how that exemption applies to the particular Record;
- 7.1.3. Confirm why partial disclosure is not possible;
- 7.1.4. Be communicated in writing.
- 7.2. Blanket refusal without statutory justification may not satisfy statutory obligations under applicable data protection legislation.
- 7.3. Any reliance upon “disproportionate effort” must provide written reasoning demonstrating why staged disclosure or redaction is not feasible.

8. VALIDITY AND FORMAL REQUIREMENTS

- 8.1. This Deed remains valid for 24 months from execution unless withdrawn in writing.
- 8.2. Disclosure shall not be refused because:
- 8.2.1. An internal template form has not been used;
- 8.2.2. The Authority is considered “out of date” within internal policy;
- 8.2.3. Additional consent is sought beyond reasonable identity verification.
- 8.3. Any organisation acting in good faith reliance upon this Deed shall be fully discharged in making disclosure.

9. REGULATORY AND STATUTORY RIGHTS

In the event of non-compliance, refusal, or unreasonable delay in responding to a lawful request made under this Deed, the Client and/or the Representative reserve the right to pursue any statutory or regulatory remedies available under applicable law.

This may include raising concerns with the relevant supervisory authority or regulator where appropriate.

Nothing in this Deed limits the Client’s rights under the UK GDPR, the Data Protection Act 2018, or any other applicable statutory framework.

Withdrawal shall not invalidate disclosures already made in reliance upon this Deed.

EXECUTION AS A DEED

Signed and delivered as a Deed by the Client:

Certificate of Completion

Summary

Document ID: 4AE803519-EIBYIH_622BSUV_EUN3EYM2YW4KEYXRXIJBDEJ3BDEA

Document name: MMA Claim Form 20% 2

Sent by: Elliot Logan <elliot@gmmb.uk>

Organization: MMA Legal Limited

Sent on: Feb 20, 2026 11:10:15 GMT

Completed on: Feb 20, 2026 12:50:43 GMT

Sign order: Sequential

No. of documents: 1

Time zone: Europe/London (GMTZ)

Signers: 2

Receives a copy: 0

Approvers: 0

Witnesses: 0

Recipient reviewers: 0

Recipients



Amanda Golabek
amandagolabek@live.co.uk
|+44-7419320291

Signature

Amanda Golabek

Emailed on: Feb 20, 2026 11:10:16 GMT

Viewed on: Feb 20, 2026 12:07:21 GMT

Terms agreed on: Feb 20, 2026 12:15:48 GMT

Signed on: Feb 20, 2026 12:16:07 GMT

Sent via SMS on: Feb 20, 2026 11:10:16 GMT

Accessed from: 31.94.68.136

Device used: Mobile

Authentication type: None



Matthew Bell
matt.bell@mmalegal.co.uk

Signature

Matthew Bell

Emailed on: Feb 20, 2026 12:16:07 GMT

Viewed on: Feb 20, 2026 12:50:37 GMT

Terms agreed on: Feb 20, 2026 12:50:40 GMT

Signed on: Feb 20, 2026 12:50:43 GMT

Accessed from: 212.54.135.150

Device used: Web

Authentication type: None

Amanda Golabeck
61 Highfield Circle
Muir Of Ord
IV6 7TF

Monday 26th January 2026

Dear Amanda,

I am writing to confirm that we have received your application for Scotland's Redress Scheme. Your application reference number is : APP461845

Your application will be assigned to a designated case worker who will be responsible for working on your application and will be a point of contact throughout the process.

Please note that due to the high volumes of redress applications received, the time taken to have applications assigned to a case worker is taking longer than we would like. Whilst we cannot provide a timescale for how long it may take to have your application assigned to a case worker, it may be helpful to be aware that we are currently assigning applications that were received in February 2025.

We would like to reassure you that we are working hard to ensure your application will be assigned at the earliest opportunity. You can continue to provide further information to the scheme in order to progress your application. You can also contact the team if you wish to discuss your application. They are here to help and answer any questions you may have.

We have reviewed the documents provided to date, and provide a summary of the further information required below.

In summary:

- Certified ID – information sheet included
- Care records – information sheet included
- Supporting documentation
- Bank details

Support service

We have a support service who can provide practical support with the application, emotional support through the process and support to access records. If you would



Solicitor's fees

You can choose to involve a solicitor to support you with your application to Scotland's Redress Scheme. You do not need to involve a solicitor to make an application. You can contact us directly using the details below.

Scotland's Redress Scheme can pay fixed fees directly to your solicitor. This is available to all applicants and is not means tested. You should check that your solicitor will work for the fees available. They should request payment directly from Scotland's Redress Scheme.

You or your solicitor can find out more information on available fees by contacting us using the details below, or by reading the statutory guidance on gov.scot/redress.

Even though the fees are paid by Scotland's Redress Scheme, your solicitor is independent. They will work for you and not for Scotland's Redress Scheme.

Telephone: 0808 175 0808 (freephone)

Lines are open Monday to Thursday from 10am to 4pm, excluding Scottish public holidays. There is an answering machine at other times, and if you leave a message we will get back to you as soon as we can.

Email : apply@redress-scheme.scot

Post : Redress, PO Box 24209, EDINBURGH, EH7 9GT

You can also contact the **Redress Emotional Support Helpline** directly on 0800 211 8403 where you can leave a message and someone will get back to you as soon as possible.

Kind regards

Scotland's Redress Scheme

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

Address

61 Highfield Circle Muir Of Ord Ross Shire IV6 7TF

Address Type: Main address

Communication numbers

Mobile phone

07419 320 291

Email

amandagolabek@live.co.uk

Problems

Currently Relevant

Started: 01/12/2014

Ended:

Medical History

22/06/2026 Brief intervention for excessive alcohol consumptn completed :
22/06/2026 Alcohol screen - fast alcohol screening test completed Score 5
22/06/2026 Telephone encounter Chat re propranolol - not getting enough supply of short acting and finding effect wears off. Still drinking but has managed to cut down - having alcohol free nights and halved the number of lagers a night. Encouraging progress. Discussed physical and mental health benefits. Plan - 4 max but can take 2 morning, one lunch and one evening, will come in for up to date LFTS. Dr Eilidh Barr
22/06/2026 Administration Full Copy of Clinical Record request by MMA Solicitors - Amanda contacted and confirmed wishes notes sent directly to Solicitors. she does Not wish to see them first jk
04/06/2026 SMS text message sent to patient From Croyard Medical Practice: Please note that the public toilets at both of our practices will be out of service from the week commencing 8th June for approximately one week due to essential maintenance. If you need to provide a sample for your appointment, please bring it with you where possible. Alternatively, you may be asked to drop it off after your appointment. We apologise for any inconvenience and thank you for your understanding. "NO REPLY" {Patient Group Total Practice Population} Mrs Susie Simpson
22/05/2026 Repeat prescription Meds for reauth. Med Rev completed by TG July'25. Meds stable and l/term. POP review to be completed by SS. Ms Vivienne Spark
21/05/2026 SMS text message sent to patient FROM CROYARD MEDICAL PRACTICE: FOR INFORMATION ONLY; Due to essential maintenance and upgrade works at Strathlene Surgery, there will be no access via the main entrance during the week beginning 25 May. All booked appointments will continue as normal. A temporary entrance will be available at the rear of the Practice and will be clearly signposted. A temporary prescription/sample box will also be located outside at the end of the building. If you have accessibility requirements or require disabled access, please inform Reception so we can help to accommodate this. Thank you for your understanding during these essential works. (THIS IS A NO REPLY MESSAGE). {Patient Group Total Practice Population} Mrs Susie Simpson
19/05/2026 Drug not availab.-out of stock Mrs Charlotte Offord
19/05/2026 SMS text message sent to patient Please contact Croyard Medical Practice regarding your prescription request. One of your medications is due review and you will need to book a telephone appointment with our Advanced Nurse to discuss. Thank you Regards, Admin Team NO REPLY MESSAGE Mrs Linda Caithness
25/03/2026 Chaperone offered and declined Dr Gayle Patterson
25/03/2026 Verbal consent for examination Dr Gayle Patterson
25/03/2026 Cyst of vulva first noticed lump few months ago, initially felt like two separate now one big one. O/e 1.5cm diameter smooth firm mobile skin-coloured/translucent mass lateral R labia minora, just above level of introitus. Not red/tender, not fixed. Imp: appearacne in keeping with cyst - ?mucinous cyst given location. Plan: reassured, not concerning cause. No evidence infection. Options would be observe - may eventually self-resolve - or routine refer Gynae for I&D/excision Prefers to watch and wait - finelf acute change eg redness/tenderness/increase in size tcb as could suggest infectionif continuing to slowly increase in size and changes mind about referral, let me know Dr Gayle Patterson
25/03/2026 Telephone encounter lump down below, for some time, on vaginal wall, getting bigger, see later Dr Gayle Patterson
24/03/2026 Drug not availab.-out of stock Mrs Charlotte Offord
23/03/2026 Drugs not issued POP request. 6m issued 5/2/26. No further given. Needs updated pill review also Mrs Charlotte Offord
09/02/2026 Drug not availab.-out of stock Mrs Charlotte Offord
12/12/2025 Did not attend - no reason bloods Ms Yvonne Moir
10/12/2025 Patient reviewed no contact from PMHT on 4th Dec. Did miss call on the 20th Nov. Sleep poor. Discussed LFTS. Drinking too much 6 lagers every night. Uses to help anxiety and sleep. Aware this is not the best move. Discussed ways of reducing risk behaviours. Review once repeat bloods done. LFT derangement likely alcohol related. Changed blood tests to Friday as has DWP assessment. Given info on mirtazapine as citalopram does not sound like it is helping. Dr Ross Jaffrey
10/12/2025 Brief intervention for excessive alcohol consumptn completed :
10/12/2025 Alcohol screen - fast alcohol screening test completed Score 6
10/12/2025 SMS text message sent to patient Croyard medical: This is the link to the medication we discussed. <https://patient.info/medicine/mirtazapine-for-depression-zispin-soltab-2> Dr Jaffrey Dr Ross Jaffrey
20/11/2025 SMS text message sent to patient You have a telephone appointment on 4.12.25 at 10am with Mental Health Nurse Jaclyn. If this is unsuitable please contact your GP to rearrange. Ms Jaclyn Dhar-Young
20/11/2025 SMS text message sent to patient This is Croyard Medical Practice - Please contact the surgery to arrange aother blood test with a nurse in 3 weeks as per Dr Jaffrey. Kind Regards Admin Team ***NO REPLY*** Miss Stacey Ogg

Croyard Medical Practice, Croyard Road, Beauly, Inverness-Shire, IV4 7DJ

Tel: 01463 782794

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

20/11/2025 SMS text message sent to patient Croyard Medical: I have tried to contact but failed to reach you. I noted the appointment for the Mental Health team also unsuccessfully tried to call. Please let us know if you would like to rebook this. Your blood test look normal - there is a very slight rise in a liver function test. I am arranging a repeat of this in 3-4 weeks to clarify if there is an issue. At this point I do not think it is a concerning change. I will let you know the outcome of the repeat tests. Kind regards Dr Jaffrey Dr Ross Jaffrey

13/11/2025 Failed encounter PCMH did not answer call, left voicemail asking her to rearrange if she wishes another appt. Ms Jaclyn Dhar-Young

13/11/2025 Administration Completed UC forms returned to DWP. CP Dr Ross Jaffrey

13/11/2025 Administration NOS completed UC form Dr Ross Jaffrey

12/11/2025 Result Haematology Report NHS HIGHLAND Labs Haematology Ms Dawn Woods

12/11/2025 Result Haematology Report NHS HIGHLAND Labs Haematology Ms Dawn Woods

12/11/2025 Result Biochemistry Report NHS HIGHLAND Labs Biochemistry Ms Dawn Woods

12/11/2025 Result Biochemistry Report NHS HIGHLAND Labs Biochemistry Ms Dawn Woods

12/11/2025 Result Biochemistry Report NHS HIGHLAND Labs Biochemistry Ms Dawn Woods

12/11/2025 Medication given On thyroid medication? - None Dr Ross Jaffrey

11/11/2025 Administration UC forms received for completion by a GP, passed to RJ to complete this LG Dr Eilidh Barr

06/11/2025 Anxiousness ongoing anxiety, now left job as housekeeper and seeking help from the job centre. Struggled for many years with agitation and low confidence. Was referred to CMHT - offered survive and thrive but never engaged as was group work. Not keen and dropped out. Would be keen to access psychological help. Despite top dose citalopram and propranolol not controlling anxiety. Would be open to discussing help and situation with PMHT. Apt given for next week. Also coming in for a biochemical screen to rule out biochemical causes of fatigue. Dr Ross Jaffrey

31/10/2025 Telephone encounter no answer to phone - requesting MED-3 extension. Will need to discuss with a GP or arrange apt to come in. Noted plan was to review following change in medication. Dr Ross Jaffrey

07/10/2025 Telephone encounter recent cold and coryzal. Several friends unwell with similar. Dry cough. occasional white phlegm. Feels triggering anxiety. managing occasional walks. Eating and drinking. No fevers. PU. Well hydrated. Lives with son. taking OTC cold and flu remedy. Talking in full sentences. Bright and alert. Looking for alternative. happy to trial nasal steroid. Also wondered re increase in propranolol. Will trial 240mg in divided doses MR and review 1 month. Med3 runs out today. Self care advice, Incl food fluids and simple analgesia. Review if new or worsening symptoms. Dr Tim Gomersall

16/09/2025 Telephone encounter Wanting some time off work. Has spoken to job centre and work. Anxiety flared. Wanting time off work - has resigned but retains good relationship with boss. Feeling lost, wonders about retraining. Good relationship with partner.. Often feels anxiety flares this time of year. Drinking 4-6 cans of lager a night. Recognises this is an issue. Plans to cut back and change to low strength with aim of stopping. In touch with job centre but doesn't feel able to engage just now. refused survive and thrive as group based. Not suicidal just a bit lost. Open with partner who is supportive but worries with time off work would drink more. Would appreciate referral to CLW to work through some issues. Dr Eilidh Barr

16/09/2025 Alcohol screen - fast alcohol screening test completed Score 7

17/07/2025 Letter received Patient Template NHS Highlands Community Psychiatry Naomi MacKayCommunity Mental Health Team Leader Miss Jade Mackay

04/06/2025 SMS text message sent to patient From Croyard Medical Practice - this is a no reply message: There is a new initiative from the Scottish Government to identify people who may be at higher risk of heart disease or strokes. You have been identified as eligible to take part. This would include blood pressure and blood check with follow-up if necessary, all aiming to reduce the risk of developing cardiovascular disease. If you are interested, please contact reception on 01463 782794 to make an appointment with one of the nurses (PLEASE ASK for a 20 MINUTE CVD APPOINTMENT). For more information, please visit our website at <https://www.croyardmedicalpractice.co.uk/Regards>. Croyard Medical Practice TeamDisclaimer: We apologise if you feel this invitation is not appropriate for your situation. Mrs Susie Simpson

08/04/2025 Symptoms of skin and integumentary tissue - Having trouble with 'psoriasis' to skin on face - never had it on face before, only had dermatitis in past. Protopic not helping with these areas. Otherwise just using Vaseline. Vague about what helps psoriasis on body - does not seem to have regular Rx for this. O/E: Flaking skin to upper lids/eyebrows and in exterior ears, extending into canals in patches. No erythema/swelling. Showed me psoriatic patches on elbows but less bothered by these. Imp: Sebopsoriasis of face/ears Plan: 1. Trial mild hydrocortisone for ears, vitamin D analogue for eyelids +/- ears. INI after 2w, get back in touch. 2. Scripts given, as per AD. Dr Lorna Swarbrick

08/04/2025 Telephone encounter Various issues: 1. strained upper back at new housekeeping job on 3/4. has chronic low back pain. no limb radiation/parathesia/numbness. using ibuprofen, asking for something stronger, agreed naproxen. on ppi. rv prn2. needs more POP, plans to get LARC at HSH clinic but issue arranging appt, no issues with POP, no CI Plan; continue3. Reports psoriasis on face, has no creams to put on it, history of scalp and body psoriasis, note saw JC re facial rash in feb 24, and felt seb derm, protopic effective then. Plan; ftf appt to exam, please print naproxen and pop px at appt. Dr Anna Dallman

04/03/2025 Failed encounter Requires POP review. No answer - will issue 28 days and request patient to contact pharmacy team to review Mrs Charlotte Offord

12/02/2025 Letter received Clinic Template NHS Highlands General Psychiatry Dr Calum LairdConsultant Psychiatrist Mrs Linda Caithness

13/01/2025 Telephone encounter - requesting more POP - had appt for IUD but missed it so having to wait for another appt Mrs Susie Simpson

12/12/2024 Prescription by supplementary prescriber Desogestrel issued by PIP shortterm issue. Due review in new year but see journal 06/12 considering IUD. Mrs Fiona Burt

06/12/2024 Telephone encounter - anxiety bad, feeling low, seasonal, poor sleep, starting to avoid leaving the house. - keen for stand-by supply of diaz, as per 9/23. aware re addiction risk and no further supply will be issued within the month.- 3/12 painful arm, not settling. FCP- discussed ? perimenopause, is planning to stop pop and IUD insertion as trying to avoid hormonal contraception/ Dr Carlyne Simpson

Croyard Medical Practice, Croyard Road, Beauly, Inverness-Shire, IV4 7DJ

Tel: 01463 782794

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Printed by JK1 on 22/06/26 13:52:14

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

06/11/2024 Medication requested Desogestrel. 6 month supply was issued to pt 1/7/24 so pt should have sufficient until reviewed in January. Will advise by text Mrs Hayley Mackintosh

06/11/2024 SMS text message sent to patient CROYARD MEDICAL PRACTICE. NO REPLY. We have received a request for oral contraceptive. A prescription for 6 months medication was issued for you on 1/7/2024. Please check with the pharmacy if you have now run out of medication. Thank you (Croyard Pharmacy Team) Mrs Hayley Mackintosh

05/11/2024 Letter received Clinic Template NHS Highlands General Psychiatry (Mental Illness) Dr Calum LairdConsultant Psychiatrist Mrs Linda Caithness

05/11/2024 Letter received Clinic Template NHS Highlands General Psychiatry (Mental Illness) Dr Calum LairdConsultant Psychiatrist Mrs Linda Caithness

27/08/2024 SMS text message sent to patient CROYARD MEDICAL PRACTICE. NO REPLY. We have received a request for oral contraceptive. A prescription for 6 months medication was issued for you on 1/7/2024. Please check with the pharmacy if you have now run out of medication. Thank you (Croyard Pharmacy Team) Mrs Charlotte Offord

10/07/2024 Letter received Clinic Template NHS Highlands General Psychiatry Dr Calum LairdConsultant Psychiatrist Miss Jade Mackay

23/05/2024 Prescription by supplementary prescriber Omeprazole issued by PIP; med review up to date. Mrs Fiona Burt

23/05/2024 Telephone encounter ongoing positive outcome of protopic, settled down but flares when stopping after approx 2/7, mostly only needs to use once daily, discussed, agreed to aim for minimum effective dose but ok for ongoing use at present, aim for mon/wed/fri applications. Activity may settle down allowing applications to reduce. Se eprn. Dr Jonathan Crawley

21/05/2024 Letter received Clinic Template NHS Highlands General Psychiatry (Mental Illness) Dr Calum LairdConsultant Psychiatrist Mrs Linda Caithness

15/05/2024 Letter received Clinic Template NHS Highlands General Psychiatry Dr Calum LairdConsultant Psychiatrist Miss Jade Mackay

18/03/2024 Telephone encounter great result with protopic, approx 90% better, very happy, great, I wonder if will need longer term prpohylaxis Rx twice weekly, so agreed to arrange f2f in 2-3/52 re this. New job and no rota, so will look for this and call recep to arrange f2f appt for 2-3/52 time. Dr Jonathan Crawley

29/02/2024 Result Microbiology Report NHS HIGHLAND Labs Microbiology Ms Dawn Woods

28/02/2024 Result Microbiology Report NHS HIGHLAND Labs Microbiology Ms Dawn Woods

26/02/2024 Seborrhoeic eczema most likely, quite extensive, facial, around eyes, nasolabial folds etc. Slightly scaly. Pmhx psoriasis. Dovobet applied around face cured things. Try proptopic, consented/counselled re theoretical risk skin cancer. Keen for Rx, agreed bd, accepting possible initial discomfort. Swabs taken, if significant fungal/viral involmenet (bordering on vesicular) for aciclovir/fluconazole. Tel r/v 3/52 with option to convert to f2f if desired. Dr Jonathan Crawley

26/02/2024 Telephone triage encounter Skin no better - spreading all around eye lids now. ? next step terbinafine?? JC is actually in today so will ask his opinion. Thank you. Dr Eilidh Barr

13/02/2024 Consultation see triage and CS r/v on 05/02 - ongoing facial rash, no improvement with daktakort - been using for past week, moisturises regularly. had some crusting around mouth but settled with moisturiser. No obvious trigger - denies new facial products, sunbeds/sun exposure. BGD psoriasis but this very different. OE red bumpy rash over forehead, eyelids, nose, nasolabial folds - no dry areas/ crusting - looks well moisturised, cheeks mostly spared Imp - seborrhoeic dermatitis Plan (d/w EB)1. Px for ketoconazole cream given - discussed may be reacting badly to daktakort so could try keto cream instead to see if better or may just not have had long enough with daktakort so could continue for another week and if no improvement then could consider other mx options Dr Ellen Stewart

13/02/2024 Telephone triage encounter Seen by CS ?Seb Derm > Not better if not worse, sore itchy, eyelids, side of mouth. No golden crust. States was infected before but less infected looking but more of it/thicker patches, no scalp itchiness. BG Psoriasis but not bad at moment. Agreed for F2F RV. Dr Katie Prince

05/02/2024 Consultation - red bumpy flaky rash at nasolabial folds, skin creases to chin and above eyes and eye brows. has tried enstilar, aveeno, doublebase and E45, not settling. looks like seb derm. treat with combination antifungal and mild steroid - rv next week if not settling, sooner as needed. pt has pics. Dr Carolyne Simpson

05/02/2024 Telephone encounter - rash on face, pharmacy couldnt help. f2f Dr Carolyne Simpson

02/02/2024 Telephone encounter Facial Rash: Red & sore, never had before. No new shampoos, vision ok, feels itchy & dry/rasied. No temperatures. Signposted Pharmacy in first instance, assured they are very good at letting us know if uncertain or feels need Dr RV. Dr Katie Prince

23/01/2024 Consultation 10 days generally unwell - cough productive green sputum, sore throat, coryzal, headaches (frontal, pressure). SOBOE and having to prop up at night, central chest pain on coughing only. Since yesterday, having green discharge from R eye and feels dry and itchy. Nil PMH. Smoker ~10/day. OE RR 14, SpO2 97, HR 85, T 34.9, chest clear, throat nad, nil cervical ln, eye looks dry currently Imp - viral urti Plan 1. nasal steroid spray for sinuses2. chloramphenicol for likely conjunctivitis3. worsening advice given if change in sx or not improving to recontact for r/v Dr Ellen Stewart

23/01/2024 Telephone encounter day 11 cough, headache, malaise and now conjunctivitis - for f2f Dr Carolyne Simpson

10/11/2023 SMS text message sent to patient Message from Croyard Medical Practice. A new prescription has been issued as per request from Dr Laird. Please take as prescribed and be aware this medication can cause a lowering of blood pressure. If you wish to discuss this or experience any issues with dizziness or light-headedness please contact the practice for review. Thanks **No Reply** Mrs Fiona Burt

10/11/2023 Prescription by supplementary prescriber Prazosin issued by PIP as per request from Dr Laird. Last BP 130/96. No answer on mobile. Text sent. Mrs Fiona Burt

09/11/2023 Prescription dose change Change of Treatment NHS Highland Administration Calum Laird

09/11/2023 Prescription dose change Change of Treatment NHS Highland Administration Calum Laird

30/10/2023 Letter received Clinic Template NHS Highlands General Psychiatry Dr Calum LairdConsultant Psychiatrist Miss Jade Mackay

Croyard Medical Practice, Croyard Road, Beauly, Inverness-Shire, IV4 7DJ

Tel: 01463 782794

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Printed by JK1 on 22/06/26 13:52:14

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

18/09/2023 Telephone encounter anxiety, see previous letter new craigs and awaiting further appt, no obvious trigger, son gary 18 y/o at home, works waitress ord arms hotel, all going well no issues, more anxious and poor sleep without obvious cause, discussed, panic attacks and difficulty breathing at times with anxiety, agreed diazepam as had several times before, strongly warned re administration, not for long term use, no further script for at least 1 month, discussed issues with dependence, await psych appt, continue citalopram at present 40mg, see prn. Script to collect moo this afternoon. Dr Jonathan Crawley

20/07/2023 SMS text message sent to patient Your prescription is now ready to collect at Right Medicine, you will need to phone them to let them know you are there as their door is locked but they will bring your meds out when you make contact. Thank you NO REPLY MESSAGE Mrs Linda Caithness

16/06/2023 SMS text message sent to patient Please contact Croyard Medical Practice to book a tel appointment with a doctor to discuss your prescription request. Thank you NO REPLY TO THIS MESSAGE Mrs Linda Caithness

24/05/2023 Letter received Physio DC Letter NEW Ross Memorial Hospital Physiotherapy Katie RawlinsonPhysiotherapistRaigmore Hospital (H202H) Miss Stacey Ogg

02/05/2023 Letter received Clinic Template NHS Highlands General Psychiatry (Mental Illness) Dr Willem van OostveenLocum Specialty Doctor

17/04/2023 SMS text message sent to patient Croyard Medical: We have been informed that you did not respond to a radiology booking letter. We are noticing a number of patients are not receiving these letters from the hospital. If you are in this position, please contact the hospital booking line on 0800 3896725 (no reply sms) Mrs Miranda Johnstone

29/03/2023 Consultation 1. Recent amox for cough, cough ongoing but improving, sputum less bright green, breathlessness improving, no fever.2. L ear twinge a few weeks ago, had pain on and off since then, hearing muffled and more sensitive to noise, longstanding tinnitus and balance issues - a bit worse at present, no discharge3. Psoriasis in ears not responding to dovobet gel, also has rash on corner of mouth, stings a bit which is different to usual psoriasisOE looks well, no signs resp distress, SpO2 97%, HR 78, temp 35.3, BP 130/96, HS I+II+0, chest clear good air entry bilaterally, erythema and dry skin at right corner of mouth no crusting, areas of psoriasis in ears, ears examined by Dr Crawley - TM NAD, ear canal appears healthy. Imp: improving LRTI, ?impetigo at mouth, psoriasis at ears. Plan enstillar foam to ears, fucidin H to face for 1 week, omeprazole advised to make another appt if rash/reflux not improving, advised to make another appt if cough not improving, or still coughing green sputum next week. Dr Sinead Mackay

29/03/2023 Telephone encounter still coughing, now also rash on face and blocked ear, thanks sm. Dr Jonathan Crawley

27/03/2023 Letter received Clinical Letter - Sent .Raigmore Hospital Radiology

24/03/2023 SMS text message sent to patient Your x-ray referral has now been submitted. You can attend Raigmore Radiology 9-10am or 2-3pm Monday to Friday over the next week to have this taken. Croyard Medical Practice - no reply - Dr Carolyne Simpson

24/03/2023 Consultation 5 weeks cough with green sputum, has been feeling sweaty at times no haemoptysis/fever. Occasional chest pain with fit of coughing, no pain on inspiration. Breathless when doing things, no breathlessness at rest, stated was fine walking through from waiting room but feeling breathless while talking to me at start of consultation, no change to weight or appetite. Has noticed a wheeze sometimes when coughing. Stopped smoking last week.OE appeared breathless for first few min after walking into room, speaking in full sentences, no accessory muscle usage, clammy, RR 18, SpO2 98%, HR 80, BP 124/84, HS I+II+0, chest clear good air entry bilaterally. Imp: ?untreated LRTI, ???COPD. Plan amoxicillin, sputum culture, CXR, advised to make another appt if cough not starting to improve after Abx or sooner if any worsening in symptoms, signposted to pharmacy for smoking cessation services Dr Sinead Mackay

24/03/2023 Telephone triage encounter Given antibiotics last week but still coughing. Smoker. For FTF assessment as per RJ and consider CXR given duration and smoking hx. Dr Jenny Wilson

13/03/2023 Chest infection Hx of cough - productiv for 4 weeks .Green tinge and worse in the morning. At work today unable to attend. Suggest if worse to arrange a face-face apt. Will give Ax based on symptoms. If worse or not settling over 2 weeks needs face-face assessment and understands this. Trial doxycycline for 5 days. Dr Ross Jaffrey

01/11/2022 Telephone encounter 1. Was referred to RM physio by Lynne earlier in the year - received letter but didn't get back in touch within 7d so advised needs re-referral - fine. Was due call from Dr Laird last week Monday 3pm - no call came, contacted secretaries and told had been video call (despite pt specifically requesting tel call), said might need re-referred. No letter through as yet. Pt should also get a copy, if does need re-referred happy to do so. Dr Gayle Patterson

28/10/2022 Administration of medication under patient group direction Issued by Right Medicine - JE Dr Eilidh Barr

24/10/2022 Letter received Clinic Template NHS Highlands General Psychiatry Dr Calum LairdConsultant Psychiatrist Mrs Linda Caithness

12/10/2022 Letter received Misc Template NHS Highlands Community Psychiatry Shirley HynanCommunity Psychiatric Nurse Ms Dawn Woods

31/08/2022 Administration NOS PIP forms and Invoice posted LM Dr Eilidh Barr

29/08/2022 Administration PIP forms completed by GP and passed to LM for invoice and posting LG Dr Eilidh Barr

22/08/2022 Administration PIP forms received today for completion by GP. Put in RK basket for completion LG Dr Roshida Khanam

11/08/2022 Telephone triage encounter was hoping to be referred back to entstates tinnitus long time. both earsalso dizziness. describes as room spinning/drunken feeling. can always feel an attack coming on. can happen weekly. triggers are pressure headaches or ear discomfort or window up and down in the car. ears popping. sensitive to loud noises. wonders related sinuses. has had associated vomiting but not reg and infrequent.can last for hrs- week. feels unwell with it. seen in ent in 2016- felt not ent related. consider vestibula migraine. Imp very much sounding like pressure related trigger sinus/etd? still consider vestibular migrainePlan1. nasal spray for sinus2. cinnarizine 3. sumatriptan 4. review 4-6 weeks. Dr Roshida Khanam

27/07/2022 Letter received Misc Template NHS Highlands General Psychiatry (Mental Illness) Dr Calum LairdConsultant Psychiatrist Mrs Linda Caithness

25/07/2022 Home exercise programme HEP - Seated pelvic tilting and forward flexionPlan - onward referral to RMH physio for further education and rehabilitation. Mrs Lynn Jarvis

Croyard Medical Practice, Croyard Road, Beauly, Inverness-Shire, IV4 7DJ

Tel: 01463 782794

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Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

25/07/2022 Low back pain Standing forward flexion - mid-thigh only Side flexion - good ROM. Minimal extension. Imp.
CLBP - never had physio Mrs Lynn Jarvis

25/07/2022 In-house physiotherapy first appointment 15 year Hx of LBP. No paraesthesia or LL referral. No physiotherapy.
Becoming increasing emotional on impact on life - has had to leave 3 jobs in last 2 years due to LBP. Currently working 10 hours a week in
Beaufort Hotel as house keeper. Secondary complaint of L) sided rotator cuff dysfunction - previous dislocation 10 years ago. Stating that she is
sleeping at night in a sling. No CES symptoms. No red flags. Mrs Lynn Jarvis

25/07/2022 Surgery consultation note Mrs Lynn Jarvis

25/07/2022 Failed encounter X2 No answer, messages left 9.27 and 10.39 Mrs Lynn Jarvis
Dr Anna

Dallman

07/07/2022 Telephone triage encounter states back pain 15 years but always manageable. this short while starting to affect
work. is a housekeeper. tuesday- 2 days ago was a challenge after work. lower back pain into both thighs. no red flags. mobilising. feeling stiff. on
ibuprofen. little benefit. Plan increase analgesia. short term. heat, gentle exercises will make appointment with physio. Dr Roshida Khanam

06/07/2022 Administration NOS patient returned triage call she had missed this morning - phoned back at 1pm asked her to
call back for triage on Thurs morning, patient was ok with this - dw Dr Roshida Khanam

06/07/2022 Failed encounter no answer. left VM to call back. 10:34 Dr Roshida
Khanam

29/04/2022 Chaperone refused Ms Yvonne Moir

22/04/2022 Administration NOS Received PGD for Citalopram- noticed also issued by us today. Called Kathleen- said she
has processed script but will not allow collection until next month when due. If pt orders script next month- ignore and supply will be at pharmacy
ready. JS Dr Eilidh Barr

13/02/2022 Out of hours, practice note Unscheduled Care Report NHS Highland OOH

04/02/2022 Telephone triage encounter Requesting Med 3. Been off past 2 weeks as mental health bad. Housekeeper at
Kiltarlity lodges. Note attendance at ED. Under care of psych. Has been referred to survive and thrive group. Recognises the benefits of work and
doesn't want to be off too long. Agreed Med 3 backdated 1 week (self-certificate first week). Patient will collect. Aim is to go back to work when
this finishes. Dr Jenny Wilson

04/02/2022 Failed encounter No facility to leave message. Called at 10:45. Was about Med 3. Await call back. Dr Jenny Wilson

24/01/2022 Discharge from accident and emergency service Discharge Letter NHS Highland Accident & Emergency A and
E Dept.

23/01/2022 Mental health assessment

23/01/2022 Letter received MH Assessment NHS Highlands General Psychiatry (Mental Illness) Dr A Doctor

23/01/2022 Assault by bite of human being - right forearm, declined Hep B vaccine

23/01/2022 Overdose of drug - propranolol, diazepam, ibuprofen, pen V, paracetamol, flu tabs, taken with alcohol

22/01/2022 Out of hours, practice note Unscheduled Care Report NHS Highland OOH

16/12/2021 Telephone encounter wants to go back on POP - hasn't used for a while - 42 and smoker so given POP - no
problems with it so script done Mrs Susie Simpson

15/12/2021 Report of clinical encounter 4 days hx of sore throat, swollen submandibular lymph nodes. Running nose, ears
feel a bit blocked. Nil cough. Nil shivers/rigors. Nil previous history of tonsillitis. One episode of vomit with nil blood in it, but noted small amount
of blood after when spitting. Nil other nausea and vomiting. Recently at gathering where others developed cold symptoms after - states they were
all negative for covid but hasn't had a test herself. O/E: Looks well. Apyrexial, submandibular lymph nodes quite swollen on palpation. Difficult
to examine throat despite multiple attempts, pushing tongue up against tongue depressor. However appears to be small amount of exudate on tonsils
and slight erythema at back of throat. Impression: ?tonsillitis, Centor 3 Plan: 5 days of phenoxymethylpenicillin, advised paracetamol/ibuprofen, rest
and fluids. Worsening statement given to patient. Patient was advised by Dr Khanam to do PCR test. Patient and plan discussed with Dr Khanam
Dr Nora Tadros

15/12/2021 Telephone triage encounter cold symptoms since saturday. day 4 now. sore throat not getting better. feels on soft
diet and sore to swallow. can drink. feels swollen glands. nausea and one vomit. when spitting noted some blood. no blood in vomit. just her coffee
she drank. no temps. headache. no cough. no sob, was at work at laundry today but sent home. Imp ? tonsillitis picture Plan PCR tft red room
assessment Dr Roshida Khanam

02/12/2021 Letter received Clinic Template NHS Highlands General Psychiatry (Mental Illness) Dr Calum Laird Consultant
Psychiatrist

18/11/2021 Did not attend - no reason Mr Khaled

Alemam

08/11/2021 Anxiousness - symptom overwhelming and struggling. Has psychiatry OPC on Thursday this week. Clearly
having a lot of difficulty with symptoms and looking for options. Very little I could add prior to specialty review to help in my opinion. Suggested
trying to write down all her concerns and how this is affecting life prior to the apt. Sleeping but very agitated through the day. Dr Ross

Jaffrey

03/11/2021 Result Haematology Report NHS HIGHLAND Labs Haematology Ms Dawn Woods

03/11/2021 Result Biochemistry Report NHS HIGHLAND Labs Biochemistry Ms Dawn Woods

20/10/2021 Administration of medication under patient group direction Coccois ointment Quant: 100 gram Apply to scalp as
directed 40g originally prescribed but unavailable Issued by RM Pharmacy via PGD service LC Dr Eilidh Barr

13/10/2021 Back pain without radiation NOS lower back pain. no radiation. no red flags. Plan bloods fbc, u&es, lfts, crp,
tft, hbaltc, physio Dr Roshida Khanam

13/10/2021 Anxiousness last 1 year. seen dr laird in april due follow up now. states unable to hold down job because of
this, not chased appointment yet. advised to do so. signed off 2 months Dr Roshida Khanam

13/10/2021 Scalp psoriasis and small patches on body. tx and INI tci Dr Roshida
Khanam

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

06/10/2021 Telephone triage encounter states a few things going on. 1. anxiety. not right since last year. on reg meds. felt had to leave job for this. 4 jobs in 1-2 years. has dr laird follow up this month. will chase this appointment up. 2. back pain. also feels had to stop job because of this. psoriasis flared up. Plan for appointment. Dr Roshida Khanam

04/09/2021 Result Virology Report UK Covid Results Virology Unknown Ms Dawn Woods

28/08/2021 Out of hours, practice note Unscheduled Care Report NHS Highland OOH Ms Dawn Woods

24/08/2021 Result Virology Report UK Covid Results Virology Unknown

23/08/2021 Telephone triage encounter yesterday L ear feeling itchy, poked in with cotton then developed dizziness. When moved head too quickly or stands up feeling dizzy++. Fine if still. No fever/vomiting. E&D, managing all ADLs. Has had dizzy episodes before but different in that previously sees room spinning around her. Has run out of citalopram, none since Friday, never run out before. Both ears been itchy for a couple of weeks. Imp: discussed possibilities. bilateral itchy ears may be otitis externa. Dizziness may be related to this if debris/wax up against TM, or could be related to suddenly stopping citalopram, or ?BPPV given movement related. Plan: agreed try otomize spray and restart citalopram, if no improvement after a few days try some brandt daroff exercises - signposted to info - if not helping/sxy worsening to get back in touch.

Dr Gayle Patterson

23/08/2021 Administration NOS Verbal consent given for text messaging service JS Dr Eilidh Barr

20/08/2021 Patient reviewed Pain is actually left posterolateral chest wall. No hx VTE. Smoker on POP. Recently been doing spinning and yoga. o/e T36.7 HR 72 sats 97% BP 140/92 chest exp r=l, ves bs, res to pnHS pure, no murmurs abdo snt calves snt, no sign dvt. Imp: likely msk, no signs serious pathology. Plan: NSAID with ppi, r/v if new/worsening sx or ini over next 2w. Dr Jenny Wilson

20/08/2021 Telephone triage encounter Tel tri due to C-191w hx of central upper abdominal pain. Feels bruised to touch. No hx of trauma. Started after taking a nap after work last week. Constant. Still sleeping ok. No difference with food. Sore when takes a deep breath. Bowels fine. No vomiting. Passing urine normally. No fever or cough. Imp: ?msk ?gastritis. Plan: Agreed for assessment. Pt to come down.

Dr Jenny Wilson

19/08/2021 Failed encounter - initial ring then engaged tone, 2x. Dr Carlyne Simpson

19/08/2021 Failed encounter - call returned 3x, engaged tone. Dr Carlyne Simpson

05/08/2021 Failed encounter - engaged tone x 3 - re pill request - need to speak before issuing - letter sent to make a phonetime with me Mrs Susie Simpson

05/08/2021 Third party encounter - message from admin team: "mobile - asking for cerelle mini pill - not had from us before - says she has had it from invergordon when she had her implant removed LC" Mrs Susie Simpson

08/06/2021 Telephone encounter re photo and in view of flu like Sx, best to treat - warned re SEs of Doxy Mrs Susie Simpson

08/06/2021 Patient consent given for medical photography Mrs Susie Simpson

08/06/2021 Nurse telephone triage - during Covid 19 pandemic- thinks got bitten by tick as now has rash that she thinks is a tick rash - didn't notice it and thinks it must've dislodged itself - feeling a bit flu-like - shivery and achey - will send photo and I will get back to her Mrs Susie Simpson

28/04/2021 Letter received Clinic Template New Craigs Hospital Psychiatry Mrs Linda Caithness

14/04/2021 Telephone encounter doing well past couple months, back to work. At a dental appt few weeks ago had a panic attack, seems to have triggered worsening of syx. Has two big root canals needing done, three appointments needed for each one. Can't do it, has repeatedly cancelled, has gone and sat outside. Thought of dressing over face/retractor in mouth/inability to swallow triggers panic/anxiety/depersonalisation. Ingvannie in Dingwall. No previous problems with dental phobia. Back R upper molar causing a lot of pain when eating. L top premolar - prev failed bridge. Has asked for a different dentist in the past and was given one, would be prepared to go back to someone else in same practice. Plan: agreed pt will request different dentist at same practice. Explained dentists can prescribe diazepam prior to dental procedures if required. Could also refer to Raigmore Dental services if remains unable to manage procedures required. Dr Gayle Patterson

21/01/2021 Chaperone refused Ms Yvonne Moir

19/01/2021 Failed encounter DNA-smear Ms Yvonne Moir

05/01/2021 Telephone encounter has been speaking to GP, doing ok, upped citalopram herself to 40mg about 1.5/52 ago, doing ok, seems to be improving from 20mg, discussed, ok to continue and added to repeats, ongoing beating the blues, see how symptoms settle/improve over next few weeks. Dr Jonathan Crawley

22/12/2020 Letter received Clinical Letter Received New Craigs Psychology Miss Laura Mackenzie

17/12/2020 Letter sent to outside agency Referral New Craigs Hospital Beating The Blues Mrs Cathie Prentice

15/12/2020 Administration NOS letter from Dr Laird clinic 16/11 just received yesterday. Amanda had thought he was referring her to Beating the blues computer CBT, but actually he asks us to do it. will ask admin to contact pt for email address and I'll refer.

Dr Gayle Patterson

07/12/2020 Letter received Clinic Template Raigmore Hospital Orthopaedics Miss Joanna Sutherland

05/12/2020 Closed fracture ankle, lateral malleolus - Left Weber A

05/12/2020 Discharge from accident and emergency service Discharge Letter NHS Highland Accident & Emergency A and E Dept. Mrs Linda Caithness

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

25/11/2020 Telephone triage encounter during covid19 pandemic. had a call from dr laird on sunday as follow-up as he is going onto AL this week. told her to stop taking promethazine due to risk of interaction with citalopram. Tried reducing to 40mg tds propranolol but felt worse so back to 160mg od. Struggling. Finding it hard to get out of bed. Having some visual distortions - fine in bed but as soon as gets out of bed to go downstairs depersonalisations starts. Been on citalopram 20mg for ~4d now. Feels like people don't understand how she's feeling. Not getting better, not going away. Has occ good days but - will go into a shop, start panicking, goes dizzy, can't breathe, vision goes - this will set her back for days. Dr Laird has referred to BtB, no word as yet. Feeling very low. Was switched from citalopram to sertraline last year when struggling after brother's death - in retrospect thinks citalopram was actually working well for her and it was because she was drinking too much that she was feeling so terrible. Discussed this is positive in that it suggests things will improve again as citalopram kicks in. Note Dr laird's letter advised starting at 10mg and increasing to 20mg as tolerated - happy to stay on 20mg. Asking about alternative to promethazine to help with anxiety - afraid not really other than propranolol. Hydroxyzine same risk of QT prolongation. Aware diazepam no LT or regular option but does use sparingly - 14 tabs last >a month - agreed another small supply. Dr Gayle Patterson

23/11/2020 Administration NOS Failed telephone encounter to confirm if taking Promethazine. Change of treatment form states Sertraline to taper and stop, Promethazine to stop and Citalopram to commence when sertraline stopped. Note possible interaction between promethazine and citalopram of potential prolongation of QT intervals or torsade de pointes. If taking together consider ECG monitoring. Other changes already actioned. Mrs Fiona Burt

22/11/2020 Letter received Clinic Template New Craigs Hospital Psychiatry

Miss Joanna

Sutherland

22/11/2020 Treatment dose changed Change of Treatment NHS Highland Administration Calum Laird

Miss Joanna

Sutherland

17/11/2020 Telephone triage encounter during covid19 pandemic. Had video appt with New Craigs yesterday - Dr Laird, got on well. Thinks showing signs of PTSD and BPD but not enough to make definite dx. Referred to BtB. Switched from sertraline to citalopram. Was told to call today to get new script - no change of Rx form yet but switch done as per TAM guidelines. Pt had already reduced from 150 to 100mg sertraline ~week ago. Has restarted promethazine and feels helping, particularly. Thinks propranolol 40mg tds more effective than 160mg MR. Has good days and bad days. Just been let go from work but looking for new job, keeping fairly positive. Plan: 1. reduce sertraline further to 50mg for 4d then next day start citalopram 20mg. 2. Propranolol and promethazine added to repeats. 3. Tel review 3-4w, sooner if issues. Dr Gayle Patterson

08/10/2020 Telephone triage encounter Anxiety bad currently. Feels 'depersonalised' constantly - dizzy, shaky 'not in her body' whenever she stands up/moves. Has been on sofa all day, can't get to shower. Went to A+E last night, told to phone NHS24. Waited around a while but ended up going home and missing call back. Has psych appt on 16/10. Mood ok, feels exhausted by anxiety and reports distractible suicidal thoughts, no plans. 15 and 19 yr old at home, son nearby. No other family, has friends but doesn't feel they understand. Feels promethazine makes her worse. Tried to buy street diazepam last night. Only increased sertraline fairly recently. Plan: supportive chat, further diazepam px, aware of addiction risk, await psych appt, signposted breathing space, mickey line, worsening statement Dr Anna Dallman

07/10/2020 Out of hours, practice note Unscheduled Care Report NHS Highland OOH

Mrs Linda

Caithness

07/10/2020 Out of hours, practice note Unscheduled Care Report NHS Highland OOH

Mrs Linda

Caithness

28/09/2020 Telephone triage encounter still struggling - feels like nothing is helping. taking propranolol daily - does think some benefit. Finding mornings and evenings the worst. Says no longer able to drive her car or sit with other people due to anxiety +++. Thinks anxiety is triggered by fear of depersonalisation. Not been doing much while off work as feels "frozen" at thought depersonalisation may come on. Been using diazepam very sparingly. Didn't take promethazine as read bad experiences about it online - discussed is a much safer/nicer med than diazepam, and would find similar about diazepam/propranolol if looked. Work are not paying SSP due to period on furlough - FCA are looking into it. In receipt of UC. Plan: 1. encouraged to try promethazine. 2. increase sertraline to 150mg daily. 3. tel review next wed. 4. extension to med3 till end october. 5. worsening statement. Dr Gayle Patterson

22/09/2020 Letter received Patient Template New Craigs Hospital Psychiatry

Miss Joanna

Sutherland

22/09/2020 Telephone encounter ongoing anxiety. lots of social stresses. seems quite calm on the phone. trying hard not to use diazepam. has had some dark thoughts recently, but wouldn't want to harm herself. children main protective factor. general supportive discussion. knows has been referred to CMHT. keen for further breathing space from work Dr R S Forsyth

17/09/2020 Letter received Misc Template Maywood Psychiatry

Miss Joanna

Sutherland

02/09/2020 Telephone encounter had very bad day at work on Friday - note discussion with RJ. Took 2mg diazepam and did nothing, started taking 4mg 4-hourly and worked well but obviously ran out quickly. Works at Bunchrew Hotel - has told work she can't go back until syx improve. Having panic syx every single day, usually worse in the morning. Panic attack at work 10d ago. Says syx constant throughout the day - only away if sleeping or when was taking the diazepam. Is forcing herself to do things. Has always had anxiety but this is the first time since teens it has been this bad. No recent worsening trigger. Thinks its the feelings of depersonalisation that cause the panic attacks. was seen by cmht in 2016 and referred to psychology for CBT - docman make it look like she DNAd, Amanda says she attended one appt but found it too hard. Discussion about the use of diazepam as a ST crisis medication and not for LT/regular use. Plan: 1. increase propranolol to 160mg MR. 2. Further small supply 5mg diazepam tablets - would be loathe to give more beyond this. 3. Try promethazine - if helpful can remain on this. 4. I'll refer CBT. 5. Med3 till end next week. 6. Tel review ~2w to consider further increase in SSRI, sooner if no improvement. Dr Gayle Patterson

28/08/2020 Anxiousness and tearful. has been sent home from work today as feels not coping. no specific triggers, but describes physical symptoms of acute anxiety. note sertraline dose has been increased, and propranolol commenced. general supportive discussion today, and prescribed a few diazepam tabs for acute anxiety. keen to review with GP next week Dr R S Forsyth

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

26/08/2020 Telephone encounter anxiety bad at moment, panic attack yesterday, depersonalisation. Has tried all self-help techniques but struggling. Had brief vasovagal sounding moment when getting out shower yesterday, triggered panic attack now just not settling. spiralling when around people. Feels heart pounding, stronger than normal, not faster. Has had similar many times before and usually settles with propranolol, has used on and off over the years. Anxiety been bad since lockdown, intermittent doses. Dr Gayle Patterson

04/06/2020 Letter received Clinic Template Raigmore Hospital Miss Joanna Sutherland

04/06/2020 Migraine Seen in yellow room with PPE. Hx as per call. Episode yesterday hyperventilating, lightheaded, nausea for 20mins, no LOC, no chest pain. Sounds very much like a panic attack. Moved house 5 weeks ago. no alcohol some decaf coffee. anxiety worse the past 2 weeks because of migraines. O/E HR 80 bp 142/89 temp 36.7 CN intact, PEARL, upper limb tone/power/reflex/sensation normal. fundoscopy attempted not great views. Imp: migraine and anxietyPlan: sumatriptan - represent in 2 weeks if migraines no better or if anxiety no better despite improvement in headaches. reduce otc analgesia. Dr Anna Dallman

04/06/2020 Telephone triage encounter Migraines the past 2 weeks. Left sided with aura. First week constant, this week intermittent - morning and evening. Nausea, no vomiting, no difference with position. Previously has tended to get migraines before periods. Has implant in with irregular bleeding, also feels its causing abdo pain and tension headaches, keen to have it out, and has spoken to sexual health but can't be seen for at least 6 weeks because of pandemic. Last night headache started, anxiety flared was hyerventilating, felt lightheaded and had to lay on floor for a while until felt better. On sertraline and propranolol for anxiety. BP high at OOH visit last week. Imp: Migraine and AnxietyPlan: options given of sumatriptan px over phone and nurse appt for bp or ftf review. Amanda keen for ftf. Appt given for yellow room Dr Anna Dallman

26/05/2020 Result Microbiology Report NHS HIGHLAND Labs Microbiology Mrs Linda Caithness

26/05/2020 Result Microbiology Report NHS HIGHLAND Labs Microbiology Mrs Linda Caithness

26/05/2020 Out of hours, practice note Unscheduled Care Report NHS Highland OOH

25/05/2020 Migraine unilateral. throbbing. some flashing lights. no vomiting. no worrying features. has been taking regular codeine from OOH over the w/e. may be fuelling an analgesic induced problem. advised to ease off on codeine. will go with paracetamol/ibuprofen. rest and rehydrate. worsening statement Dr R S Forsyth

23/05/2020 Out of hours, practice note Unscheduled Care Report NHS Highland OOH Mrs Miranda Johnstone

20/01/2020 Telephone encounter severe heartburn today after coffe and chocolate. has had on and off used gaviscon at xmas bit better after rennies. chemist said to speak to us. has some ranitidine left over from 2018 so to use this 150 bd. tci if not settling Dr K F McKechnan

21/08/2019 Scalp psoriasis and patches of guttate, requesting more topical Rx Dr Gayle Patterson

21/08/2019 Perioral dermatitis mild, try benzoyl peroxide gel in first instance, advised on used/SE Dr Gayle Patterson

21/08/2019 Patient reviewed back and work, feeling ok, happy to continue current dose SSRI - added to repeats. Dr Gayle Patterson

25/07/2019 Result Biochemistry Report NHS HIGHLAND Labs Biochemistry Ms Dawn Woods

25/07/2019 Had a chat to patient feeling and looking a lot better. Been resting past week. bloods fine except slightly low ca - may be spurious - repeated with mg ant vit d. Stopped citalopram 4d ago, feeling fine, happy to start sertraline. Think last script was left in the printer - reprinted. Review 3w, sooner if issues. Has appt for implant removal end of Aug. Dr Gayle Patterson

19/07/2019 Result Microbiology Report NHS HIGHLAND Labs Microbiology

19/07/2019 Letter received Microbiology Report NHS HIGHLAND Labs Microbiology

17/07/2019 Result Biochemistry Report NHS HIGHLAND Labs Biochemistry Ms Dawn Woods

17/07/2019 Result Microbiology Report NHS HIGHLAND Labs Microbiology Ms Dawn Woods

17/07/2019 Result Biochemistry Report NHS HIGHLAND Labs Biochemistry Ms Dawn Woods

17/07/2019 Result Haematology Report NHS HIGHLAND Labs Haematology Ms Dawn Woods

17/07/2019 Result Biochemistry Report NHS HIGHLAND Labs Biochemistry Mrs Linda Caithness

17/07/2019 Result Haematology Report NHS HIGHLAND Labs Haematology Ms Dawn Woods

17/07/2019 Result Biochemistry Report NHS HIGHLAND Labs Biochemistry Mrs Linda Caithness

17/07/2019 Fatigue and low mood, weight gain, cold all the time, heavy bleeding. Bloods to exclude anaemia, hypothyroids, DM. Dr Gayle Patterson

17/07/2019 Had a chat to patient re switching from citalopram to sertraline. Continue 10mg for 5d, stop for 48hr, then start sertraline. I'll call next week to see how she is ad with results. Dr Gayle Patterson

17/07/2019 Menorrhagia since nexplanon replaced has had increased bleeding, two periods a month each lasting a week. In the last 4w developed severe cramping suprapubic pains. No fever/UTI/discharge. o/e well. ASNT, no masses. Urinalysis: HCG -ve, leuc +++. Chaperone declined. Pelvic exam NAD. Speculum: moderate amount greenish discharge. Cervix looks normal, swabs taken. Is keen for implant to be removed so will contact sexual health in Invergordon. Await swabs. Dr Gayle Patterson

16/07/2019 Abdominal pain period-like cramps and heavy PV bleeding, has nexplanon changed 18m ago. No discharge, no current partner, STI screen -ve 1y ago. Appt given to return as MH issues took priority in this appt. Dr Gayle Patterson

16/07/2019 Anxiousness and low mood, tearful, poor sleep, tension-type headaches since best friend found dead in Jan and brother hanged himself in Feb. Didn't take time off work - petrol station in Tore - really struggling with putting a face on for public facing role. Been on citalopram for years, not sure helping. Med3 given. Is going to look for different work. Discussed switching from citalopram to safer alternative eg sertraline - agreeable. Reduce to 10mg for 1w then switch. Short course night sedation. Review next week. Dr Gayle Patterson

Croyard Medical Practice, Croyard Road, Beauly, Inverness-Shire, IV4 7DJ

Tel: 01463 782794

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Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

15/07/2019 Telephone triage encounter Pain for about a month. Seen at OOH on Friday. Advised to phone early am for on the days in future but slotted in tomorrow morning on this occasion. Will bring urine. Dr Eilidh Barr

12/07/2019 Out of hours, practice note Unscheduled Care Report NHS Highland OOH

12/07/2019 Failed encounter i have called 2 separate occasions 17:44 and 17:55 (and GP called earlier) . one ring and straight to answer machine. I have left message that we have tried to contact. still wishing/speak dr please call NHS 24 Dr Roshida Khanam

12/07/2019 Failed encounter pt spoke to admin staff earlier requesting emergency appt for 3w hx of abdo pain. Staff explained not really an emergency, then pt stated is also having intermittent bleeding. Tried to call but mobile straight to voicemail 1648. Message left asking her to call back before surgery closes this evening. Likely to be able to wait till next week. Dr Gayle Patterson

26/06/2019 Failed encounter no reply. message left Dr R S Forsyth

09/05/2019 Failed encounter left message Dr K F

Mckechn

11/02/2019 Headache since beg december from back of neck over occiput good rom neck and shoulders is tense no arm radiation. stressed at work and home not sleeping well. was going to try amitript but as on citalopram not advised as prolongation qt. short course zopiclone. not keen for med3 works 4 hours a day at tore service station in cafe. 3 kids son 13 has recent dx autism 17 year old daughter verbally abusive and difficult behaviour and son 21 similar noisy drinking. has given the older ones housing forms Dr K F Mckechn

11/02/2019 Scalp psoriasis alphosyl shampoo Dr K F

Mckechn

07/02/2019 Administration NOS Reminder issued to attend Med Review LC Dr N Paul

05/07/2018 Stress at work difficult situation at work. feels like she is being bullied and harassed by boss. doesn't know where to turn, and unsure of her employment situation and rights. discussed. will speak to CAB, but has another job offer so may leave. feels all stress is work related Dr R S Forsyth

05/02/2018 Dental symptoms HAD 2 teeth out last week - still in severe pain - disturbing sleep difficult eating/ brushing teeth - has appt with dentist today. Socket of removed canine looks ?infected. Dr Joanna Norris

23/11/2017 Telephone encounter Message left for patient - too young for the free trial at highlife. Dr Eilidh Barr

20/11/2017 Anxiousness Flaring up again. Had cut down to 10mg citalopram about 6 months ago. Feeling well over summer but winter normally flares. Try propranolol and increase citalopram to 20mg. Discussed exercise. Feels unable to in winter ? free highlife membership trial might be of benefit to her. Will find out. Dr Eilidh Barr

02/10/2017 Failed encounter noi reply. message left Dr R S Forsyth

04/09/2017 Failed encounter phoned mobile x2 - straight to voicemail. Dr Euan Orr

28/03/2017 Telephone encounter Asking for a letter of support after previous attack left her with injuries and post concussion syndrome. Apparently criminal injuries compensation have refused her on the basis she had anxiety prior to attack and DNA'd psychology FU. Happy to confirm order of events in letter. Dr Eilidh Barr

23/03/2017 Administration NOS left message asking her to contact sx- is requesting citalopram a month early if on 20 od ? has increased back to 40 daily Dr K F Mckechn

21/02/2017 Mental health review Doing well. Has decreased to 20mg herself. Manages stressful situations with propranolol. DNA'd psychology as struggled to get to NC. Dr Eilidh Barr

21/12/2016 Rib pain mild discomfort inferior anterior ribs. R side. Present a year or so - no lump/bump. No hepatomegally. Worried about gallbladder but nil to suggest from Hx. Possible muscular weakness intercostal - review if character changes or new symptoms appear. Normal examination. Dr Ross Jaffrey

21/12/2016 Smoking cessation advice declined Mrs Nurse 2 Moo

21/12/2016 Smoking cessation drug therapy declined Mrs Nurse 2 Moo

21/07/2016 Administration Copy records + £20 invoice retd to CICA. JMcK Dr Ross Jaffrey

19/07/2016 Administration NOS notes copied for criminal injuries and sent to beaully for checking mm Dr N Paul

08/07/2016 Administration NOS criminal injuries form sent eb/mm Dr N Paul

05/07/2016 Administration NOS Patient hadnded in forms for crominal injuries compensation request with signed consent. I can fill out from notes last year. Dr Eilidh Barr

05/07/2016 C/O: a rash Patient noted itch rash left thigh before every period. Has nexplanon so periods sometimes a little irregular. Does have eczema elsewhere. O?E slightly raised ? urticarial appearance to area of left thigh. Pateint tells me completely disappears in between menstruation. PPlan - steroid and antihistamine. Dr Eilidh Barr

19/04/2016 Dizziness symptom ongoing. awaiting ent referral. was hoping i can fastrack appointment. comes in bouts and has ongoing tinnitus. explained waiting lists long and not sure if letter will help bring appointment forward HOWEVER until seen by ENT we can try to see if we can manage some of the symptoms. if working can put onto repeat. rk Dr Roshida Khanam

08/04/2016 Administration NOS Phoned wanting an emergency appointment today she phoned at 5.55pm was told i could try to get her into our Beaully surgery she declined . Asked if it was an emergency she said she knew what it was an on gonig problem and needed tabs i told her there was nothing unless she could go to Beaully she declined and hung up . only know it was this patient as we did a surch on her phone number . Dr N Paul

24/03/2016 Failed encounter no answer- left message Dr K F

Mckechn

08/03/2016 Generalised anxiety disorder

18/02/2016 Did not attend

09/02/2016 Anxiousness awaiting outpatient review; this march. filled in phq-9. note thoughts of suicide but states no intentions on acting on them. states just suddenly feels dread. looking for anything else she can do. this feeling since stoping alcohol. Plan - increase citalopram 40mg OD- await psych. -advised to stay off alcohol as may exacerbate the symptoms. Dr Roshida Khanam

04/02/2016 Patient reviewed attended as planned, has completed bio-psych forms & PHQ9, but has left the forms at home - reschedule for next week & submit forms in advance or bring them with her Dr Barry Cradock

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

27/01/2016 Anxiousness long standing. Has assessment appointment at psych OPD 03/16. On citalopram 20mg approx 3 years, & prn propranolol 40mg. Agree complete PHQ9 & bio-psych assessments, continue current meds meantime, review 1 week, ?? switch to sertraline or mirtazapine Dr Barry Cradock

25/01/2016 Seen in out of hours centre Dr N Paul

07/01/2016 Excepted from smoking quality indicators: Informed dissent Dr R S Forsyth

16/12/2015 NHS Health Check invitation third letter smoking cessation Dr R S Forsyth

16/12/2015 Anxiousness - symptom - keen to see psychology - helped in the past. Due to start college in Jan - beauty therapy. Not been working for 3 weeks not helped. Loose stools 3 weeks - ? milk - will avoid for 2 weeks. Will review 2-3 weeks. Refer to CMHT Dr Ross Jaffrey

24/11/2015 NHS Health Check invitation second letter smoking cessation Dr R S Forsyth

03/11/2015 Tinnitus ongoing. was assessed 4 years ago. now worse. keen for re-referral Dr R S Forsyth

03/11/2015 Seborrhoeic dermatitis capitis behind ears, scalp and patch on chest Dr R S Forsyth

27/10/2015 NHS Health Check invitation first letter smoking cessation Dr R S Forsyth

21/09/2015 Administration NOS missed getting tablets from MOO chemist. Boots Beauy issued citalopram 20mg and 10mg x 28 needed script. Appears to be on 20mg only. Dr Ross Jaffrey

21/09/2015 Seen in out of hours centre Dr N Paul

29/07/2015 Total notes on computer Old GPR has been scanned to Docman. No paper records. Mrs Helen

Homer

29/07/2015 Notes summary on computer Mrs Helen

Homer

06/07/2015 Dermatitis NOS Present on face. Very mild. Also describes a number of lesions on her right thigh. Present for months. 3 1cm by 1cm lesions on right hip. Red in nature with no other features. Plan: Steroid cream and review if not settling. Dr Mark

Keenan

06/07/2015 Feeling stressed Problems with work not paying her sick leave and boss making inappropriate advances. Advised to speak to CAB. Dr Mark Keenan

23/06/2015 [D]Vertigo NOS certainly exacerbated by the assault. Remains quite anxious about events. Used Inderal years ago. Works in Jamaican restaurant in Inness. Dr N Paul

22/06/2015 Telephone encounter Ongoing vertigo. Likely part of the post concussion syndrome. No other worrying features. tci tomorrow. Dr Mark Keenan

22/06/2015 Telephone encounter No answer. Left a message to contact the surgery. Dr Mark Keenan

15/06/2015 [D]Vertigo NOS Has had vertigo on and off since 2009. Noted - ENT clinic letter from 2011. Experiencing a current episode but getting better. Requesting a sick line. Dr Mark Keenan

15/06/2015 Telephone encounter Requesting an appointment to discuss a Med 3 Form for work. tci Dr Mark Keenan

08/06/2015 Contusion, lower limb and other unspecified sites multiple small bruises lower limbs. no evidence of significant injury. no further specific treatment required Dr R S Forsyth

08/06/2015 Contusion, upper limb linear bruise left forearm Dr R S Forsyth

08/06/2015 Contusion (bruise) with intact skin bruise upper right breast Dr R S Forsyth

08/06/2015 Contusion, cheek was attacked by 3 women in the early hours of Sunday morning. apparently drug users known to the patient. has reported to police, who are returning later to photograph injuries. bruising and minor cuts around left orbit, minor laceration bridge of nose and around right eye. no evidence of fracture Dr R S Forsyth

08/06/2015 Minor injury - enhanced service completed Dr R S Forsyth

08/05/2015 H/O: knee problem Left knee pain. Stiff initially when moving but then settles. Walking normally. No locking/giving way of knee. No trauma to knee. O/e: No joint line tenderness, ACL/PCL in tact. Full ROM of knee. Imp: Sprain/strain. Physio. Dr Mark Keenan

19/01/2015 Had a chat to patient runs out of antidepressant tomo. Was not aware on repeat. Now aware of system. Dr Ross Jaffrey

16/01/2015 Failed encounter no reply message left Dr K F

Mckechan

16/01/2015 Failed encounter no answer to mobile given - message left to contact to arrange a suitable call time. Dr Ross Jaffrey

12/12/2014 Brief intervention for excessive alcohol consumpion declined Dr Ross Jaffrey

12/12/2014 Alcohol screen - fast alcohol screening test completed 1 Dr Ross Jaffrey

12/12/2014 Combined opport+cohort screen Alcohol screening - SIGN 74 presentation Dr Ross Jaffrey

12/12/2014 Nicotine replacement therapy refused Dr Ross Jaffrey

12/12/2014 Anxiousness increased since move. Unemployed at present but starting 2 jobs next week. Smoker. Drinks occasionally. Two children at home. Has background psych Hx - depression and depersonalisation. Not that keen on going into everything today. Sleep not great - very anxious in the mornings - will trial zopiclone and increase citalopram. Review 3 weeks. Citalopram added to repeats. Dr Ross Jaffrey

12/12/2014 Telephone encounter anxiety worsening has just moved from alness- had been in dundee for 12 years moved north to get away from partner spent 7/12 in alness then permanent address here. has family allness. does admit misses 1-2 doses citalopram weekly advised re this not coping well at present appt given Dr K F Mckechan

03/12/2014 Had a chat to patient just registered (formerly Alness) - running out of antidepressant. Also wants to get contraceptive implant. Made aware do not offer that service locally - will contact family planning. Takes citalopram 20mg. Will send month supply to chemist. Dr Ross Jaffrey

01/12/2014 Female MUIR OF ORD Dr N Paul

01/12/2014 Patient reg. form sent to FPC Dr N Paul

29/05/2014 Victim of physical abuse By partner; also past history of abusive relationships.

16/01/2013 Chlamydial infection

06/08/2012 [X]Depressive episode

03/12/2007 Miscarriage Medical evacuation.

23/07/2005 Spontaneous vaginal delivery Live male infant 3.3kg.

Croyard Medical Practice, Croyard Road, Beauy, Inverness-Shire, IV4 7DJ

Tel: 01463 782794

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Printed by JK1 on 22/06/26 13:52.15

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389

Permanent

01/06/2001 Spontaneous vaginal delivery IOL at 37/40. Live female infant 2.7kg..
27/07/2000 Aspirin indicated In any future pregnancy; previous suboptimal placental function.
27/04/2000 Intrauterine death at 37/40, due to suboptimal placental function. Stillborn male infant 2.5kg.
01/10/1997 Anxiety with depression With panic attacks.
25/09/1997 Spontaneous vaginal delivery Live male infant 3.2kg.
20/09/1994 Psoriasis NOS
10/10/1991 Child in care Long history of social problems.
02/04/1984 Anal fissure Dilated under GA.
01/01/1984 Chickenpox - varicella

Repeat Masters

Propranolol 40mg tablets Until: Last issued: 22/06/2026 Number of issues: 1 maximum 7 allowed
2 TABLETS MORNING, ONE LUNCH AND ONE BEDTIME (MAX 4 TABLETS IN 24 HOURS) WHIST MODIFIED RELEASE OUT OF STOCK
Omeprazole 20mg gastro-resistant capsules Until: Last issued: 19/05/2026 Number of issues: maximum 6 allowed
1 CAPSULE ONCE A DAY FOR REFLUX
Citalopram 40mg tablets Until: Last issued: 19/05/2026 Number of issues: maximum 6 allowed
1 TABLET DAILY
Desogestrel 75microgram tablets Until: Last issued: 05/02/2026 Number of issues: maximum 1 allowed
1 TABLET ONCE A DAY FOR CONTRACEPTION Notes for patient: Please contact the practice pharmacy team for a pill review. Thank you

Acute and Repeat Issue Therapy

22/06/2026 1 issued Propranolol 40mg tablets Supply: (224) tablet 2 TABLETS
MORNING, ONE LUNCH AND ONE BEDTIME (MAX 4 TABLETS IN 24 HOURS) WHIST MODIFIED RELEASE OUT OF STOCK
19/05/2026 issued Propranolol 40mg tablets Supply: (112) tablet TAKE TWO
TABLETS TWICE A DAY (WHILST MR CAPSULES UNAVAILABLE)
19/05/2026 6 issued Omeprazole 20mg gastro-resistant capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR REFLUX
19/05/2026 6 issued Citalopram 40mg tablets Supply: (56) tablet 1 TABLET DAILY
24/03/2026 issued Propranolol 40mg tablets Supply: (112) tablet TAKE TWO
TABLETS TWICE A DAY (WHILST MR CAPSULES UNAVAILABLE)
23/03/2026 5 issued Propranolol 160mg modified-release capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR ANXIETY
23/03/2026 5 issued Omeprazole 20mg gastro-resistant capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR REFLUX
23/03/2026 5 issued Citalopram 40mg tablets Supply: (56) tablet 1 TABLET DAILY
09/02/2026 issued Propranolol 40mg tablets Supply: (112) tablet TAKE TWO
TABLETS TWICE A DAY (WHILST MR CAPSULES UNAVAILABLE)
05/02/2026 4 issued Propranolol 160mg modified-release capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR ANXIETY
05/02/2026 4 issued Omeprazole 20mg gastro-resistant capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR REFLUX
05/02/2026 4 issued Citalopram 40mg tablets Supply: (56) tablet 1 TABLET DAILY
05/02/2026 2 issued Desogestrel 75microgram tablets Supply: (168) tablet 1 TABLET ONCE
A DAY FOR CONTRACEPTION
11/12/2025 3 issued Propranolol 160mg modified-release capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR ANXIETY
11/12/2025 3 issued Omeprazole 20mg gastro-resistant capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR REFLUX
11/12/2025 3 issued Citalopram 40mg tablets Supply: (56) tablet 1 TABLET DAILY
16/10/2025 2 issued Propranolol 160mg modified-release capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR ANXIETY
16/10/2025 2 issued Omeprazole 20mg gastro-resistant capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR REFLUX
16/10/2025 2 issued Citalopram 40mg tablets Supply: (56) tablet 1 TABLET DAILY
07/10/2025 issued Beclometasone 50micrograms/dose nasal spray Supply: (100) dose 1 SPRAY INTO
EACH NOSTRIL TWICE DAILY
07/10/2025 issued Propranolol 80mg modified-release capsules Supply: (28) capsule TAKE 1
CAPSULE ONCE A DAY IN THE EVENING IN ADDITION TO 160MG DOSE IN THE MORNING
19/08/2025 1 issued Propranolol 160mg modified-release capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR ANXIETY
19/08/2025 1 issued Omeprazole 20mg gastro-resistant capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR REFLUX
19/08/2025 1 issued Citalopram 40mg tablets Supply: (56) tablet 1 TABLET DAILY
19/08/2025 1 issued Desogestrel 75microgram tablets Supply: (168) tablet 1 TABLET ONCE
A DAY FOR CONTRACEPTION
24/06/2025 6 issued Citalopram 40mg tablets Supply: (56) tablet 1 TABLET DAILY
24/06/2025 5 issued Omeprazole 20mg gastro-resistant capsules Supply: (56) capsule 1 CAPSULE
ONCE A DAY FOR REFLUX

Croyard Medical Practice, Croyard Road, Beauly, Inverness-Shire, IV4 7DJ

Tel: 01463 782794

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Full Report

Miss Amanda Golabek	12/11/1979	Female	634 244 5389	Permanent
24/06/2025 6 issued Propranolol 160mg modified-release capsules ONCE A DAY FOR ANXIETY		Supply: (56) capsule		1 CAPSULE
02/05/2025 5 issued Propranolol 160mg modified-release capsules ONCE A DAY FOR ANXIETY		Supply: (56) capsule		1 CAPSULE
02/05/2025 5 issued Citalopram 40mg tablets		Supply: (56) tablet		1 TABLET DAILY
08/04/2025 1 issued Desogestrel 75microgram tablets		Supply: (168) tablet		1 TABLET ONCE
A DAY FOR CONTRACEPTION Notes for patient: Please contact the practice pharmacy team to review this medication. Thank you				
08/04/2025 issued Silkis ointment (Galderma (UK) Ltd)		Supply: (100) gram		APPLY UP TO
TWICE DAILY				
08/04/2025 issued Hydrocortisone 1% cream		Supply: (30) gram		APPLY ONCE
DAILY TO AFFECTED AREAS, AVOIDING EYES				
08/04/2025 issued Naproxen 500mg tablets		Supply: (56) tablet		1 TABLET WITH
FOOD UP TO TWICE DAILY IF REQUIRED FOR PAIN				
04/03/2025 1 issued Desogestrel 75microgram tablets		Supply: (28) tablet		1 TABLET ONCE
A DAY FOR CONTRACEPTION (REVIEW JANUARY 2025) Notes for patient: Please contact the practice pharmacy team to review this medication. Thank you				
04/03/2025 4 issued Citalopram 40mg tablets		Supply: (56) tablet		1 TABLET DAILY
04/03/2025 4 issued Omeprazole 20mg gastro-resistant capsules		Supply: (56) capsule		1 CAPSULE
ONCE A DAY FOR REFLUX				
04/03/2025 4 issued Propranolol 160mg modified-release capsules ONCE A DAY FOR ANXIETY		Supply: (56) capsule		1 CAPSULE
13/01/2025 1 issued Desogestrel 75microgram tablets		Supply: (84) tablet		1 TABLET ONCE
A DAY FOR CONTRACEPTION (REVIEW JANUARY 2025)				
07/01/2025 3 issued Citalopram 40mg tablets		Supply: (56) tablet		1 TABLET DAILY
07/01/2025 3 issued Omeprazole 20mg gastro-resistant capsules		Supply: (56) capsule		1 CAPSULE
ONCE A DAY FOR REFLUX				
07/01/2025 3 issued Propranolol 160mg modified-release capsules ONCE A DAY FOR ANXIETY		Supply: (56) capsule		1 CAPSULE
12/12/2024 1 issued Desogestrel 75microgram tablets		Supply: (84) tablet		1 TABLET ONCE
A DAY FOR CONTRACEPTION (REVIEW JANUARY 2025)				
06/12/2024 issued Diazepam 5mg tablets		Supply: (14) tablet		TAKE 1 UPTO
MAX THREE TIMES A DAY WHEN REQUIRED				
06/11/2024 2 issued Citalopram 40mg tablets		Supply: (56) tablet		1 TABLET DAILY
06/11/2024 2 issued Omeprazole 20mg gastro-resistant capsules		Supply: (56) capsule		1 CAPSULE
ONCE A DAY FOR REFLUX				
06/11/2024 2 issued Propranolol 160mg modified-release capsules ONCE A DAY FOR ANXIETY		Supply: (56) capsule		1 CAPSULE
27/08/2024 1 issued Citalopram 40mg tablets		Supply: (56) tablet		1 TABLET DAILY
27/08/2024 1 issued Omeprazole 20mg gastro-resistant capsules		Supply: (56) capsule		1 CAPSULE
ONCE A DAY FOR REFLUX				
27/08/2024 1 issued Propranolol 160mg modified-release capsules ONCE A DAY FOR ANXIETY		Supply: (56) capsule		1 CAPSULE
01/07/2024 1 issued Desogestrel 75microgram tablets		Supply: (168) tablet		1 TABLET ONCE
A DAY FOR CONTRACEPTION (REVIEW JANUARY 2025)				
27/06/2024 4 issued Propranolol 160mg modified-release capsules ONCE A DAY FOR ANXIETY		Supply: (56) capsule		1 CAPSULE
27/06/2024 2 issued Omeprazole 20mg gastro-resistant capsules		Supply: (56) capsule		1 CAPSULE
ONCE A DAY FOR REFLUX				
27/06/2024 1 issued Citalopram 40mg tablets		Supply: (56) tablet		1 TABLET DAILY
03/06/2024 issued Desogestrel 75microgram tablets		Supply: (28) tablet		1 TABLET ONCE
A DAY. SUPPLIED ELSEWHERE - NOT TO BE PRESCRIBED BY GP OR DISPENSED BY COMMUNITY PHARMACY				
23/05/2024 1 issued Omeprazole 20mg gastro-resistant capsules		Supply: (56) capsule		1 CAPSULE
ONCE A DAY FOR REFLUX				
23/05/2024 issued Protopic 0.1% ointment (LEO Pharma)		Supply: (30) gram		APPLY TWICE
DAILY AS REQUIRED				
22/05/2024 6 issued Citalopram 40mg tablets		Supply: (56) tablet		1 TABLET DAILY
22/05/2024 3 issued Propranolol 160mg modified-release capsules ONCE A DAY FOR ANXIETY		Supply: (56) capsule		1 CAPSULE
27/03/2024 5 issued Citalopram 40mg tablets		Supply: (56) tablet		1 TABLET DAILY
27/03/2024 6 issued Omeprazole 20mg gastro-resistant capsules		Supply: (56) capsule		1 CAPSULE
ONCE A DAY FOR REFLUX				
27/03/2024 2 issued Propranolol 160mg modified-release capsules ONCE A DAY FOR ANXIETY		Supply: (56) capsule		1 CAPSULE
25/03/2024 issued Propranolol 160mg modified-release capsules TAKEN DAILY FOR ANXIETY		Supply: (7) capsule		1 CAPSULE
18/03/2024 issued Protopic 0.1% ointment (LEO Pharma)		Supply: (30) gram		APPLY TWICE
DAILY AS REQUIRED				

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

15/03/2024	5 issued	Omeprazole 20mg gastro-resistant capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR REFLUX				
26/02/2024	issued	Protopic 0.1% ointment (LEO Pharma)	Supply: (30) gram	APPLY TWICE
DAILY AS REQUIRED				
13/02/2024	issued	Ketoconazole 2% cream	Supply: (30) gram	TWICE DAILY
TO FACE				
05/02/2024	issued	Daktacort 2%/1% cream (Janssen-Cilag Ltd)	Supply: (30) gram	APPLY TWICE A
DAY FOR 7 DAYS TO RASH ON FACE - THEN GP REVIEW IF NOT SETTLING				
25/01/2024	4 issued	Citalopram 40mg tablets	Supply: (56) tablet	1 TABLET DAILY
25/01/2024	4 issued	Omeprazole 20mg gastro-resistant capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR REFLUX				
25/01/2024	1 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
23/01/2024	issued	Chloramphenicol 1% eye ointment	Supply: (4) gram	APPLY ONCE
DAILY AT NIGHT TO AFFECTED EYE				
23/01/2024	issued	Chloramphenicol 0.5% eye drops	Supply: (10) ml	1 DROP EVERY
TWO HOURS AS DIRECTED				
23/01/2024	issued	Beclometasone 50micrograms/dose nasal spray	Supply: (100) dose	2 SPRAYS
TWICE DAILY FOR SINUSES				
29/11/2023	6 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
29/11/2023	2 issued	Desogestrel 75microgram tablets	Supply: (168) tablet	1 TABLET ONCE
A DAY FOR CONTRACEPTION				
29/11/2023	3 issued	Citalopram 40mg tablets	Supply: (56) tablet	1 TABLET DAILY
29/11/2023	3 issued	Omeprazole 20mg gastro-resistant capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR REFLUX				
10/11/2023	issued	Prazosin 500microgram tablets	Supply: (42) tablet	TAKE TWO AT
NIGHT FOR 1 WEEK THEN INCREASE TO FOUR TABLETS AT NIGHT THEREAFTER				
06/10/2023	5 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
06/10/2023	2 issued	Citalopram 40mg tablets	Supply: (56) tablet	1 TABLET DAILY
06/10/2023	2 issued	Omeprazole 20mg gastro-resistant capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR REFLUX				
18/09/2023	issued	Diazepam 5mg tablets	Supply: (14) tablet	TAKE 1 UPTO
MAX THREE TIMES A DAY WHEN REQUIRED				
10/08/2023	4 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
10/08/2023	1 issued	Citalopram 40mg tablets	Supply: (56) tablet	1 TABLET DAILY
20/07/2023	issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
26/06/2023	1 issued	Omeprazole 20mg gastro-resistant capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR REFLUX				
16/06/2023	1 issued	Desogestrel 75microgram tablets	Supply: (168) tablet	1 TABLET ONCE
A DAY FOR CONTRACEPTION				
16/06/2023	3 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
16/06/2023	6 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
09/06/2023	issued	Desogestrel 75microgram tablets	Supply: (28) tablet	1 TO BE TAKEN
DAILY FOR CONTRACEPTION				
23/05/2023	issued	Omeprazole 20mg gastro-resistant capsules	Supply: (28) capsule	1 CAPSULE
ONCE A DAY Notes for patient: Please make an appt to discuss your symptoms with GP if ongoing/regular need for this medication.				
23/05/2023	5 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
21/04/2023	2 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
21/04/2023	4 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
29/03/2023	issued	Fucidin H cream (LEO Pharma)	Supply: (30) gram	1 APPLICATION
FOUR TIMES DAILY TO AFFECTED SKIN AROUND MOUTH FOR 1 WEEK				
29/03/2023	issued	Omeprazole 20mg gastro-resistant capsules	Supply: (28) capsule	1 CAPSULE
ONCE A DAY				
29/03/2023	issued	Enstilar 50micrograms/g / 0.5 mg/g cutaneous foam (LEO Pharma)	Supply: (60) gram	APPLY ONCE DAILY TO AREAS OF PSORIASIS
27/03/2023	3 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
24/03/2023	issued	Amoxicillin 500mg capsules	Supply: (30) capsule	TWO CAPSULES
THREE TIMES A DAY FOR 5DAYS				
13/03/2023	issued	Doxycycline 100mg capsules	Supply: (6) capsule	2 CAPSULES
TOGETHER ON DAY ONE, THEN ONE A DAY THEREAFTER.				
24/02/2023	1 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
24/02/2023	2 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
31/01/2023	1 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY

Croyard Medical Practice, Croyard Road, Beaulieu, Inverness-Shire, IV4 7DJ

Tel: 01463 782794

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389

Permanent

04/01/2023	12 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
23/12/2022	1 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
05/12/2022	11 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
05/12/2022	1 issued	Desogestrel 75microgram tablets	Supply: (168) tablet	1 TABLET ONCE
A DAY FOR CONTRACEPTION				
28/11/2022	issued	Desogestrel 75microgram tablets	Supply: (28) tablet	1 TABLET ONCE
A DAY				
04/11/2022	10 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
31/10/2022	1 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
28/10/2022	issued	Propranolol 160mg modified-release capsules	Supply: (6) capsule	ONE TO BE
TAKEN DAILY FOR ANXIETY				
07/10/2022	9 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
07/09/2022	8 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
25/08/2022	6 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
15/08/2022	7 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
11/08/2022	issued	Cinnarizine 15mg tablets	Supply: (100) tablet	2 TABLETS
THREE TIMES A DAY				
11/08/2022	issued	Sumatriptan 50mg tablets	Supply: (6) tablet	1 TABLET AT
THE ONSET OF MIGRAINE ATTACK. CAN REPEAT DOSE AFTER 2 HOURS IF MIGRAINE RECURS.				
11/08/2022	issued	Beclometasone 50micrograms/dose nasal spray	Supply: (200) dose	2 SPRAYS
TWICE A DAY				
11/08/2022	issued	Co-codamol 8mg/500mg tablets	Supply: (32) tablet	1-2 TABLETS UP
TO FOUR TIMES DAILY				
15/07/2022	6 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
07/07/2022	issued	Co-codamol 8mg/500mg tablets	Supply: (32) tablet	1-2 TABLETS UP
TO FOUR TIMES DAILY				
04/07/2022	5 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
14/06/2022	3 issued	Doublebase gel (Dermal Laboratories Ltd)	Supply: (500) gram	APPLY WHEN
REQUIRED				
14/06/2022	5 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
09/06/2022	2 issued	Desogestrel 75microgram tablets	Supply: (168) tablet	1 TABLET ONCE
A DAY FOR CONTRACEPTION				
09/05/2022	4 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
21/04/2022	issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
21/04/2022	4 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
09/03/2022	3 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
09/03/2022	3 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
22/02/2022	2 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
20/12/2021	2 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
20/12/2021	1 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
16/12/2021	1 issued	Desogestrel 75microgram tablets	Supply: (168) tablet	1 TABLET ONCE
A DAY FOR CONTRACEPTION				
15/12/2021	issued	Phenoxymethylpenicillin 250mg tablets	Supply: (40) tablet	2 TABLETS
FOUR TIMES DAILY FOR 5 DAYS				
18/11/2021	6 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
19/10/2021	1 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
19/10/2021	5 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
13/10/2021	issued	Cocis ointment (RPH Pharmaceuticals AB)	Supply: (40) gram	APPLY TO
SCALP AS DIRECTED				
13/10/2021	issued	Betamethasone valerate 0.1% scalp application	Supply: (100) ml	USE AS
DIRECTED				
13/10/2021	issued	Dovobet gel (LEO Pharma)	Supply: (60) gram	APPLY ONCE A
DAY				
15/09/2021	6 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
15/09/2021	4 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
23/08/2021	issued	Otomize ear spray (Ennogen Healthcare International Ltd)	Supply: (5) ml	1 SPRAY THREE TIMES DAILY
23/08/2021	3 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
20/08/2021	issued	Omeprazole 20mg gastro-resistant capsules	Supply: (28) capsule	1 CAPSULE
ONCE A DAY ON AN EMPTY STOMACH				

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20/08/2021	issued	Naproxen 500mg tablets	Supply: (56) tablet	1 TABLET
TWICE DAILY				
22/07/2021	5 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
22/07/2021	2 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
24/06/2021	1 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
08/06/2021	issued	Doxycycline 100mg capsules	Supply: (42) capsule	ONE CAPSULE
TWICE A DAY FOR 21 DAYS				
25/05/2021	5 issued	Alphosyl 2 in 1 shampoo (Omega Pharma Ltd)	Supply: (500) ml	USE AS
DIRECTED				
25/05/2021	4 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
25/05/2021	3 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
27/04/2021	2 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
21/04/2021	issued	Zopiclone 7.5mg tablets	Supply: (14) tablet	HALF A TABLET
OR ONE TABLET AT NIGHT AS DIRECTED				
01/04/2021	1 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
01/04/2021	3 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
03/03/2021	3 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
01/02/2021	2 issued	Doublebase gel (Dermal Laboratories Ltd)	Supply: (500) gram	APPLY WHEN
REQUIRED				
01/02/2021	4 issued	Alphosyl 2 in 1 shampoo (Omega Pharma Ltd)	Supply: (500) ml	USE AS
DIRECTED				
01/02/2021	2 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
01/02/2021	2 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
05/01/2021	1 issued	Citalopram 40mg tablets	Supply: (28) tablet	1 TABLET DAILY
25/11/2020	1 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
25/11/2020	issued	Diazepam 5mg tablets	Supply: (14) tablet	ONE TABLET AS
REQUIRED FOR SEVERE ANXIETY. MAXIMUM THREE TABLETS IN 24HOURS.				
17/11/2020	1 issued	Promethazine hydrochloride 25mg tablets	Supply: (56) tablet	1 TWICE DAILY
DAILY FOR ANXIETY				
17/11/2020	1 issued	Propranolol 40mg tablets	Supply: (84) tablet	1 TABLET
THREE TIMES DAILY FOR ANXIETY				
17/11/2020	issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR ANXIETY. TO BE STARTED ONCE SERTRALINE HAS STOPPED.				
17/11/2020	issued	Sertraline 50mg tablets	Supply: (7) tablet	1 TABLET ONCE
A DAY. ONCE THESE TABLETS ARE FINISHED START CITALOPRAM 20MG AS DISCUSSED.				
02/11/2020	3 issued	Alphosyl 2 in 1 shampoo (Omega Pharma Ltd)	Supply: (500) ml	USE AS
DIRECTED				
27/10/2020	2 issued	Sertraline 100mg tablets	Supply: (56) tablet	1 TABLET ONCE
A DAY				
08/10/2020	issued	Diazepam 5mg tablets	Supply: (14) tablet	1 TABLET FOR
OCCASIONAL USE FOR SEVERE ANXIETY. MAX THREE TABLETS DAILY.				
28/09/2020	1 issued	Propranolol 160mg modified-release capsules	Supply: (56) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
28/09/2020	issued	Sertraline 50mg tablets	Supply: (28) tablet	1 TABLET ONCE
A DAY (TOTAL DOSE 150MG DAILY)				
02/09/2020	issued	Diazepam 5mg tablets	Supply: (14) tablet	1 TABLET FOR
OCCASIONAL USE FOR SEVERE ANXIETY. MAX THREE TABLETS DAILY.				
02/09/2020	issued	Promethazine hydrochloride 25mg tablets	Supply: (28) tablet	1-2 TABLETS
DAILY FOR ANXIETY				
02/09/2020	issued	Propranolol 160mg modified-release capsules	Supply: (28) capsule	1 CAPSULE
ONCE A DAY FOR ANXIETY				
28/08/2020	issued	Diazepam 2mg tablets	Supply: (14) tablet	1 TABLET(S)
FOR OCCASIONAL USE FOR ACUTE ANXIETY				
26/08/2020	1 issued	Sertraline 100mg tablets	Supply: (56) tablet	1 TABLET ONCE
A DAY				
26/08/2020	1 issued	Propranolol 40mg tablets	Supply: (56) tablet	1 TABLET UP TO
THREE TIMES DAILY FOR ANXIETY				
04/06/2020	issued	Sumatriptan 50mg tablets	Supply: (12) tablet	1 TABLET AT
THE ONSET OF MIGRAINE ATTACK. CAN REPEAT DOSE AFTER 2 HOURS IF MIGRAINE RECURS.				
04/06/2020	5 issued	Sertraline 50mg tablets	Supply: (56) tablet	1 TABLET ONCE
A DAY				
24/03/2020	issued	Propranolol 40mg tablets	Supply: (28) tablet	1 TABLET(S) 6
HOURLY IF REQUIRED FOR ANXIETY				

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24/03/2020	4 issued	Sertraline 50mg tablets	Supply: (56) tablet	1 TABLET ONCE
A DAY				
08/01/2020	3 issued	Sertraline 50mg tablets	Supply: (56) tablet	1 TABLET ONCE
A DAY				
07/11/2019	2 issued	Sertraline 50mg tablets	Supply: (56) tablet	1 TABLET ONCE
A DAY				
07/11/2019	2 issued	Alphosyl 2 in 1 shampoo (Omega Pharma Ltd)	Supply: (500) ml	USE AS
DIRECTED				
21/08/2019	1 issued	Alphosyl 2 in 1 shampoo (Omega Pharma Ltd)	Supply: (500) ml	USE AS
DIRECTED				
21/08/2019	1 issued	Doublebase gel (Dermal Laboratories Ltd)	Supply: (500) gram	APPLY WHEN
REQUIRED				
21/08/2019	issued	Benzoyl peroxide 5% gel	Supply: (50) gram	APPLY 1-2
TIMES DAILY				
21/08/2019	issued	Hydrocortisone 1% cream	Supply: (30) gram	USE TWICE A
DAY ON AREAS OF AFFECTED SKIN				
21/08/2019	1 issued	Sertraline 50mg tablets	Supply: (56) tablet	1 TABLET ONCE
A DAY				
17/07/2019	issued	Sertraline 50mg tablets	Supply: (28) tablet	1 TABLET ONCE
A DAY Notes for patient: Take first tablet Wed 24th July.				
16/07/2019	issued	Zolpidem 5mg tablets	Supply: (7) tablet	1 TABLET AT
BEDTIME				
16/07/2019	issued	Citalopram 10mg tablets	Supply: (7) tablet	1 TABLET DAILY
23/05/2019	1 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
23/05/2019	issued	Alphosyl 2 in 1 shampoo (Omega Pharma Ltd)	Supply: (250) ml	USE AS
DIRECTED				
11/02/2019	issued	Alphosyl 2 in 1 shampoo (Omega Pharma Ltd)	Supply: (250) ml	USE AS
DIRECTED				
11/02/2019	issued	Zopiclone 7.5mg tablets	Supply: (14) tablet	1 TABLET AT
NIGHT				
07/02/2019	3 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
12/11/2018	2 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
02/08/2018	1 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
26/04/2018	3 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
05/02/2018	2 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
05/02/2018	issued	Codeine 15mg tablets	Supply: (100) tablet	1 TO 2 TABLETS
EVERY 4 HOURS WHEN REQUIRED FOR DENTAL PAIN				
05/02/2018	issued	Ranitidine 150mg tablets	Supply: (60) tablet	1 TABLET
DAILY AS STOMACH PROTECTION WHILST ON NAPROXEN				
05/02/2018	issued	Naproxen 250mg tablets	Supply: (56) tablet	1 TABLET
TWICE DAILY FOR DENTAL PAIN				
20/11/2017	1 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
20/11/2017	issued	Propranolol 40mg tablets	Supply: (56) tablet	1 TABLET(S) 6
HOURLY IF REQUIRED				
13/06/2017	3 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
24/03/2017	2 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
21/02/2017	1 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
21/02/2017	issued	Propranolol 40mg tablets	Supply: (56) tablet	1 TABLET(S) 6
HOURLY IF REQUIRED				
30/12/2016	3 issued	Citalopram 20mg tablets	Supply: (56) tablet	2 TABLETS
DAILY FOR LOW MOOD				
02/11/2016	2 issued	Citalopram 20mg tablets	Supply: (56) tablet	2 TABLETS
DAILY FOR LOW MOOD				
13/09/2016	1 issued	Citalopram 20mg tablets	Supply: (56) tablet	2 TABLETS
DAILY FOR LOW MOOD				
05/08/2016	3 issued	Citalopram 20mg tablets	Supply: (56) tablet	2 TABLETS
DAILY FOR LOW MOOD				

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05/07/2016	issued	Doublebase gel (Dermal Laboratories Ltd)	Supply: (500) gram	APPLY WHEN
REQUIRED				
05/07/2016	issued	Loratadine 10mg tablets	Supply: (30) tablet	1 TABLET ONCE
A DAY				
05/07/2016	issued	Hydrocortisone 1% cream	Supply: (30) gram	USE TWICE A
DAY ON AREA OF THIGH				
24/06/2016	2 issued	Citalopram 20mg tablets	Supply: (56) tablet	2 TABLETS
DAILY FOR LOW MOOD				
17/05/2016	1 issued	Citalopram 20mg tablets	Supply: (56) tablet	2 TABLETS
DAILY FOR LOW MOOD				
19/04/2016	issued	Beclometasone 50micrograms/dose nasal spray	Supply: (180) dose	2 PUFFS INTO
EACH NOSTRIL DAILY.				
19/04/2016	issued	Buccastem M 3mg tablets (Alliance Pharmaceuticals Ltd)	Supply: (28) tablet	ONE TO TWO TABLETS TWICE DAILY
14/04/2016	1 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
16/03/2016	2 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
09/02/2016	issued	Propranolol 40mg tablets	Supply: (28) tablet	1 TABLET(S) 6
HOURLY IF REQUIRED				
09/02/2016	issued	Propranolol 40mg tablets	Supply: (28) tablet	1 TABLET(S) 6
HOURLY IF REQUIRED				
27/01/2016	1 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
22/01/2016	issued	Propranolol 40mg tablets	Supply: (28) tablet	1 TABLET(S) 6
HOURLY IF REQUIRED				
29/12/2015	3 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
18/11/2015	2 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
03/11/2015	issued	Alphosyl 2 in 1 shampoo (Omega Pharma Ltd)	Supply: (250) ml	USE AS
DIRECTED				
03/11/2015	issued	Daktacort 2%/1% cream (Janssen-Cilag Ltd)	Supply: (30) gram	APPLY TWICE A
DAY FOR 7 DAYS				
21/09/2015	issued	Citalopram 20mg tablets	Supply: (28) tablet	1 TABLET DAILY
21/09/2015	issued	Citalopram 10mg tablets	Supply: (28) tablet	1 TABLET DAILY
17/09/2015	1 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
06/07/2015	issued	Hydrocortisone 0.5% cream	Supply: (30) gram	1-2 DAILY
23/06/2015	3 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
23/06/2015	issued	Propranolol 40mg tablets	Supply: (28) tablet	1 TABLET(S) 6
HOURLY IF REQUIRED				
23/06/2015	2 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
15/06/2015	issued	Cyclizine 50mg tablets	Supply: (30) tablet	1 TABLET
THREE TIMES DAILY				
08/05/2015	1 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
19/01/2015	1 issued	Citalopram 10mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
19/01/2015	1 issued	Citalopram 20mg tablets	Supply: (56) tablet	1 TABLET
DAILY FOR LOW MOOD				
12/12/2014	issued	Zopiclone 7.5mg tablets	Supply: (14) tablet	1 TABLET AT
NIGHT				
12/12/2014	issued	Citalopram 10mg tablets	Supply: (28) tablet	1 TABLET DAILY
03/12/2014	issued	Citalopram 20mg tablets	Supply: (28) tablet	1 TABLET DAILY

Recall

14/05/2022	Recall on 29/04/2027 for	Cervical smear - human papillomavirus negative with Dr Eilidh Barr	Status:Outstanding
Recall Advice: Routine Recall - 5 years			
13/03/2021	Recall on 21/01/2022 for	Cervical smear: negative with Dr Eilidh Barr	Status:Complete
17/01/2017	Recall on 21/12/2019 for	Cervical smear: negative with Dr N Paul	Status:Complete
Recall Advice: Routine Recall			

Consultation

22/06/2026	Telephone call to a patient	Dr Eilidh Barr
22/06/2026	Administration	Mrs Jan Keith

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04/06/2026	Administration	Mrs Susie Simpson
22/05/2026	Surgery consultation	Ms Vivienne Spark
21/05/2026	Administration	Mrs Susie Simpson
19/05/2026	Medicine Management	Mrs Charlotte Offord
19/05/2026	Administration	Mrs Linda Caithness
25/03/2026	Surgery consultation	Dr Gayle Patterson
25/03/2026	Telephone call to a patient	Dr Gayle Patterson
24/03/2026	Medicine Management	Mrs Charlotte Offord
23/03/2026	Administration	Mrs Linda Caithness
23/03/2026	Medicine Management	Mrs Charlotte Offord
23/03/2026	Administration	Mrs Julia Mcneil
09/02/2026	Medicine Management	Mrs Charlotte Offord
05/02/2026	Administration	Miss Jade Mackay
12/12/2025	Surgery consultation	Ms Yvonne Moir
11/12/2025	Administration	Miss Jade Mackay
10/12/2025	Telephone call to a patient	Dr Ross Jaffrey
20/11/2025	Surgery consultation	Ms Jaclyn Dhar-Young
20/11/2025	Administration	Mrs Linda Caithness
20/11/2025	Administration	Miss Stacey Ogg
20/11/2025	eConsultation	Dr Ross Jaffrey
13/11/2025	Surgery consultation	Ms Jaclyn Dhar-Young
13/11/2025	Administration	Mrs Cathie Prentice
13/11/2025	Administration	Dr Ross Jaffrey
12/11/2025	Third Party Consultation	Ms Dawn Woods
12/11/2025	Third Party Consultation	Ms Dawn Woods
12/11/2025	Third Party Consultation	Ms Dawn Woods
12/11/2025	Third Party Consultation	Ms Dawn Woods
12/11/2025	Third Party Consultation	Ms Dawn Woods
12/11/2025	Results recording	Dr Ross Jaffrey
12/11/2025	Results recording	Dr Ross Jaffrey
12/11/2025	Results recording	Dr Ross Jaffrey
12/11/2025	Results recording	Dr Ross Jaffrey
12/11/2025	Results recording	Dr Ross Jaffrey
12/11/2025	Surgery consultation	Ms Yvonne Moir
11/11/2025	Administration	Mrs Louise Green
06/11/2025	Telephone call to a patient	Dr Ross Jaffrey
06/11/2025	Administration	Mrs Linda Caithness
31/10/2025	Telephone call to a patient	Dr Ross Jaffrey
31/10/2025	Administration	Dr Ross Jaffrey
16/10/2025	Administration	Mrs Miranda Johnstone
07/10/2025	Telephone call to a patient	Dr Tim Gomersall
16/09/2025	Telephone call to a patient	Dr Eilidh Barr
19/08/2025	Administration	Mrs Louise Green
24/07/2025	Administration	Dr Eilidh Barr
17/07/2025	Third Party Consultation	Miss Jade Mackay
24/06/2025	Administration	Mrs Jan Keith
04/06/2025	Administration	Mrs Susie Simpson
02/05/2025	Administration	Mrs Siobhan Horne
08/04/2025	Surgery consultation	Dr Lorna Swarbrick
08/04/2025	Telephone call to a patient	Dr Anna Dallman
04/03/2025	Medicine Management	Mrs Charlotte Offord
04/03/2025	Administration	Mrs Linda Caithness
12/02/2025	Third Party Consultation	Mrs Linda Caithness
13/01/2025	Administration	Mrs Susie Simpson
07/01/2025	Administration	Mrs Linda Caithness
12/12/2024	Medicine Management	Mrs Fiona Burt
06/12/2024	Triage	Dr Carlyne Simpson
06/11/2024	Administration	Dr Jonathan Crawley
06/11/2024	Medicine Management	Mrs Hayley Mackintosh
06/11/2024	Administration	Mrs Jan Keith
05/11/2024	Third Party Consultation	Mrs Linda Caithness
05/11/2024	Third Party Consultation	Mrs Linda Caithness
27/08/2024	Medicine Management	Mrs Charlotte Offord
27/08/2024	Administration	Mrs Linda Caithness
02/08/2024	Administration	Dr Tim Gomersall
16/07/2024	Administration	Miss Jade Mackay
10/07/2024	Third Party Consultation	Miss Jade Mackay
01/07/2024	Medicine Management	Mrs Charlotte Offord
27/06/2024	Medicine Management	Mrs Charlotte Offord
27/06/2024	Administration	Miss Jade Mackay
04/06/2024	Administration	Mrs Louise Green
23/05/2024	Medicine Management	Mrs Fiona Burt
23/05/2024	Telephone call to a patient	Dr Jonathan Crawley

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22/05/2024	Administration	Mrs Linda Caithness
21/05/2024	Third Party Consultation	Mrs Linda Caithness
21/05/2024	Administration	Dr Eilidh Barr
21/05/2024	Administration	Miss Jade Mackay
15/05/2024	Third Party Consultation	Miss Jade Mackay
27/03/2024	Administration	Mrs Linda Caithness
26/03/2024	Administration	Mrs Julia Mcneil
18/03/2024	Telephone call to a patient	Dr Jonathan Crawley
15/03/2024	Administration	Miss Jade Mackay
29/02/2024	Third Party Consultation	Ms Dawn Woods
28/02/2024	Third Party Consultation	Ms Dawn Woods
28/02/2024	Results recording	Dr Jonathan Crawley
26/02/2024	Surgery consultation	Dr Jonathan Crawley
26/02/2024	Triage	Dr Eilidh Barr
13/02/2024	Surgery consultation	Dr Ellen Stewart
13/02/2024	Telephone call to a patient	Dr Katie Prince
05/02/2024	Triage	Dr Carolyne Simpson
05/02/2024	Triage	Dr Carolyne Simpson
02/02/2024	Telephone call to a patient	Dr Katie Prince
25/01/2024	Administration	Miss Jade Mackay
23/01/2024	Administration	Dr Ellen Stewart
23/01/2024	Triage	Dr Carolyne Simpson
11/12/2023	Medicine Management	Mrs Charlotte Offord
29/11/2023	Administration	Mrs Julia Mcneil
10/11/2023	Medicine Management	Mrs Fiona Burt
10/11/2023	Administration	Miss Jade Mackay
09/11/2023	Third Party Consultation	
09/11/2023	Third Party Consultation	
30/10/2023	Third Party Consultation	Miss Jade Mackay
06/10/2023	Administration	Miss Jade Mackay
18/09/2023	Telephone call to a patient	Dr Jonathan Crawley
10/08/2023	Administration	Mrs Linda Caithness
24/07/2023	Administration	Mrs Siobhan Horne
20/07/2023	Administration	Mrs Linda Caithness
26/06/2023	Telephone call to a patient	Dr Eilidh Barr
16/06/2023	Administration	Mrs Linda Caithness
13/06/2023	Administration	Mrs Siobhan Horne
01/06/2023	Administration	Miss Stacey Ogg
24/05/2023	Third Party Consultation	Miss Stacey Ogg
23/05/2023	Medicine Management	Dr Jenny Wilson
23/05/2023	Administration	Mrs Linda Caithness
02/05/2023	Third Party Consultation	
21/04/2023	Administration	Mrs Linda Caithness
17/04/2023	Administration	Mrs Miranda Johnstone
29/03/2023	Surgery consultation	Dr Sinead Mackay
29/03/2023	Telephone call to a patient	Dr Jonathan Crawley
27/03/2023	Third Party Consultation	
27/03/2023	Administration	Mrs Linda Caithness
24/03/2023	Surgery consultation	Dr Carolyne Simpson
24/03/2023	Referral Letter	Dr Carolyne Simpson
24/03/2023	Surgery consultation	Dr Sinead Mackay
24/03/2023	Triage	Dr Jenny Wilson
13/03/2023	Triage	Dr Ross Jaffrey
24/02/2023	Administration	Mrs Linda Caithness
31/01/2023	Administration	Mrs Linda Caithness
24/01/2023	Medicine Management	Dr Anna Dallman
04/01/2023	Other	Mrs Louise Green
23/12/2022	Administration	Mrs Linda Caithness
05/12/2022	Administration	Mrs Linda Caithness
30/11/2022	Administration	Mrs Linda Caithness
10/11/2022	Referral Letter	Dr Jonathan Crawley
10/11/2022	Administration	Mrs Cathie Prentice
09/11/2022	Administration	Dr Gayle Patterson
04/11/2022	Administration	Mrs Cathie Prentice
01/11/2022	Telephone call to a patient	Dr Gayle Patterson
31/10/2022	Administration	Mrs Linda Caithness
31/10/2022	Other	Miss Jacqueline Ewen
24/10/2022	Third Party Consultation	Mrs Linda Caithness
12/10/2022	Third Party Consultation	Ms Dawn Woods
07/10/2022	Other	Miss Joanna Sutherland
07/09/2022	Administration	Mrs Linda Caithness
31/08/2022	Other	Miss Jill Winchester
31/08/2022	Administration	Miss Laura Mackenzie

Croyard Medical Practice, Croyard Road, Beauly, Inverness-Shire, IV4 7DJ

Tel: 01463 782794

Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389

Permanent

29/08/2022	Other	Mrs Louise Green
25/08/2022	Administration	Mrs Linda Caithness
22/08/2022	Other	Mrs Louise Green
15/08/2022	Administration	Mrs Miranda Johnstone
11/08/2022	Triage	Dr Roshida Khanam
27/07/2022	Third Party Consultation	Mrs Linda Caithness
27/07/2022	Surgery consultation	Mrs Lynn Jarvis
25/07/2022	Surgery consultation	Mrs Lynn Jarvis
25/07/2022	Triage	Dr Anna Dallman
15/07/2022	Administration	Mrs Miranda Johnstone
07/07/2022	Triage	Dr Roshida Khanam
06/07/2022	Triage	Dr Roshida Khanam
04/07/2022	Other	Miss Jacqueline Ewen
14/06/2022	Other	Miss Jacqueline Ewen
09/06/2022	Administration	Mrs Cathie Prentice
19/05/2022	Administration	Mrs Linda Caithness
14/05/2022	Results recording	Dr Eilidh Barr
09/05/2022	Administration	Ms Dawn Woods
29/04/2022	Surgery consultation	Ms Yvonne Moir
22/04/2022	Other	Miss Joanna Sutherland
21/04/2022	Administration	Mrs Cathie Prentice
09/03/2022	Other	Mrs Louise Green
22/02/2022	Administration	Mrs Linda Caithness
13/02/2022	Third Party Consultation	
04/02/2022	Triage	Dr Jenny Wilson
04/02/2022	Other	Miss Joanna Sutherland
04/02/2022	Triage	Dr Jenny Wilson
24/01/2022	Third Party Consultation	
23/01/2022	Administration	Mrs Jan Keith
23/01/2022	Third Party Consultation	
23/01/2022	Administration	Mrs Jan Keith
22/01/2022	Third Party Consultation	
20/12/2021	Other	Mrs Louise Green
16/12/2021	Other	Dr Carlyne Simpson
16/12/2021	Telephone call to a patient	Mrs Susie Simpson
15/12/2021	Triage	Dr Roshida Khanam
02/12/2021	Third Party Consultation	
18/11/2021	Other	Mr Khaled Alemam
18/11/2021	Administration	Mrs Linda Caithness
08/11/2021	Triage	Dr Ross Jaffrey
04/11/2021	Results recording	Dr Gayle Patterson
03/11/2021	Third Party Consultation	Ms Dawn Woods
03/11/2021	Third Party Consultation	Ms Dawn Woods
03/11/2021	Results recording	Dr Gayle Patterson
02/11/2021	Surgery consultation	Mrs Linda Streames
21/10/2021	Administration	Mrs Linda Caithness
19/10/2021	Administration	Dr Anna Dallman
19/10/2021	Administration	Mrs Miranda Johnstone
13/10/2021	Surgery consultation	Dr Roshida Khanam
06/10/2021	Triage	Dr Roshida Khanam
15/09/2021	Other	Miss Joanna Sutherland
04/09/2021	Third Party Consultation	Ms Dawn Woods
01/09/2021	Results recording	Dr Eilidh Barr
28/08/2021	Third Party Consultation	Ms Dawn Woods
26/08/2021	Results recording	Dr Eilidh Barr
24/08/2021	Third Party Consultation	
23/08/2021	Triage	Dr Gayle Patterson
23/08/2021	Other	Miss Joanna Sutherland
20/08/2021	Surgery consultation	Dr Jenny Wilson
20/08/2021	Triage	Dr Jenny Wilson
19/08/2021	Other	Dr Carlyne Simpson
19/08/2021	Other	Dr Carlyne Simpson
05/08/2021	Administration	Mrs Susie Simpson
22/07/2021	Administration	Mrs Linda Caithness
24/06/2021	Medicine Management	Dr Roshida Khanam
08/06/2021	Mail to patient	Mrs Miranda Johnstone
08/06/2021	Triage	Mrs Susie Simpson
02/06/2021	Mail to patient	Miss Laura Mackenzie
02/06/2021	Mail to patient	Miss Laura Mackenzie
25/05/2021	Administration	Mrs Linda Caithness
10/05/2021	Mail to patient	Mrs Miranda Johnstone
28/04/2021	Third Party Consultation	Mrs Linda Caithness
27/04/2021	Administration	Mrs Linda Caithness

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Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

21/04/2021	Telephone call to a patient	Dr R S Forsyth
14/04/2021	Telephone call to a patient	Dr Gayle Patterson
01/04/2021	Medicine Management	Dr Roshida Khanam
01/04/2021	Administration	Mrs Linda Caithness
13/03/2021	Results recording	Dr Eilidh Barr
03/03/2021	Administration	Mrs Linda Caithness
01/02/2021	Administration	Dr Anna Dallman
01/02/2021	Other	Miss Joanna Sutherland
21/01/2021	Surgery consultation	Ms Yvonne Moir
19/01/2021	Surgery consultation	Ms Yvonne Moir
05/01/2021	Telephone call to a patient	Dr Jonathan Crawley
22/12/2020	Third Party Consultation	Miss Laura Mackenzie
17/12/2020	Third Party Consultation	Mrs Cathie Prentice
17/12/2020	Administration	Mrs Cathie Prentice
16/12/2020	Administration	Mrs Cathie Prentice
15/12/2020	Administration	Dr Gayle Patterson
15/12/2020	Administration	Dr Gayle Patterson
14/12/2020	Other	Miss Joanna Sutherland
10/12/2020	Other	Miss Joanna Sutherland
07/12/2020	Third Party Consultation	Miss Joanna Sutherland
05/12/2020	Administration	Mrs Jan Keith
05/12/2020	Third Party Consultation	Mrs Linda Caithness
25/11/2020	Triage	Dr Gayle Patterson
23/11/2020	Medicine Management	Mrs Fiona Burt
22/11/2020	Third Party Consultation	Miss Joanna Sutherland
22/11/2020	Third Party Consultation	Miss Joanna Sutherland
17/11/2020	Triage	Dr Gayle Patterson
02/11/2020	Administration	Mrs Linda Caithness
27/10/2020	Administration	Mrs Linda Caithness
08/10/2020	Triage	Dr Anna Dallman
07/10/2020	Third Party Consultation	Mrs Linda Caithness
07/10/2020	Third Party Consultation	Mrs Linda Caithness
07/10/2020	Administration	Dr Gayle Patterson
06/10/2020	Administration	Dr Gayle Patterson
28/09/2020	Triage	Dr Gayle Patterson
22/09/2020	Third Party Consultation	Miss Joanna Sutherland
22/09/2020	Telephone call to a patient	Dr R S Forsyth
17/09/2020	Third Party Consultation	Miss Joanna Sutherland
11/09/2020	Administration	Mrs Cathie Prentice
10/09/2020	Administration	Mrs Cathie Prentice
09/09/2020	Administration	Dr Gayle Patterson
02/09/2020	Telephone call to a patient	Dr Gayle Patterson
28/08/2020	Telephone call to a patient	Dr R S Forsyth
26/08/2020	Telephone call to a patient	Dr Gayle Patterson
04/06/2020	Third Party Consultation	Miss Joanna Sutherland
04/06/2020	Surgery consultation	Dr Anna Dallman
04/06/2020	Administration	Ms Dawn Woods
04/06/2020	Triage	Dr Anna Dallman
26/05/2020	Third Party Consultation	Mrs Linda Caithness
26/05/2020	Third Party Consultation	Mrs Linda Caithness
26/05/2020	Administration	Ms Dawn Woods
26/05/2020	Third Party Consultation	
25/05/2020	Telephone call to a patient	Dr R S Forsyth
23/05/2020	Third Party Consultation	Mrs Miranda Johnstone
24/03/2020	Medicine Management	Dr R S Forsyth
24/03/2020	Administration	Miss Laura Mackenzie
20/01/2020	Telephone call to a patient	Dr K F McKechnan
08/01/2020	Other	Miss Joanna Sutherland
07/11/2019	Administration	Mrs Linda Caithness
21/08/2019	Surgery consultation	Dr Gayle Patterson
25/07/2019	Administration	Ms Dawn Woods
25/07/2019	Third Party Consultation	Ms Dawn Woods
25/07/2019	Surgery consultation	Dr Gayle Patterson
19/07/2019	Third Party Consultation	
19/07/2019	Third Party Consultation	
17/07/2019	Third Party Consultation	Ms Dawn Woods
17/07/2019	Third Party Consultation	Ms Dawn Woods
17/07/2019	Administration	Ms Dawn Woods
17/07/2019	Third Party Consultation	Ms Dawn Woods
17/07/2019	Third Party Consultation	Ms Dawn Woods
17/07/2019	Third Party Consultation	Mrs Linda Caithness
17/07/2019	Third Party Consultation	Ms Dawn Woods
17/07/2019	Third Party Consultation	Mrs Linda Caithness

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Miss Amanda Golabek

12/11/1979

Female

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17/07/2019	Surgery consultation	Dr Gayle Patterson
16/07/2019	Surgery consultation	Dr Gayle Patterson
15/07/2019	Triage	Dr Eilidh Barr
12/07/2019	Third Party Consultation	
12/07/2019	Telephone call to a patient	Dr Roshida Khanam
12/07/2019	Telephone call to a patient	Dr Gayle Patterson
26/06/2019	Telephone call to a patient	Dr R S Forsyth
23/05/2019	Administration	Miss Laura Mackenzie
23/05/2019	Administration	Miss Laura Mackenzie
09/05/2019	Telephone call to a patient	Dr K F Mckechan
11/02/2019	Surgery consultation	Dr K F Mckechan
07/02/2019	Administration	Mrs Linda Caithness
12/11/2018	Administration	Miss Stacey Ogg
12/11/2018	Administration	Mrs Linda Caithness
12/11/2018	Administration	Mrs Linda Caithness
02/08/2018	Administration	Mrs Linda Caithness
05/07/2018	Surgery consultation	Dr Ross Jaffrey
26/04/2018	Administration	Dr R S Forsyth
08/02/2018	Administration	Mrs Miranda Johnstone
05/02/2018	Surgery consultation	
23/11/2017	Telephone call to a patient	Dr Joanna Norris
20/11/2017	Surgery consultation	Dr Eilidh Barr
02/10/2017	Telephone call to a patient	Dr Eilidh Barr
04/09/2017	Telephone call to a patient	Dr R S Forsyth
13/06/2017	Medicine Management	Dr Euan Orr
13/06/2017	Other	Dr Will Thorne
31/03/2017	Administration	Ms Suzie Kerr
28/03/2017	Telephone call to a patient	Mrs Cathie Prentice
24/03/2017	Repeat Issue	Dr Eilidh Barr
23/03/2017	Repeat Issue	Dr R S Forsyth
21/02/2017	Surgery consultation	Dr K F Mckechan
17/01/2017	Results recording	Dr Eilidh Barr
30/12/2016	Other	Dr N Paul
21/12/2016	Surgery consultation	Ms Suzie Kerr
21/12/2016	Surgery consultation	Dr Ross Jaffrey
02/11/2016	Administration	Mrs Nurse 2 Moo
13/09/2016	Administration	Mrs Miranda Johnstone
13/09/2016	Administration	Dr R S Forsyth
05/08/2016	Surgery consultation	Mrs Jan Keith
21/07/2016	Administration	Mrs Moira Maclellan
19/07/2016	Surgery consultation	Dr Ross Jaffrey
08/07/2016	Surgery consultation	Mrs Moira Maclellan
05/07/2016	Surgery consultation	Mrs Moira Maclellan
24/06/2016	Surgery consultation	Dr Eilidh Barr
17/05/2016	Other	Mrs Moira Maclellan
20/04/2016	Administration	Ms Suzie Kerr
20/04/2016	Administration	Dr Ross Jaffrey
19/04/2016	Surgery consultation	Mrs Helen Homer
14/04/2016	Surgery consultation	Dr Roshida Khanam
08/04/2016	Administration	Dr N Paul
24/03/2016	Telephone call to a patient	Mrs Miranda Johnstone
16/03/2016	Administration	Dr K F Mckechan
18/02/2016	Other	Mrs Miranda Johnstone
09/02/2016	Surgery consultation	Ms Nichola Millar
09/02/2016	Other	Dr Roshida Khanam
04/02/2016	Surgery consultation	Ms Suzie Kerr
27/01/2016	Surgery consultation	Dr Barry Cradock
25/01/2016	Administration	Dr Barry Cradock
22/01/2016	Other	Mrs Lorna Fife
07/01/2016	Administration	Ms Suzie Kerr
29/12/2015	Administration	Mrs Lorna Jamieson
21/12/2015	Other	Dr Ross Jaffrey
18/12/2015	Administration	Mrs Louise Green
16/12/2015	Administration	Mrs Cathie Prentice
16/12/2015	Mail to patient	Mrs Lorna Jamieson
16/12/2015	Surgery consultation	Mrs Lorna Jamieson
24/11/2015	Administration	Dr Ross Jaffrey
24/11/2015	Mail to patient	Mrs Lorna Jamieson
18/11/2015	Other	Dr R S Forsyth
06/11/2015	Surgery consultation	Ms Suzie Kerr
03/11/2015	Surgery consultation	Mrs Moira Maclellan
03/11/2015	Surgery consultation	Mrs Moira Maclellan
27/10/2015	Administration	Dr R S Forsyth
		Mrs Lorna Jamieson

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Full Report

Miss Amanda Golabek

12/11/1979

Female

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27/10/2015	Mail to patient	Dr R S Forsyth
21/09/2015	Administration	Dr Ross Jaffrey
21/09/2015	Administration	Mrs Lorna Fife
17/09/2015	Medicine Management	Dr Roshida Khanam
29/07/2015	Administration	Mrs Helen Homer
06/07/2015	Surgery consultation	Dr Mark Keenan
23/06/2015	Surgery consultation	Dr N Paul
22/06/2015	Triage	Dr Mark Keenan
15/06/2015	Surgery consultation	Dr Mark Keenan
15/06/2015	Triage	Dr Mark Keenan
08/06/2015	Surgery consultation	Dr R S Forsyth
08/05/2015	Surgery consultation	Dr Mark Keenan
19/01/2015	Telephone call to a patient	Dr Ross Jaffrey
16/01/2015	Telephone call to a patient	Dr K F Mckechnan
16/01/2015	Telephone call to a patient	Dr Ross Jaffrey
12/12/2014	Surgery consultation	Dr Ross Jaffrey
12/12/2014	Telephone call to a patient	Dr K F Mckechnan
03/12/2014	Triage	Dr Ross Jaffrey
01/12/2014	Administration	Miss Laura Mackenzie

Blood pressure

24/03/2023 13:03.00	BP 124/84	taken Sitting	Cuff: Standard	recall due:	O/E - blood
21/12/2016 10:42.00	BP 128/80	taken Sitting	Cuff: Standard	recall due:	O/E - blood
23/06/2015 15:22.00	BP 134/64	taken Sitting	Cuff: Standard	recall due:	O/E - blood
12/12/2014 12:03.00	BP 123/82	taken Sitting	Cuff: Standard	recall due:	O/E - blood

Referrals

24/03/2023 Refer for Referral for further care at department of with UBRN:N
by: Dr Sinead Mackay

10/11/2022 Refer for Refer to physiotherapist at department of with UBRN:N
by: Dr Gayle Patterson

16/12/2020 Refer for Referral for further care at department of with
by: Dr Gayle Patterson

10/09/2020 Refer for Referral for further care at department of with UBRN:N
by: Dr Gayle Patterson

18/12/2015 Refer for Referral for further care at department of with
by: Dr Ross Jaffrey

03/11/2015 Refer for ENT referral at department of with
by: Dr N Paul

Cervical Cytology

29/04/2022 reported 14/05/2022 Cervical smear - human papillomavirus negative
Dr Eilidh Barr

29/04/2022 Ca cervix - screen done
amenorrhoeic since January but takes OCP, nil else to report. Keen for pregnancy test to rule it out. Vulva, vagina and cervix all appear normal Ms Yvonne Moir

21/01/2021 reported 13/03/2021 Cervical smear - human papillomavirus positive
Dr Eilidh Barr

21/01/2021 reported 13/03/2021 Cervical smear: negative
Dr Eilidh Barr

21/01/2021 Ca cervix - screen done
irregular bleeding with implant but no other problems to report. Vulva, vagina and crvix all appear normal Ms Yvonne Moir

21/12/2016 reported 21/12/2016 Cervical smear: negative
Dr N Paul

21/12/2016 Ca cervix - screen done
Mrs Nurse 2 Moo

Smoking

24/03/2023	Ex-smoker	cigarettes per day	Ex smoker	Smoked approx 10/day for 30 years, stopped
March 2023	Dr Sinead Mackay			
21/12/2016	Smoker	10 cigarettes per day	Current smoker	
Mrs Nurse 2 Moo				
12/12/2014	Smoker	cigarettes per day	Cigarette smoker	
Dr Ross Jaffrey				

Alcohol

21/12/2016	Current drinker	units per week	Drinks rarely
Mrs Nurse 2 Moo			

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Full Report

Miss Amanda Golabek

12/11/1979

Female

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Health Promotion - Smoking

12/12/2014 Smoking cessation advice for Smoking

Weight

24/03/2023 Weight: 95.6 kgs BMI: 33.8 O/E - weight
21/12/2016 Weight: 77.7 kgs BMI: 27.5 O/E - weight

Height

21/12/2016 Height: 1.68 metres O/E - height
Nurse 2 Moo

Mrs

Contraception

08/02/2018 Insertion of subcutaneous contraceptive First service recall due:

Immunisations

27/01/1992	BCG BCG	Stage: 0	Given	Routine Measure	Due
25/11/1991	RUBELLA Rubella	Stage: 1	Given	Routine Measure	Due 25/03/1994
27/10/1980	POLIO Poliomyelitis	Stage: 3	Given	Routine Measure	Due 12/11/1983
27/10/1980	PERTUSSIS DTaP (Diphtheria/Tetanus/aPertussis	Stage: 3	Given	Routine Measure	Due 27/10/1983
27/10/1980	TETANUS DTaP (Diphtheria/Tetanus/aPertussis	Stage: 3	Given	Routine Measure	Due 27/10/1983
27/10/1980	DIPHTHERIA DTaP (Diphtheria/Tetanus/aPertussis	Stage: 3	Given	Routine Measure	Due 27/10/1983
12/05/1980	POLIO Poliomyelitis	Stage: 2	Given	Routine Measure	Due 09/06/1980
12/05/1980	PERTUSSIS DTaP (Diphtheria/Tetanus/aPertussis	Stage: 2	Given	Routine Measure	Due 09/06/1980
12/05/1980	TETANUS DTaP (Diphtheria/Tetanus/aPertussis	Stage: 2	Given	Routine Measure	Due 09/06/1980
12/05/1980	DIPHTHERIA DTaP (Diphtheria/Tetanus/aPertussis	Stage: 2	Given	Routine Measure	Due 09/06/1980
10/03/1980	POLIO Poliomyelitis	Stage: 1	Given	Routine Measure	Due 07/04/1980
10/03/1980	PERTUSSIS DTaP (Diphtheria/Tetanus/aPertussis	Stage: 1	Given	Routine Measure	Due 07/04/1980
10/03/1980	TETANUS DTaP (Diphtheria/Tetanus/aPertussis	Stage: 1	Given	Routine Measure	Due 07/04/1980
10/03/1980	DIPHTHERIA DTaP (Diphtheria/Tetanus/aPertussis	Stage: 1	Given	Routine Measure	Due 07/04/1980

Albumin

12/11/2025 Serum albumin = 36 g/L Albumin -

Alkaline Phosphatase

12/11/2025 Serum alkaline phosphatase electrophoresis = 85 U/L Alkaline Phosphatase -

Alanine Aminotransferase

12/11/2025 Serum alanine aminotransferase level = 83 U/L High ALT -

Bilirubin

12/11/2025 Serum bilirubin level = 10 umol/L Total Bilirubin -

Calcium

12/11/2025 Serum calcium = 2.39 mmol/L Calcium -

Calcium adjusted

12/11/2025 Serum adjusted calcium concentration = 2.43 mmol/L
17/07/2019 Corrected serum calcium level = 2.15 mmol/L Low Adjusted Calcium -

Serum chloride

12/11/2025 Serum chloride = 105 mmol/L Chloride -
02/11/2021 Serum chloride = 106 mmol/L Chloride -

Serum creatinine

12/11/2025 Serum creatinine = 68 umol/L Creatinine -
02/11/2021 Serum creatinine = 64 umol/L Creatinine -
17/07/2019 Serum creatinine = 60 umol/L

Eosinophil count

12/11/2025 Eosinophil count = 0.2 10⁹/L Eosinophils - 10⁹/L
02/11/2021 Eosinophil count = 0.1 10⁹/L Eosinophils - 10⁹/L

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Full Report

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12/11/1979

Female

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12/11/2025 Thyroid function test

=

Released from Instrument: ADM 12/11/25 at 2:20 pm; THYROID FUNCTION TESTS

Hb A1C - Diabetic control

12/11/2025 Haemoglobin A1c level - IFCC standardised

= 35 mmol/mol

IFCC HbA1c -

12/11/2025 Hb. A1C - diabetic control

= mmol/mol

-----If screening for/diagnosing diabetes:HbA1c of 42-47 mmol/mol diagnostic of prediabetesHbA1c of 48mmol/mol or above diagnostic of T2DMFor more information and for when HbA1c is contra-indicated seeTAM guidance 'Screening and Diagnosis of Type 2 Diabetes'.Released from Instrument: TOSOH 12/11/25 at 4:27 pm; IFCC HBA1C

17/07/2019 Haemoglobin A1c level - IFCC standardised

= 33 mmol/mol

C Reactive protein

02/11/2021 Serum C reactive protein level

= 5 mg/L

C-Reactive Protein -

Exercise

21/12/2016 Enjoys moderate exercise

Mrs Nurse 2 Moo

Sleep pattern

21/04/2021 Night terrors Satisfactory hrs per night worse in the last week. can wake up screaming. has recently emerged from a damaging relationship, and feels this may be underlying. speaking to Dr Laird next week, hoping for a CBT type approach. advised likely no quick fix, but happy for a short course of night sedation to "break the cycle" Dr R S Forsyth

Viral studies

31/08/2021 2019-nCoV (novel coronavirus) RNA detected

=

Outside reference

range SARS-CoV-2 - SARS-CoV-2 Positive by PCR - Sample taken at IVE and analysed in the National Lighthouse Laboratory

31/08/2021 2019-nCoV (novel coronavirus) serology

=

SARS-CoV-2

23/08/2021 2019-nCoV (novel coronavirus) RNA detected

=

Outside reference

range SARS-CoV-2 - SARS-CoV-2 Positive by PCR - Sample taken at IVE and analysed in the National Lighthouse Laboratory

23/08/2021 2019-nCoV (novel coronavirus) serology

=

SARS-CoV-2

Absence of condition

29/07/2015 No known medicine allergy of
Homer

Mrs Helen

Other Laboratory tests

12/11/2025 Blood haematonic levels

=

-----Ferritin reference range applies to females who menstruate. Infemales who do not menstruate, the reference range is

30-480 ng/mL.Released from Instrument: ADM 12/11/25 at 2:20 pm; HAEMATINICS

12/11/2025 Biochemical test

=

-----Bilirubin results will be approximately 15% lower from 06/02/2025.This change should ensure results more consistent with other boards.EGFR result is considered normal.EGFR is calculated using an enzymatic creatinine method and CKD-EPI2009 equation. eGFR is not recommended for individuals with unstablecreatinine concentrations such as pregnant women, hospitalizedpatients and for individuals with extremes in muscle mass and dietsuch as amputees, paraplegics and body builders.Released from Instrument: ADM 12/11/25 at 2:20 pm;

ROUTINE CHEMISTRY

26/02/2024 Herpes simplex type 2 deoxyribonucleic acid

detection assay = Herpes simplex Type 2 - Not detected

26/02/2024 Herpes simplex type 1 deoxyribonucleic acid

detection assay = Herpes simplex Type 1 - Not detected

02/11/2021 Biochemical test

=

-----EGFR result is considered normal.EGFR is not recommended for individuals with unstable creatinineconcentrations such as pregnant women, hospitalized patients and forindividuals with extremes in muscle mass and diet such as amputees,paraplegics and body builders.Released from Instrument: CENTRALINK 03/11/21 at 7:47 pm; ROUTINE CHEMISTRY

Occupation

05/02/2024 Occupations

bar work, Ord Arms

Dr Carolyn Simpson

Packed Cell Volume

12/11/2025 Haematocrit

= 0.432 ratio

HCT

02/11/2021 Haematocrit

= 0.468 ratio

High

HCT

Basophil count

12/11/2025 Basophil count

= 0.1 10⁹/L

Basophils - 10⁹/L

02/11/2021 Basophil count

= 0 10⁹/L

Basophils - 10⁹/L

RBC red blood cell size

12/11/2025 Red blood cell distribution width

= 11.4 %

Low

RDW -

02/11/2021 Red blood cell distribution width

= 12.6 %

RDW -

Infectious titres and antibodies

26/02/2024 Varicella zoster deoxyribonucleic acid detection
assay = Varicella zoster - Not detected

Blood trace elements/vitamins

25/07/2019 Serum vitamin D

= 41 nmol/L

Low

Croyard Medical Practice, Croyard Road, Beauly, Inverness-Shire, IV4 7DJ

Tel: 01463 782794

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Full Report

Miss Amanda Golabek

12/11/1979

Female

634 244 5389 Permanent

Scoring Test Result

22/06/2026	Score: 5	Method: for: Score 5
10/12/2025	Score: 6	Method: for: Score 6
16/09/2025	Score: 7	Method: for: Score 7

Other Bacteriology Tests

26/02/2024 Microbiology =
Specialist Biomedical Scientist-----; HERPES/VZ SCREEN Validated by Aidan Russell,

Procedures, Specimens and Samples

12/11/2025	Blood sample taken	=	as per Dr RJ 06/11/25
26/02/2024	Specimen received in laboratory	=	Specimen Type: - Skin Swab
02/11/2021	Blood sample taken	=	FBC,U&E,CRP taken

Repeat Medication Review

24/07/2025 Medication review done by doctor Longstanding citalopram/propranolol. last psych review attended Feb 2025. DNA survive and thrive. Appropriate to continue medications. Due: 24/07/2026 by: Dr Tim Gomersall Dr Tim Gomersall
02/08/2024 Medication review done by doctor Longstanding citalopram/propranolol. last psych review attended October 23. No change to PPI. POP review due Jan 2025. Due: 02/08/2025 Complete: 24/07/2025 by: Dr Tim Gomersall Next review: 24/07/2026 Dr Tim Gomersall
26/06/2023 Medication review done by doctor Doing well. mental health stable on 40mg citalopram and propranolol. Omeprazole PRn for reflux. Knows to let us know if this is worsening/not settling. Due: 26/06/2024 Complete: 02/08/2024 by: Dr Tim Gomersall Next review: 02/08/2025 Dr Tim Gomersall
24/01/2023 Medication review of medical notes Under psych for anxiety, missed 2 appts but due to be reappointed to see Dr Laird, no change made to citalopram or propranolol. remains on POP. doublebase last order June 22, alphasyl May 21 - so removed from rpt Due: 24/01/2024 Complete: 26/06/2023 by: Dr Eilidh Barr Next review: 26/06/2024 Dr Anna Dallman
16/12/2021 Medication review of medical notes no change Due: 16/12/2022 Complete: 24/01/2023 by: Dr Anna Dallman Next review: 24/01/2024 Dr Anna Dallman
19/10/2021 Medication review no change Due: 19/10/2022 Complete: 16/12/2021 by: Dr Anna Dallman Next review: 16/12/2022 Dr Anna Dallman
28/09/2020 Medication review of medical notes sertraline dose increasing. finds propranolol helpful. Due: 28/09/2021 Complete: 19/10/2021 by: Dr Anna Dallman Next review: 19/10/2022 Dr Anna Dallman
11/02/2019 Medication review stable on meds, recent mental health review, Due: 11/02/2020 Complete: 28/09/2020 by: Dr R S Forsyth Next review: 28/09/2021 Dr R S Forsyth
13/06/2017 Medication review stable on meds, recent mental health review, Due: 13/06/2018 Complete: 11/02/2019 by: Dr R S Forsyth Next review: 11/02/2020 Dr R S Forsyth
13/09/2016 Medication review Due: 13/03/2017 Complete: 13/06/2017 by: Dr R S Forsyth Next review: 13/06/2018 Dr R S Forsyth
13/09/2016 Medication review Due: 13/09/2017 Complete: 13/09/2016 by: Dr R S Forsyth Next review: 13/03/2017 Dr R S Forsyth

Glomerular Filtration Rate

12/11/2025	eGFR using creatinine (CKD-EPI) per 1.73 square metres	> 90 mL/min/1.73m ²	eGFR - mL/min/1.73m ²
02/11/2021	eGFR using creatinine (CKD-EPI) per 1.73 square metres	> 90 mL/min/1.73m ²	eGFR - mL/min/1.73m ²
17/07/2019	Glomerular filtration rate	> 90 mL/min	

Ethnicity

01/12/2014 Ethnicity: White Scottish

Dr N Paul

Total patients for report 1

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Full Report

Mrs Amanda Golabek 12/11/1979 Female 634 244 5389 Transferred Out

Address

47 Knowehead Kirriemuir DD8 5AL

Address Type: Main address

Communication numbers

Telephone - home 07523180588

Problems

Contraception	Started: 26/10/2012	Ended:
Dizziness symptom	Started: 09/07/2010	Ended:
Currently Relevant	Started: 20/08/2007	Ended:
Spontaneous vaginal delivery	Started: 23/07/2005	Ended:
Notes summary on computer	Started: 22/02/2002	Ended:
Spontaneous vaginal delivery	Started: 01/06/2001	Ended:
[V]Single stillbirth	Started: 21/04/2000	Ended:
Anxiety states	Started: 01/01/1995	Ended:
Anal fissure	Started: 02/04/1984	Ended:

Medical History

26/03/2014 Patient reviewed viral screen negative. worried may have been syphilis contact. still getting dizzy spells Dr Alan Weir
 21/03/2014 Did not attend - no reason . Dr Andrew Wilmschurst
 27/02/2014 Medication requested asks Citalopram 20mg Mrs Rhona Simpson
 25/02/2014 Did not attend - no reason Dr A Farquhar
 14/02/2014 Telephone triage encounter 2/52 of pain felt in lower biceps area. No hx of trauma. Not taken any analgesia.
 Advised to try otc msaid and review pm Dr Andrew Wilmschurst
 15/01/2014 Did not attend - no reason .
 13/01/2014 Medication requested asks sick line from 6/1 Dr B Forrester
 23/12/2013 MED3 - doctor's statement 2/52 awaiting CT scan Mrs Sharon Main
 17/12/2013 Telephone encounter urine chlamydia result negative- patient informed. Dr Alan Weir
 16/12/2013 Patient reviewed as ct requests. also mood dipped since off ssri so discussed re starting. bp 110/70. tms leathly Dr K Anderson
 but dry canals with psoriasis and some patches on trunk. re start ssri. not sure on cause of dizziness and headache suggest ct and rev 4 weeks or sooner
 Dr B Forrester
 13/12/2013 Telephone encounter 4 week hx of intermittent ear pain and vertigo. sternetil not very effective. no ear
 discharge. feels nauseated at times with vertigo. advised try antibiotic over weekend and must have appt within next few days for rev requests med3 1 week
 Dr B Forrester
 13/11/2013 Telephone encounter Triage: has unsteady feeding when turning head and feels sick. Also run out of microgynon. Dr Andrew Wilmschurst
 30/08/2013 Patient reviewed mood a lot better and reduced down to 20 mg now Dr B Forrester
 08/08/2013 Telephone encounter requesting smear results advised normal moved house a year ago did not inform practice
 has now. Mrs Gillian Henderson
 19/06/2013 Medication requested asks citalopram 30mg for 5pm tonight as ran out on Mon (07523180588) Mrs Sharon Main
 19/06/2013 [V]Issue of repeat prescription 5pm request Mrs Sharon Main
 06/06/2013 Patient encounter admin. data Patient called for swab results. Spoke to Dr Urwin who advised that STI
 screening was negative. Advised patient accordingly and patient happy with this.. Cheryl Mrs Cheryl Mitchell
 03/06/2013 Patient breast aware Mrs Rachel Stephens
 08/05/2013 Medication requested Requesting rpt coc, recently used levonelle within 12 hrs of UPSI. Ran out of COC pne
 wk ago. Suggested Larc, discussed alt methods, thinking about implane but not too keen just yet. No CI to CHC. Also needing rescreened fro chlamydia after
 getting back briefly with ex. Kit supplied, discussed safe sex. Dr V Brown
 26/03/2013 Telephone encounter repeat meds Dr A Farquhar
 21/01/2013 Telephone encounter positive for chlamydia so discussed contacts and urged her to contact him and ask that he
 gets treated. No symptoms at present. Dr A Farquhar
 15/01/2013 Patient encounter admin. data patient was asked to give sample in May 2012 for chlamydia label was printed at
 that time sample only handed in today to surgery checked with GH and advised to reprint label today LC Dr Andrew
 Wilmschurst
 04/01/2013 Telephone encounter In a better place. Recommended considering return to work now. Meds 3 says fit for
 phased return Dr First Locum
 09/11/2012 MED3 - doctor's statement 2 months anxiety depression, - she is doing well now and having counselling, though
 still abit apprehensive that the wheels will come off. Dr A Farquhar
 30/10/2012 Did not attend - no reason Dr A Foundation
 26/10/2012 Contraception Mrs Gillian Henderson
 19/10/2012 MED3 - doctor's statement 20/9/12 - 20/11/12 Dr A Foundation
 19/10/2012 Patient reviewed Discussed mood - mood low, conc poor, sleep poor, app ok, not hopeless. Still only taking
 20mg citalopram - discussed benefit of increasing dose - will go up to 30mg as prev planned. Not getting income support this months - they say line has ran
 out - copy of prev line issued, if any issues to contact us again MT Dr A Foundation
 20/09/2012 MED3 - doctor's statement 2 months depression Dr A Farquhar
 20/09/2012 Patient reviewed advice given re her mood still low and agitated so trial of 30mg of citalopram. Dr A Farquhar
 12/09/2012 Depressed mood but a bit brighter and enjoyed her time away . PHQ9 not much change for counselling referral Dr A Farquhar
 28/08/2012 Telephone encounter no answer, message left Dr A Farquhar

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Full Report

Mrs Amanda Colabek

12/11/1979

Female

634 244 5389

Transferred Out

24/08/2012 Patient reviewed increase citalopram, still very anxious. Also has UTI and some return of psoriasis, - she is going for a short break in Weston Supremare to see her foster brother
14/08/2012 Patient reviewed has calmed a bit on the diazepam and now I advised to wean down a bit to 1 tds with a view to stopping over next 2 weeks and continuing citalopram. Rv 2 weeks
06/08/2012 [X] Depressive episode Dr A Farquhar
06/08/2012 Did not attend - no reason Dr A Farquhar
06/08/2012 Depressed mood more anxious and distressed. poor sleep poor appetite, nausea, avoiding contact with people and withdrawing. try citalopram 10mg explained about delay adn also pm diazepam in meantime review in 1 week Dr A Farquhar
06/08/2012 Referral by out of hours service Unscheduled Care Report Tayside Out of Hours Service Mrs Alison Falconer
02/08/2012 Telephone encounter more anxious so asked to come and discuss Dr A Farquhar
14/05/2012 Patient reviewed tooth pain on right upper mouth. been to dentist today, has antibiotics and having more treatment next week. would like analgesia - ibuprofen helping. try co-codamol at night to help get to sleep. 2. Recent break up and got back together with boyfriend, asking for chlamydia testing. had discharge 1st week after period, cleared with clotrimazole. P: to shand in urine specimen for chlamydia and gonorrhoea. CB FY2 Dr A Foundation
27/02/2012 Patient reviewed has changed moisturiser, shower gel and foundation over weekend and has come out in rash. is all over face and neck down, small papules, very itchy. looks like an allergic reaction. advised to use as little as possible in the way of products on the skin until resolves and to avoid use of new products. rv later in week if not resolving. EORegan FY2 Dr A Foundation
19/12/2011 Rib pain right, after night out, nil on exam, tender, BS pure Dr Alan Weir
14/11/2011 Patient encounter admin. data HVS not tested as sample incorrectly labelled. Tried to contact patient +++ no reply. Dr Andrew Wilmschurst
10/11/2011 Suspected UTI Dysuria and frequency. Also concerns re possible risk of STI. GUM patient line number given Dr Andrew Wilmschurst
07/11/2011 Telephone encounter advised can be seen today as emergency if urgent but says its a number of things and happy to wait till gets back from Inverness. daughter has rash on legs, says thinks they are bites and are getting better. Advised needs review if concerned. Dr Alan Weir
27/10/2011 Lifestyle advice regarding smoking Mrs Mary Edgar
27/10/2011 Medication requested OCP as per practice protocol microgynon Mrs Mary Edgar
01/08/2011 Stress at home general chat. not classically depressed. poor sleep. advice given given phq to bring back Dr B Forrester
11/07/2011 Sensorineural hearing loss - high frequency, possibly due to noise exposure Miss Irene Robertson
11/07/2011 Tinnitus Miss Irene Robertson
25/03/2011 Tinnitus persistent and unremitting on the back of several episodes of dizziness. Refer ENT. also distressed by tattoos which were crudely put on her arm when she was 12 yrs and wants them removed Dr A Farquhar
16/11/2010 Did not attend - no reason Dr Andrew Wilmschurst
16/07/2010 Consultation chat re blood results-all normal, still getting dizzy spells now and then, advised to continue with the stemetil tabs and if symptoms get worse to come back and can refer pt to ENT. (dr.bala pillai-locum) Dr First Locum
09/07/2010 Dizziness symptom pt has been having problems with dizziness for a few months, gets some buzzing noise in her ears and also discomfort at times, no chest pain, no sob, no nausea or vomiting, feels tired at times, OBS-BP-145/92, P-105, both ears-nad, possible ongoing ?viral labyrinthitis, pres given for oral stemetil tabs and to come in for blood tests-FBC, U&E, LFT, TSH, GLUCOSE and r/v in 2/52, worsening advise given. (dr.bala pillai-locum) Dr First Locum
16/06/2010 Dizziness symptom worse in the mornings, better as day progresses, O/E ent nad, normotensive, neuro obs nad, IMP; viral illness, r/v if g fails to resolve or condition deteriorates Mrs Jean Sargeant
21/04/2010 Cold sore (herpetic) Suffers from frequent coldsores, only taking germalene. Advised to try OTC preparation (e.g. zovirax). Can R/V if not helping. Dr A Foundation
21/04/2010 Patient reviewed Pt concerned may be pregnant: took morning after pill 5/52 ago as wasn't taking OCP properly - small bleed initially then again following week but not had proper period. Re-prescribed OCP but told to wait for period before starting. No other symptoms. Plan: commercial pregnancy test: if -ve take OCP after period, if +ve come back for R/V. Dr A Foundation
21/04/2010 Viral labyrinthitis URTI 2-3/7 ago (cough, sore throat), last 2/7 vision blurry & feels almost dizzy as if just stopped spinning. Also nauseous. no vomit. Hallpike's manoeuvre: nauseous but no nystagmus/vomit. Reassured that takes few days to settle, can R/V if not. Dr A Foundation
06/04/2010 Consultation not taken pill for >6/52, needed morning after pill 1/12 ago, but only scanty bleeding since. No UPSI. New partner keen to go back on pill. Check preg test. Dr J Delaney
11/02/2010 Telephone encounter call from Katie Robertson social work forfar 01307 473751 regarding the children. asking if any particular concerns had been raised from a GP view. stated minimal contact, for self limiting illness, no specific concerns noted. No specific concerns/issues raised by social work today. Dr Chris Urwin
27/01/2010 Patient reviewed. uti but also may have been exposed to chlamydia so check Dr A Farquhar
30/11/2009 Did not attend - no reason Dr First Locum
01/09/2009 Medication requested repeat OCP as per practice protocol Microgynon Mrs Mary Edgar
22/06/2009 Minor injury - enhanced services administration neck painful and flexion difficult after being in a fight at weekend. oe nBI and otherwise well some neck spasm Dr A Farquhar
21/10/2008 Failed encounter smoking cessation Mrs Mary Edgar
01/10/2008 Patient reviewed flare up of psoriasis. under stress at present Dr B Forrester
16/09/2008 Dizziness symptom dizzy last night after hoovering floor with head down, made worse with different head movements. palpitations afterwards - previous panic attacks. tired over past 2 weeks. on OCP - missed one pill this packet now mid way through O/E bp 150/100 P 92 - seems anxious. HS normal. P ECG, trial stemetil. return if further episodes, advise HCG if no period nicolson

Kirriemuir Health Centre, Tannage Brae, Kirriemuir, Angus, DD8 4ES

Tel: 01575 573333

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Full Report

Mrs Amanda Golabek

12/11/1979

Female

634 244 5389

Transferred Out

16/09/2008 Dizziness symptom dizzy last night after hoovering floor with head down, made worse with different head movements, palpitations afterwards - previous panic attacks, tired over past 2 weeks, on OCP - missed one pill this packet now mid way through O/E bp 150/100 P 92 - seems anxious. HS normal. P ECG, trial stemetil, return if further episodes, advise HCG if no period nicolson

Dr Dr Sho

25/08/2008 Guttate psoriasis worse on areas where she has had sunburn.

18/08/2008 Medication requested Asks alphosyl shampoo

08/08/2008 Seen in GP's surgery Extensive scalp psoriasis with small extensor plaque involvement

30/07/2008 Failed encounter DNA

23/04/2008 Patient encounter admin. data TWIMC letter RF/LL

21/04/2008 Patient reviewed wishes letter to support application for rehousing

10/03/2008 Failed encounter smoking cessation

11/02/2008 Medication requested keen to stop smoking requesting patches advice and leaflets given

06/02/2008 Patient reviewed on microgynon not very compliant. will check preg test today. wishes implanon so given

family planning number

01/02/2008 Failed encounter dna

10/12/2007 Miscarriage 3d ago, non viable pregnancy when scanned, seen in Ninewells and contents of uterus evacuated with medication (no further scan) O/E not distressed, apyrexial, urinalysis nad, abdo soft, non tender,s/o Dr Weir, muscular tenderness only, advice re etc

meds and r/v if fails to resolve or condition deteriorates

07/12/2007 Miscarriage medical evacuation of uterus

19/11/2007 Patient reviewed refer MWives

13/11/2007 Had a chat to patient hmp 11/08/07. occ missed pill. breast tenderness, sl hearfoun. Would want to continue pregnancy but not happy. For preg test and review.

28/09/2007 Medication requested Asks Alphosyl shampoo

22/06/2007 Seen in GP's surgery Pain around the wrists, ankles, and knees. Sore throat for the past 3-4/7 and a small punctiform rash. O/E throat nad, joints nad, no swelling. Imp.VirAL ILLNESS. Advised Ibuprofen and if worse to return.

Dr A Registrar

13/06/2007 Seen in GP's surgery For 2 things: 1. Repeat OCP, BP today 120/80mmHg. 2. She will start a Healthcare course in Forfar in Sept. and she would like to have the tattos removed from the L forearm. I think it will be difficult on the NHS if it is for esthetic reasons but I will look into that and I will call her back.

11/05/2007 Telephone encounter informed of -ve chlamydia result,will make appt with Jenny for Hiv/Hep C screening

03/05/2007 Seen in GP's surgery says ex-boyfriend has been having sex with multiple partners during their relationship, some of whom are i.v. drug users.Will hand urine in for chlamydia screen and will think about hepatitis and h.i.v. screening

Karen Lochrie

26/04/2007 Seen in GP's surgery Infected corn on right foot. Advice about not picking at this and will get some plasters to take pressure off area.

30/01/2007 Seen in GP's surgery c/o low abdo discomfort for past 2-3 days,colicky pain.O/e abdo soft,non-tender,nil of note.No bowel or urinary probs,eating and drinking,periods reg,using oral contraception,LMP 1/52 ago.Has been chewing gum and eating lots of mints to stop smoking? swa llowing air? too much peppermint oil.Advised change same,take reg paracetamol and return if further problems.

Dr Karen Lochrie

29/01/2007 Seen in GP's surgery cervical smear taken, advice re smoking cessation, will make appt with Mary

29/01/2007 Body mass index 20-24 - normal

24/01/2007 Seen in GP's surgery Rpt. prescription for OCP. BP 120/90mmHg, feeling weel. Had slight spotting intermenstrual, no other symptoms.due to have the smear done, advised to make an appointrn. To continue with OCP, even to run through two consecutive pack for 2-3 months. To retrun if worse.

23/01/2007 Patient encounter data NOS 3rd Smear Letter and Disclaimer sent LL

Of Staff

23/01/2007 Letter invite to screening ACTION=Call for screening : RECALL_LETTER_STATUS=Send recall when due : RESULT_LETTER_STATUS=Do not send result letter : PROTOCOL=Cervical Screening\$\$

Of Staff

21/11/2006 Patient encounter data NOS Asks Alphosyl Shampoo.AL

01/09/2006 Patient encounter data NOS 2nd Smear letter - LL

Of Staff

01/09/2006 Letter invite to screening ACTION=Call for screening : RECALL_LETTER_STATUS=Send recall when due : RESULT_LETTER_STATUS=Do not send result letter : PROTOCOL=Cervical Screening\$\$

Of Staff

11/08/2006 Seen in GP's surgery rpt microgynon. well, BP 110/80. SCAG

10/07/2006 Patient encounter data NOS 1st Smear Letter - LL

Of Staff

10/07/2006 Letter invite to screening ACTION=Call for screening : RECALL_LETTER_STATUS=Send recall when due : RESULT_LETTER_STATUS=Do not send result letter : PROTOCOL=Cervical Screening\$\$

Of Staff

07/07/2006 Seen in GP's surgery insect bites to L leg, R forearm and back, itchy and erythematous, no signs of infection, advised re' management. Return if any futher problems.

07/07/2006 Minor Injury insect bites

Dr J Delaney
Mrs A Prescriptions
Dr Andrew Wilmshurst
Mrs Jean Sargeant
Dr B Forrester
Dr B Forrester
Mrs Mary Edgar
Mrs Mary Edgar

Dr Michelle Watts

Mrs Jean Sargeant

Dr Alan Weir

Dr Alan Weir

Mrs A Prescriptions

Dr

Mrs Jean Sargeant
Mrs Jean Sargeant

Dr Staff Unknown Member

Dr Staff Unknown Member

Mrs A Prescriptions
Dr Staff Unknown Member

Dr Staff Unknown Member

Dr First Locum
Dr Staff Unknown Member

Dr Staff Unknown Member

Dr Karen Lochrie

Kirriemuir Health Centre, Tannage Brae, Kirriemuir, Angus, DD8 4ES

Tel: 01575 573333

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Full Report

Mrs Amanda Golabek

12/11/1979

Female

634 244 5389

Transferred Out

17/05/2006 Patient encounter data NOS Phone message left re stoping smoking. KB
Of Staff Dr Staff Unknown Member

17/05/2006 Stop smoking monitor phone inv
Of Staff Dr Staff Unknown Member

15/05/2006 Prescription not collected 7mg, 14 mg and 14 mg patch - 29.10.10 INR
03/05/2006 Seen in GP's surgery Wants to stop smoking. Refer to smoking cession clinic.
24/04/2006 Seen in GP's surgery breast awareness discussed, LBC taken.
08/02/2006 Seen in GP's surgery repeat the ocp
10/01/2006 Patient encounter data NOS 1st Smear Letter
10/01/2006 Letter invite to screening ACTION=Call for screening : RECALL_LETTER_STATUS=Send recall when due :
RESULT_LETTER_STATUS=Do not send result letter : PROTOCOL=Cervical Screening\$\$
Of Staff Dr Staff Unknown Member

15/12/2005 Seen in GP's surgery Feels something fluttering in (R) ear, feels well, however concerned may be pregnant
again.o/e looks pale and tired,both drums nad, tonsillar glands minimally enlarged, apyrexial.Imp; possibly beginning of viral illness, Plan; EMU tomorrow to
dip and test for pregnancy Mrs Jean Sargeant

15/12/2005 [V]Other ear problems Mrs Jean Sargeant

23/07/2005 Spontaneous vaginal delivery live male
Of Staff Dr Staff Unknown Member

15/12/2004 Referral for further care REFERRAL_TYPE=Out Patient : SPECIALITY=Obstetrics Ante-Natal :
REFERRAL_TO=NHS : REFERRAL_NATURE=Treat : REFERRED_BY=Dr A Farquhar : ATTENDANCE_TYPE=1st Visit
Dr Staff Unknown Member Of Staff

15/04/2002 Well Woman LOW Dr Nurse Mcvittie

15/04/2002 Woman Health Screening Dr Nurse Mcvittie

15/04/2002 Body Mass Index normal K/M2 Dr Nurse Mcvittie

22/02/2002 Notes summary on computer
Of Staff Dr Staff Unknown Member

19/02/2002 Patient MRE received from HB
Of Staff Dr Staff Unknown Member

28/01/2002 Pat. GP7B/GP8B card from HB
Of Staff Dr Staff Unknown Member

26/01/2002 Patient de-reg- GP22 from HB
Of Staff Dr Staff Unknown Member

25/01/2002 Patient reg. form sent to HB
Of Staff Dr Staff Unknown Member

01/06/2001 Spontaneous vaginal delivery live female
Of Staff Dr Staff Unknown Member

21/04/2000 [V]Single stillbirth male
Of Staff Dr Staff Unknown Member

01/01/1995 Anxiety states and panic attacks
Of Staff Dr Staff Unknown Member

02/04/1984 Anal fissure anal dilation performed
Of Staff Dr Staff Unknown Member

Acute and Repeat Issue Therapy

28/02/2014 1 issued Citalopram 20mg tablets Supply: (56) tablet 1 TABLET DAILY

16/12/2013 issued Eumovate 0.05% cream (GlaxoSmithKline UK Ltd) Supply: (100) gram TWICE A DAY

16/12/2013 issued Hydrocortisone 1% cream Supply: (15) gram APPLY TWICE A DAY TO

EARS

16/12/2013 issued Citalopram 20mg tablets Supply: (56) tablet 1 TABLET DAILY

13/12/2013 issued Amoxicillin 500mg capsules Supply: (21) capsule 1 CAP THREE TIMES A

DAY

13/11/2013 issued Prochlorperazine 5mg tablets Supply: (28) tablet 1 TABLET(S) THREE

TIMES A DAY

13/11/2013 issued Microgynon 30 tablets (Bayer Plc) Supply: (126) tablet 1 TAB AS DIRECTED

30/08/2013 issued Nizoral 2% shampoo (Janssen-Cilag Ltd) Supply: (250) ml TWICE WEEKLY

30/08/2013 issued Citalopram 20mg tablets Supply: (56) tablet 1 TABLET DAILY

19/06/2013 issued Citalopram 20mg tablets Supply: (56) tablet 1 TABLET DAILY

19/06/2013 issued Citalopram 10mg tablets Supply: (56) tablet 1 TABLET DAILY

08/05/2013 issued Microgynon 30 tablets (Bayer Plc) Supply: (126) tablet 1 TAB AS DIRECTED

26/03/2013 issued Citalopram 10mg tablets Supply: (56) tablet 1 TABLET DAILY

26/03/2013 issued Citalopram 20mg tablets Supply: (56) tablet 1 TABLET DAILY

21/01/2013 issued Azithromycin 250mg capsules Supply: (4) capsule TAKE ALL FOUR CAPS

IMMEDIATELY

04/01/2013 issued Citalopram 10mg tablets Supply: (56) tablet 1 TABLET DAILY

04/01/2013 issued Citalopram 20mg tablets Supply: (56) tablet 1 TABLET DAILY

09/11/2012 issued Citalopram 10mg tablets Supply: (56) tablet 1 TABLET DAILY

Kirriemuir Health Centre, Tannage Brae, Kirriemuir, Angus, DD8 4ES

Tel: 01575 573333

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Full Report

Mrs Amanda Golabelk		12/11/1979	Female	634 244 5389	Transferred Out
09/11/2012	issued	Citalopram 20mg tablets	Supply: (56) tablet		1 TABLET DAILY
26/10/2012	issued	Microgynon 30 tablets (Bayer Plc)	Supply: (126) tablet		1 TAB AS DIRECTED
20/09/2012	issued	Citalopram 10mg tablets	Supply: (56) tablet		1 TABLET DAILY
12/09/2012	issued	Citalopram 20mg tablets	Supply: (56) tablet		1 TABLET DAILY
12/09/2012	issued	Omeprazole 20mg gastro-resistant capsules	Supply: (28) capsule		1 CAPSULE ONCE A DAY
27/08/2012	issued	Calcitriol 3micrograms/g ointment	Supply: (100) gram		APPLY TWICE DAILY
24/08/2012	issued	Trimethoprim 200mg tablets	Supply: (6) tablet		1 TABLET(S) TWICE A DAY
24/08/2012	issued	Calcipotriol 50micrograms/g cream	Supply: (120) gram		USE TWICE DAILY
24/08/2012	issued	Diazepam 2mg tablets	Supply: (20) tablet		1 OR TWO UPTO THREE TIMES A DAY
24/08/2012	issued	Citalopram 20mg tablets	Supply: (28) tablet		1 TABLET DAILY
14/08/2012	issued	Diazepam 2mg tablets	Supply: (40) tablet		1 OR TWO UPTO THREE TIMES A DAY
06/08/2012	issued	Diazepam 2mg tablets	Supply: (40) tablet		1 OR TWO UPTO THREE TIMES A DAY
06/08/2012	issued	Citalopram 10mg tablets	Supply: (28) tablet		1 TABLET DAILY
02/08/2012	issued	Propranolol 80mg modified-release capsules	Supply: (28) capsule		1 CAPSULE ONCE A DAY
14/05/2012	issued	CO-CODAMOL (codeine & paracetamol) tabs 30mg + 500mg	Supply: (56)) tablet	TAKE 1 OR 2 FOUR TIMES DAILY	
14/05/2012	issued	IBUPROFEN tabs 400mg	Supply: (84) tablet		TAKE ONE THREE TIMES DAILY
27/02/2012	issued	Aveeno crm [J & J]	Supply: (100) ml		AS DIRECTED
27/02/2012	issued	CETIRIZINE tabs 10mg	Supply: (7) tablet		TAKE ONE DAILY
19/12/2011	issued	IBUPROFEN tabs 400mg	Supply: (24) tablet		TAKE ONE THREE TIMES DAILY
10/11/2011	issued	TRIMETHOPRIM tabs 200mg	Supply: (6) tablet		1 TABLET(S) TWICE A DAY
27/10/2011	issued	MICROGYNON 30 tabs	Supply: (12) op		1 TAB AS DIRECTED
01/08/2011	issued	ZOPICLONE tabs 3.75mg	Supply: (7) tablet		TAKE ONE AT NIGHT
25/03/2011	issued	BECLOMETASONE aqueous nasal spray	Supply: (1) 200 dose nasal spray		2 TWICE DAILY
11/01/2011	issued	NIQUITIN patch 14mg	Supply: (14) patch(es)		APPLY DAILY
19/10/2010	issued	ACICLOVIR crm 5%	Supply: (10) gram(s)		APPLY 5 TIMES/DAY
19/10/2010	issued	MICROGYNON 30 tabs	Supply: (12) op		1 TAB AS DIRECTED
09/07/2010	issued	PROCHLORPERAZINE MALEATE tabs 5mg	Supply: (30) tab		1 TABLET(S) THREE TIMES A DAY
16/06/2010	issued	NIZORAL shampoo 2%	Supply: (250) mls		TWICE WEEKLY
16/06/2010	issued	CANESTEN COMBI pessary & crm	Supply: (1) pack		USE AS DIRECTED
06/04/2010	issued	MICROGYNON 30 tabs	Supply: (126) tablet(s)		1 TAB AS DIRECTED
27/01/2010	issued	TRIMETHOPRIM tabs 200mg	Supply: (6) tablet(s)		1 TABLET(S) TWICE A DAY
01/09/2009	issued	MICROGYNON 30 tabs	Supply: (126) tablet(s)		1 TAB AS DIRECTED
23/03/2009	issued	MICROGYNON 30 tabs	Supply: (126) tablet(s)		1 TAB AS DIRECTED
23/03/2009	issued	DERMOL crm	Supply: (500) gram(s)		APPLY FOUR TIMES A DAY
07/10/2008	issued	NIQUITIN patch 14mg	Supply: (14) patch(es)		apply daily dispense 2 weekly
01/10/2008	issued	NIZORAL shampoo 2%	Supply: (250) mls		TWICE WEEKLY
01/10/2008	issued	CALCIPOTRIOL crm 0.005%	Supply: (120) gram(s)		USE TWICE DAILY
23/09/2008	issued	NIQUITIN patch 14mg	Supply: (14) patch(es)		apply daily dispense 2 weekly
16/09/2008	issued	PROCHLORPERAZINE MALEATE tabs 5mg	Supply: (30) tab		1 TABLET(S) THREE TIMES A DAY
25/08/2008	issued	LOCOID CRELO emulsion 0.1%	Supply: (100) gram(s)		APPLY TWICE DAILY
25/08/2008	issued	DOVOBET oint	Supply: (60) gram(s)		APPLY ONCE DAILY
18/08/2008	issued	ALPHOSYL 2-in-1 shampoo	Supply: (125) mls		USE DAILY
08/08/2008	issued	CALCIPOTRIOL scal soln 50micrograms/ml	Supply: (120) mls		USE TWICE DAILY
08/08/2008	issued	CALCIPOTRIOL crm 0.005%	Supply: (120) gram(s)		USE TWICE DAILY
24/04/2008	issued	MICROGYNON 30 tabs	Supply: (252) tablet(s)		1 TAB AS DIRECTED
14/03/2008	issued	NIQUITIN patch 7mg	Supply: (14) patch(es)		APPLY DAILY
11/02/2008	issued	NIQUITIN patch 14mg	Supply: (14) patch(es)		apply daily dispense 2 weekly
06/02/2008	issued	MICROGYNON 30 tabs	Supply: (63) tablet(s)		1 TAB AS DIRECTED
14/11/2007	issued	FOLIC ACID tabs 400micrograms	Supply: (28) tablet(s)		TAKE ONE DAILY
28/09/2007	issued	ALPHOSYL 2-in-1 shampoo	Supply: (125) mls		USE DAILY

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Full Report

Mrs Amanda Golabelk

12/11/1979

Female

634 244 5389

Transferred Out

13/06/2007	0 issued	Microgynon 30 TABS	Supply: (126)	1 TAB AS DIRECTED
26/04/2007	0 issued	Flucloxacillin CAPS 250MG	Supply: (28)	1 Cap 4 times daily
24/01/2007	0 issued	Microgynon 30 TABS	Supply: (126)	1 TAB AS DIRECTED
21/11/2006	0 issued	Alphosyl 2 In 1 Shampoo	Supply: (250)	APPLY TAKE AS
REQUIRED				
11/08/2006	0 issued	Microgynon 30 TABS	Supply: (126)	1 TAB AS DIRECTED
15/05/2006	0 issued	Niquitin CQ 7mg Patch	Supply: (14)	apply daily
15/05/2006	0 issued	Niquitin CQ 14mg patch	Supply: (28)	apply daily dispense 2
weekly				
15/05/2006	0 issued	Niquitin CQ 14mg patch	Supply: (14)	apply daily
08/02/2006	0 issued	Microgynon 30 TABS	Supply: (126)	1 TAB AS DIRECTED
08/09/2005	0 issued	Microgynon 30 TABS	Supply: (126)	1 TAB AS DIRECTED
07/06/2005	0 issued	Aspirin Dispersible TABS 75MG	Supply: (28)	1 Tab Daily
19/04/2005	0 issued	Aspirin Dispersible TABS 75MG	Supply: (28)	1 Tab Daily
09/12/2004	0 issued	Folic Acid TABS 400MICROGRAMS	Supply: (42)	1 TAB IN THE MORNING
26/10/2004	0 issued	Niquitin CQ 7mg Patch	Supply: (14)	apply daily
26/10/2004	0 issued	Niquitin CQ 14mg patch	Supply: (28)	apply daily dispense 2
weekly				
26/10/2004	0 issued	Niquitin CQ 14mg patch	Supply: (14)	apply daily
01/09/2004	0 issued	Fucidin H CREAM	Supply: (15)	APPLY THREE TIMES
DAILY				
09/01/2004	0 issued	Microgynon 30 TABS	Supply: (126)	1 TAB AS DIRECTED
10/11/2003	0 issued	Trimethoprim TABS 200MG	Supply: (6)	1 TAB TWICE DAILY
27/05/2003	0 issued	Trimethoprim TABS 200MG	Supply: (10)	1 TAB TWICE DAILY
27/05/2003	0 issued	Microgynon 30 TABS	Supply: (126)	1 TAB AS DIRECTED
12/12/2002	0 issued	Microgynon 30 TABS	Supply: (126)	1 TAB AS DIRECTED
04/07/2002	0 issued	Fucidin H CREAM	Supply: (15)	Apply Twice daily
24/06/2002	0 issued	Alphosyl 2 In 1 Shampoo	Supply: (250)	APPLY TAKE AS
REQUIRED				
24/06/2002	0 issued	Microgynon 30 TABS	Supply: (126)	1 TAB AS DIRECTED
13/03/2002	0 issued	Polytar LIQ	Supply: (250)	As directed
06/03/2002	0 issued	Diprobase Pump Dispenser CREAM	Supply: (500)	APPLY AS DIRECTED
11/01/2002	0 issued	Microgynon 30 TABS	Supply: (126)	1 TAB AS DIRECTED

Recall

28/06/2013	Recall on 03/06/2016 for Cervical smear: negative with Dr Andrew Wilmshurst	Status:Outstanding	Re
call Advice: Routine Recall			
10/06/2010	Recall on 24/05/2013 for Cervical smear: negative with Dr Andrew Wilmshurst	Status:Complete	Re
call Advice: Routine Recall			
29/01/2007	Recall on 29/01/2010 for Cervical smear: negative with Dr Staff Unknown Member Of Staff	Status:Outstanding	
ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Send recall when due : RESULT_LETTER_STATUS=Do not send result letter :			
PROTOCOL=Cervical Screening\$\$			
11/08/2006	Recall on 11/08/2007 for Health ed. - smoking with Dr First Locum	Status:Outstanding	
ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :			
PROTOCOL=Smoker\$\$			
24/04/2006	Recall on 24/07/2006 for Cervical smear:inadequate spec with Dr Staff Unknown Member Of Staff	Status:Outstanding	
ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Send recall when due : RESULT_LETTER_STATUS=Do not send result letter :			
PROTOCOL=Cervical Screening\$\$			
26/07/2005	Recall on 26/01/2006 for Patient pregnant with Dr Staff Unknown Member Of Staff	Status:Outstanding	
ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Send recall when due : RESULT_LETTER_STATUS=Do not send result letter :			
PROTOCOL=Cervical Screening\$\$			
27/05/2003	Recall on 27/05/2004 for Oral contraception -no problem with Dr Staff Unknown Member Of Staff	Status:Outstanding	
ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :			
PROTOCOL=Contraceptive Review\$\$			
24/06/2002	Recall on 24/06/2003 for Oral contraceptive started with Dr Staff Unknown Member Of Staff	Status:Outstanding	
ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :			
PROTOCOL=Contraceptive Review\$\$			
15/04/2002	Recall on 15/04/2005 for Cervical smear: negative with Dr Staff Unknown Member Of Staff	Status:Outstanding	
ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :			
PROTOCOL=Cervical Screening\$\$			
15/04/2002	Recall on 15/04/2005 for O/E - weight with Dr Nurse Mcvittie	Status:Outstanding	
ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :			
PROTOCOL=Weight\$\$			
15/04/2002	Recall on 15/04/2005 for Light smoker - 1-9 cigs/day with Dr Nurse Mcvittie	Status:Outstanding	
ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :			
PROTOCOL=Smoker\$\$			

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Full Report

Mrs Amanda Golabek

12/11/1979

Female

634 244 5389

Transferred Out

15/04/2002 Recall on 15/04/2005 for O/E - height with Dr Nurse Mcvittie Status:Outstanding
 ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :
 PROTOCOL=Height\$\$
 15/04/2002 Recall on 15/04/2005 for O/E - BP reading normal with Dr Nurse Mcvittie Status:Outstanding
 ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :
 PROTOCOL=B P Screening\$\$
 15/04/2002 Recall on 15/04/2005 for Trivial drinker - <1u/day with Dr Nurse Mcvittie Status:Outstanding
 ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :
 PROTOCOL=Alcohol Intake\$\$
 19/08/1999 Recall on 19/08/2002 for Cervical smear: negative with Dr Staff Unknown Member Of Staff Status:Outstanding
 ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :
 PROTOCOL=Cervical Screening\$\$

Consultation

27/03/2014	Results recording	Dr Alan Weir
27/03/2014	Results recording	Dr Alan Weir
27/03/2014	Surgery consultation	Mrs Geraldine Wilmshurst
26/03/2014	Surgery consultation	Dr Alan Weir
21/03/2014	Third Party Consultation	Dr Andrew Wilmshurst
21/03/2014	Surgery consultation	Mrs Geraldine Wilmshurst
28/02/2014	Other	Dr B Forrester
27/02/2014	Administration	Mrs Rhona Simpson
25/02/2014	Surgery consultation	Dr A Farquhar
14/02/2014	Telephone call to a patient	Dr Andrew Wilmshurst
15/01/2014	Third Party Consultation	Dr B Forrester
14/01/2014	Surgery consultation	Dr Andrew Wilmshurst
13/01/2014	Administration	Mrs Sharon Main
23/12/2013	Telephone call to a patient	Dr Alan Weir
17/12/2013	Telephone call to a patient	Dr K Anderson
16/12/2013	Surgery consultation	Dr B Forrester
13/12/2013	Telephone call to a patient	Dr B Forrester
09/12/2013	Third Party Consultation	Mrs Mary Edgar
13/11/2013	Surgery consultation	Dr Andrew Wilmshurst
30/08/2013	Surgery consultation	Dr B Forrester
08/08/2013	Surgery consultation	Mrs Gillian Henderson
28/06/2013	Results recording	Dr Andrew Wilmshurst
19/06/2013	Other	Dr Chris Urwin
19/06/2013	Administration	Mrs Sharon Main
06/06/2013	Administration	Mrs Cheryl Mitchell
03/06/2013	Other	Mrs Rachel Stephens
08/05/2013	Other	Dr V Brown
08/05/2013	Surgery consultation	Dr V Brown
26/03/2013	Telephone call to a patient	Dr A Farquhar
26/02/2013	Administration	Mrs Lorna Batchelor
29/01/2013	Surgery consultation	Dr A Farquhar
21/01/2013	Surgery consultation	Dr A Farquhar
15/01/2013	Administration	Mrs Linda Coupar
04/01/2013	Telephone call from a patient	Dr First Locum
09/11/2012	Surgery consultation	Dr A Farquhar
07/11/2012	Administration	Mrs Alison Falconer
26/10/2012	Surgery consultation	Mrs Gillian Henderson
19/10/2012	Surgery consultation	Dr A Foundation
20/09/2012	Surgery consultation	Dr A Farquhar
13/09/2012	Administration	Mrs Lesley Luxford
12/09/2012	Surgery consultation	Dr A Farquhar
28/08/2012	Surgery consultation	Dr A Farquhar
27/08/2012	Administration	Mrs Sharon Main
24/08/2012	Surgery consultation	Dr A Farquhar
14/08/2012	Surgery consultation	Dr A Farquhar
06/08/2012	Administration	Dr Chris Urwin
06/08/2012	Surgery consultation	Dr A Farquhar
06/08/2012	Third Party Consultation	Mrs Alison Falconer
02/08/2012	Surgery consultation	Dr A Farquhar
14/05/2012	Surgery consultation	Dr A Foundation
27/02/2012	Surgery consultation	Dr A Foundation
19/12/2011	Surgery consultation	Dr Alan Weir
14/11/2011	Administration	Mrs Alison Falconer
10/11/2011	Surgery consultation	Dr Andrew Wilmshurst

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07/11/2011	Telephone call to a patient	Dr Alan Weir
27/10/2011	Administration	Mrs Rhona Simpson
27/10/2011	Surgery consultation	Mrs Mary Edgar
20/09/2011	Administration	Miss Irene Robertson
01/08/2011	Surgery consultation	Dr B Forrester
30/03/2011	Referral Letter	Mrs Lesley Luxford
30/03/2011	Administration	Mrs Lesley Luxford
28/03/2011	Referral Letter	Mrs Lesley Luxford
28/03/2011	Administration	Mrs Lesley Luxford
25/03/2011	Surgery consultation	Dr A Farquhar
11/01/2011	Administration	Mrs Sharon Main
11/01/2011	Surgery consultation	Mrs Mary Edgar
16/11/2010	Administration	Mrs Alison Falconer
29/10/2010	Administration	Miss Irene Robertson
19/10/2010	Medicine Management	Dr Michelle Watts
19/10/2010	Surgery consultation	Mrs Gillian Henderson
16/07/2010	Surgery consultation	Dr First Locum
13/07/2010	Surgery consultation	Mrs Geraldine Wilmshurst
09/07/2010	Surgery consultation	Dr First Locum
17/06/2010	Surgery consultation	Mrs Jean Sargeant
16/06/2010	Surgery consultation	Mrs Jean Sargeant
10/06/2010	Results recording	Dr Andrew Wilmshurst
09/06/2010	Administration	Mrs A Reception
24/05/2010	Surgery consultation	Mrs Gillian Henderson
21/04/2010	Surgery consultation	Dr A Foundation
06/04/2010	Surgery consultation	Dr J Delaney
11/02/2010	Other	Dr Chris Urwin
27/01/2010	Surgery consultation	Dr A Farquhar
30/11/2009	Surgery consultation	Dr First Locum
01/09/2009	Repeat Issue	Mrs A Prescriptions
01/09/2009	Surgery consultation	Mrs Mary Edgar
22/06/2009	Surgery consultation	Dr A Farquhar
23/03/2009	Surgery consultation	Mrs Jean Sargeant
21/10/2008	Third Party Consultation	Mrs Mary Edgar
07/10/2008	Administration	Mrs Linda Coupar
01/10/2008	Surgery consultation	Dr B Forrester
23/09/2008	Repeat Issue	Mrs A Prescriptions
23/09/2008	Surgery consultation	Mrs Mary Edgar
18/09/2008	Surgery consultation	Mrs Gillian Murray
16/09/2008	Surgery consultation	Dr Dr Sho
25/08/2008	Surgery consultation	Dr J Delaney
18/08/2008	Repeat Issue	Mrs A Prescriptions
13/08/2008	Surgery consultation	Dr Andrew Wilmshurst
08/08/2008	Surgery consultation	Dr Andrew Wilmshurst
30/07/2008	Surgery consultation	Mrs Jean Sargeant
24/04/2008	Surgery consultation	Dr A Farquhar
23/04/2008	Administration	Mrs Lesley Luxford
21/04/2008	Surgery consultation	Dr B Forrester
14/03/2008	Surgery consultation	Mrs Wendy Penny
10/03/2008	Surgery consultation	Mrs Mary Edgar
25/02/2008	Surgery consultation	Mrs Mary Edgar
11/02/2008	Surgery consultation	Dr B Forrester
11/02/2008	Surgery consultation	Mrs Mary Edgar
06/02/2008	Surgery consultation	Dr B Forrester
01/02/2008	Surgery consultation	Dr Michelle Watts
13/12/2007	Administration	Miss Irene Robertson
10/12/2007	Surgery consultation	Mrs Jean Sargeant
21/11/2007	Administration	Mrs Alison Falconer
19/11/2007	Surgery consultation	Dr Alan Weir
14/11/2007	Surgery consultation	Dr B Forrester
13/11/2007	Surgery consultation	Dr Alan Weir
28/09/2007	Surgery consultation	Dr A Farquhar
28/09/2007	Repeat Issue	Mrs A Prescriptions
22/06/2007	Surgery consultation	Dr A Registrar
13/06/2007	Surgery consultation	Dr A Registrar
11/05/2007	Surgery consultation	Dr Karen Lochrie
03/05/2007	Surgery consultation	Dr Karen Lochrie
26/04/2007	Surgery consultation	Dr First Locum

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12/11/1979

Female

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Transferred Out

30/01/2007	Surgery consultation	Dr Karen Lochrie
29/01/2007	Surgery consultation	Mrs Jean Sargeant
24/01/2007	Surgery consultation	Dr A Registrar
23/01/2007	Surgery consultation	Dr Staff Unknown Member Of Staff
21/11/2006	Surgery consultation	Mrs A Prescriptions
01/09/2006	Surgery consultation	Dr Staff Unknown Member Of Staff
11/08/2006	Surgery consultation	Dr First Locum
10/07/2006	Surgery consultation	Dr Staff Unknown Member Of Staff
07/07/2006	Surgery consultation	Dr Karen Lochrie
17/05/2006	Surgery consultation	Dr Staff Unknown Member Of Staff
15/05/2006	Surgery consultation	Dr A Registrar
03/05/2006	Surgery consultation	Dr Staff Unknown Member Of Staff
24/04/2006	Surgery consultation	Dr Nurse Vermerris
08/02/2006	Surgery consultation	Dr A Farquhar
10/01/2006	Surgery consultation	Dr Staff Unknown Member Of Staff
15/12/2005	Surgery consultation	Mrs Jean Sargeant
08/09/2005	Surgery consultation	Dr A Farquhar
26/07/2005	Surgery consultation	Dr Staff Unknown Member Of Staff
23/07/2005	Surgery consultation	Dr Staff Unknown Member Of Staff
07/06/2005	Surgery consultation	Dr Andrew Wilmshurst
19/04/2005	Surgery consultation	Dr Andrew Wilmshurst
15/12/2004	Surgery consultation	Dr Staff Unknown Member Of Staff
09/12/2004	Surgery consultation	Dr A Farquhar
26/10/2004	Surgery consultation	Dr Staff Unknown Member Of Staff
01/09/2004	Surgery consultation	Dr J Delaney
09/01/2004	Surgery consultation	Dr Andrew Wilmshurst
10/11/2003	Surgery consultation	Dr Andrew Wilmshurst
27/05/2003	Surgery consultation	Dr Staff Unknown Member Of Staff
12/12/2002	Surgery consultation	Dr Andrew Wilmshurst
04/07/2002	Surgery consultation	Dr Michelle Watts
24/06/2002	Surgery consultation	Dr Staff Unknown Member Of Staff
15/04/2002	Surgery consultation	Dr Nurse Mcvittie
13/03/2002	Surgery consultation	Dr Andrew Wilmshurst
06/03/2002	Surgery consultation	Dr Alan Weir
22/02/2002	Surgery consultation	Dr Staff Unknown Member Of Staff
19/02/2002	Surgery consultation	Dr Staff Unknown Member Of Staff
28/01/2002	Surgery consultation	Dr Staff Unknown Member Of Staff
26/01/2002	Surgery consultation	Dr Staff Unknown Member Of Staff
25/01/2002	Surgery consultation	Dr Staff Unknown Member Of Staff
11/01/2002	Surgery consultation	Dr Alan Weir
01/06/2001	Surgery consultation	Dr Staff Unknown Member Of Staff
21/04/2000	Surgery consultation	Dr Staff Unknown Member Of Staff
19/08/1999	Surgery consultation	Dr Staff Unknown Member Of Staff
01/01/1995	Surgery consultation	Dr Staff Unknown Member Of Staff
02/04/1984	Surgery consultation	Dr Staff Unknown Member Of Staff

Blood pressure

03/06/2013 11:56.00	BP 142/81	taken Sitting	Cuff: Standard	recall due:	O/E - blood pressure
reading					
26/10/2012 15:11.00	BP 120/82	taken Sitting	Cuff: Standard	recall due:	O/E - blood pressure
reading					
27/10/2011 12:13.00	BP 110/70	taken Sitting	Cuff: Standard	recall due:	O/E - blood pressure
reading					
19/10/2010 11:39.00	BP 130/84	taken Sitting	Cuff: Standard	recall due:	O/E - blood pressure
reading					
09/07/2010 12:52.00	BP 145/92	taken Sitting	Cuff: Standard	recall due:	O/E - blood pressure
reading					
01/09/2009 12:11.00	BP 120/78	taken Sitting	Cuff: Standard	recall due:	O/E - blood pressure
reading					
14/03/2008 11:34.00	BP 110/78	taken Sitting	Cuff: Standard	recall due:	O/E - blood pressure
reading					
06/02/2008 10:06.00	BP 123/84	taken Sitting	Cuff: Standard	recall due:	O/E - blood pressure
reading					
13/06/2007	BP 120/80			recall due:	O/E - blood pressure
reading					
29/01/2007	BP 120/70			recall due:	O/E - blood pressure
reading					

Full Report

Mrs Amanda Golabek

12/11/1979

Female

634 244 5389

Transferred Out

15/04/2002 BP 120/88

normal

ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do

recall due: 15/04/2005

O/E - BP reading

not send result letter : PROTOCOL=B P Screening\$\$

Referrals

13/09/2012 Refer for Seen in psychology clinic at Stracathro department of with

by: Dr A Farquhar

30/03/2011 Refer for Referral for further care at Stracathro department of Dermatology with

by: Dr A Farquhar

28/03/2011 Refer for Referral for further care at Stracathro department of Ear, Nose and Throat with

by: Dr A Farquhar

21/11/2007 Refer for Referral for further care at Whitehills Health & CCC department of Ante-Natal with

by: Dr Alan Weir

15/12/2004 Refer for Referral for further care at department of with

by: Dr Staff Unknown Member Of Staff

Cervical Cytology

03/06/2013 reported 03/06/2013

Cervical smear: negative

Dr Andrew Wilmschurst

03/06/2013

Ca cervix - screen done

difficult view of cervix and white discharge ++ swab taken rotations done and results process discussed

Mrs Rachel Stephens

24/05/2010 reported 24/05/2010

Cervical smear: negative

Infection present : Fungal.

Dr Andrew Wilmschurst

24/05/2010

Ca cervix - screen done

Normal no concerns

Mrs Gillian Henderson

29/01/2007

Cervical smear: negative

recall due: 29/01/2010

ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Send recall when due : RESULT_LETTER_STATUS=Do not send result letter :

PROTOCOL=Cervical Screening\$\$

Mrs Jean Sargeant

29/01/2007

Cervical smear taken

Mrs Jean Sargeant

24/04/2006

Cervical smear:inadequate spec

recall due: 24/07/2006

ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Send recall when due : RESULT_LETTER_STATUS=Do not send result letter :

PROTOCOL=Cervical Screening\$\$

Dr Staff Unknown Member Of Staff

15/04/2002

Cervical smear: negative

recall due: 15/04/2005

ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :

PROTOCOL=Cervical Screening\$\$

Dr Staff Unknown Member Of Staff

19/08/1999

Cervical smear: negative

recall due: 19/08/2002

ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter :

PROTOCOL=Cervical Screening\$\$

Dr Staff Unknown Member Of Staff

Smoking

03/06/2013 Smoker

cigarettes per day

Cigarette smoker

Mrs

Rachel Stephens

08/05/2013 Smoker

cigarettes per day

Cigarette smoker

Dr V

Brown

26/10/2012 Smoker

10 cigarettes per day

Cigarette smoker

Mrs

Gillian Henderson

27/10/2011 Smoker

15 cigarettes per day

Cigarette smoker

Mrs

Mary Edgar

11/01/2011 Smoker

10 cigarettes per day

Cigarette smoker

Mrs

Mary Edgar

19/10/2010 Smoker

10 cigarettes per day

Cigarette smoker

Mrs

Gillian Henderson

01/09/2009 Smoker

10 cigarettes per day

Cigarette smoker

Mrs

Mary Edgar

23/03/2009 Smoker

10 cigarettes per day

Cigarette smoker

Mrs

Jean Sargeant

23/09/2008 Smoker

10 cigarettes per day

Cigarette smoker

Mrs

Mary Edgar

24/04/2008 Smoker

cigarettes per day

Cigarette smoker

Dr A

Farquhar

06/02/2008 Smoker

10 cigarettes per day

Cigarette smoker

Dr B

Forrester

29/01/2007 Smoker

0 cigarettes per day

Current smoker

Mrs

Jean Sargeant

NHS Confidential: Personal data about a patient

Full Report

Mrs Amanda Golabek

12/11/1979

Female

634 244 5389

Transferred Out

03/05/2006 Smoker 0 cigarettes per day Current smoker

Staff Unknown Member Of Staff

Dr

26/10/2004 Smoker 0 cigarettes per day Current smoker

Staff Unknown Member Of Staff

Dr

15/04/2002 Smoker 0 cigarettes per day Light smoker - 1-9 cigs/day

ACTION=Repeat after an Interval :

RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter : PROTOCOL=Smoker\$\$

Dr Nurse Mcvittie

Alcohol

03/06/2013 Current drinker units per week Light drinker - 1-2u/day

Mrs

Rachel Stephens

19/10/2010 Current drinker 0 units per week

Alcohol consumption screen

Mrs

Gillian Henderson

23/03/2009 Current drinker units per week

Drinks rarely

Mrs

Jean Sargeant

29/01/2007 Current drinker 0 units per week

Alcohol intake within rec limit

Mrs

Jean Sargeant

15/04/2002 Current drinker 0 units per week Trivial drinker - <1u/day

ACTION=Repeat after an Interval :

RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter : PROTOCOL=Alcohol Intake\$\$

Dr Nurse Mcvittie

Health Promotion - Smoking

11/08/2006 Health ed. - smoking for Smoking ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Do not send recall letter :

RESULT_LETTER_STATUS=Do not send result letter : PROTOCOL=Smoker\$\$

15/04/2002 Health ed. - smoking for Smoking

Weight

03/06/2013 Weight: 64.5 kgs BMI: 22.8 O/E - weight

26/10/2012 Weight: 62 kgs BMI: 21.9 O/E - weight

27/10/2011 Weight: 65 kgs BMI: 23 O/E - weight

19/10/2010 Weight: 64 kgs BMI: 22.6 O/E - weight

01/09/2009 Weight: 65 kgs BMI: 23 O/E - weight

29/01/2007 Weight: 65.5 kgs BMI: 23.2 O/E - weight

15/04/2002 Weight: 55 kgs BMI: 19.4 O/E - weight

ACTION=Repeat after an Interval :

RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter : PROTOCOL=Weight\$\$

15/04/2002 Weight: 0 kgs BMI: O/E - weight within 10% ideal

Height

27/10/2011 Height: 1.68 metres O/E - height

Mrs Mary Edgar

19/10/2010 Height: 1.68 metres O/E - height

Mrs Gillian

Henderson

01/09/2009 Height: 1.68 metres O/E - height

Mrs Mary Edgar

29/01/2007 Height: 1.68 metres O/E - height

Mrs Jean Sargeant

15/04/2002 Height: 1.68 metres O/E - height

ACTION=Repeat after an Interval :

RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter : PROTOCOL=Height\$\$

Dr Nurse Mcvittie

Contraception

08/05/2013 Advice about long acting reversible contraception

recall due:

Dr V Brown

26/10/2012 Advice about long acting reversible contraception First service

recall due:

Happy with current ocp does not

wish to change at present and advised by GP to continue with OCP due to other health issues

Mrs Gillian Henderson

27/10/2011 Advice about long acting reversible contraception

recall due:

Mrs Mary Edgar

19/10/2010 Advice about long acting reversible contraception First service

recall due:

Mrs Gillian Henderson

06/04/2010 Advice about long acting reversible contraception

recall due:

Dr J Delaney

01/09/2009 Advice about long acting reversible contraception First service

recall due:

Mrs Mary Edgar

23/03/2009 Oral contraception

recall due:

no problems with pill, meds as

prescribed, advice re smoking and pill

Mrs Jean Sargeant

24/04/2008 Oral contraceptive prescribed

Subsequent service

recall due:

Dr A Farquhar

27/05/2003 Oral contraception -no problem

recall due: 27/05/2004

ACTION=Repeat after an Interval

: RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter : PROTOCOL=Contraceptive

Review\$\$

Dr Staff Unknown Member Of Staff

Kirriemuir Health Centre, Tannage Brae, Kirriemuir, Angus, DD8 4ES

Tel: 01575 573333

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Full Report

Mrs Amanda Golabek

12/11/1979

Female

634 244 5389

Transferred Out

24/06/2002 Oral contraceptive started

recall due: 24/06/2003

ACTION=Repeat after an Interval

: RECALL_LETTER_STATUS=Do not send recall letter : RESULT_LETTER_STATUS=Do not send result letter : PROTOCOL=Contraceptive

Review\$\$ Dr Staff Unknown Member Of Staff

Albumin

27/03/2014 Serum albumin = 36 g/L

Alkaline Phosphatase

27/03/2014 Serum alkaline phosphatase = 73 U/L U/L

Alanine Aminotransferase

27/03/2014 Serum alanine aminotransferase level = 15 U/L Serum ALT level - U/L

Bilirubin

27/03/2014 Serum total bilirubin level = 6 umol/L

Serum creatinine

27/03/2014 Serum creatinine = 71 umol/L

Eosinophil count

27/03/2014 Eosinophil count = 0.07 10⁹/L x10⁹/L

Haemoglobin

27/03/2014 Haemoglobin estimation = 149 g/L

Mean corpuscular haemoglobin

27/03/2014 Mean corpusc. haemoglobin(MCH) = 30.9 pg

MCH Hb Concentration

27/03/2014 Mean corpusc. Hb. conc. (MCHC) = 329 g/L

Mean corpuscular volume

27/03/2014 Mean corpuscular volume (MCV) = 93.9 fL fL

Monocyte count

27/03/2014 Monocyte count = 0.4 10⁹/L x10⁹/L

Neutrophil count

27/03/2014 Neutrophil count = 5.1 10⁹/L x10⁹/L

Platelets

27/03/2014 Platelet count = 275 10⁹/L x10⁹/L

Potassium

27/03/2014 Serum potassium = 4.7 mmol/L

Red blood cell count

27/03/2014 Red blood cell (RBC) count = 4.82 10¹²/L Above high reference limit

Sodium

27/03/2014 Serum sodium = 140 mmol/L

Thyroid Stimulating Hormone

27/03/2014 Serum TSH level = 1.56 mU/L mU/L

Urea - blood

27/03/2014 Serum urea level = 4.6 mmol/L

White blood count

27/03/2014 Total white cell count = 7 10⁹/L x10⁹/L

Lymphocyte count

27/03/2014 Lymphocyte count = 1.5 10⁹/L x10⁹/L

Blood glucose

27/03/2014 Plasma glucose level = 4.5 mmol/L

Full blood count

27/03/2014 Full blood count - FBC = <none>

Liver Function tests

27/03/2014 Liver function test = <none>

Urea and Electrolytes

27/03/2014 Urea and electrolytes = <none>

Urine test

17/06/2010 Urinalysis - general nad, less dizzy today

High vaginal swab

03/06/2013 High vaginal swab taken requests chlamydia screening

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Tel: 01575 573333

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Full Report

Mrs Amanda Golabek

12/11/1979

Female

634 244 5389

Transferred Out

Advice Given

08/05/2013	Smoking cessation advice	Advice	
08/05/2013	Advice about long acting reversible contraception	Leaflet and advice	Long-Acting Reversible Contraception (LARC) 06/03/2013
26/10/2012	Advice about long acting reversible contraception	Leaflet and advice	Long-Acting Reversible Contraception (LARC) 17/03/2010
26/10/2012	Smoking cessation advice	Advice	tried to stop in the past but not
ready at present			
27/10/2011	Patient given advice	Advice	has new partner wishes checked
for chlamydia swab given will take swab herself and hand in to HC			
27/10/2011	Smoking cessation advice	Advice	
27/10/2011	Advice to patient - subject	Leaflet and advice	Long-Acting Reversible
Contraception (LARC)			
11/01/2011	Smoking cessation advice	Advice	keen to stop has tried in the past
wishes to try NRT patches smokes 10 per day requires 14mg patch x 14			
11/01/2011	Advice to patient - subject	Leaflet and advice	Smoking - Tips on Stopping
11/01/2011	Advice to patient - subject	Leaflet and advice	Smoking - The Benefits of
Stopping			
19/10/2010	Smoking cessation advice	Advice	
19/10/2010	Advice to patient - subject	Leaflet and advice	Long-Acting Reversible
Contraception (LARC)			
01/09/2009	Smoking cessation advice	Advice	
01/09/2009	Advice to patient - subject	Leaflet and advice	Long-Acting Reversible
Contraception (LARC)			
23/03/2009	Smoking cessation advice	Advice	stress++ at moment
23/09/2008	Smoking cessation advice	Advice	keen to stop feels motivated
smokes 10 per day keen to have patches again for 6weeks 14mg patch then 7mg			
24/04/2008	Smoking cessation advice	Advice	
14/03/2008	Smoking cessation advice	Advice	has been doing really well has
managed to stop however ran out of patches 2 days ago and strated smoking, but only had two. remains motivated and ready to reduce patches now on			
7mg, no condimitions or ulcer noted bp good, prescription given for 2 weeks and review.			
25/02/2008	Smoking cessation advice	Advice	copng with patches is going to
collect further 2weeks (14mgs) from chemist review appt given + advice			
06/02/2008	Smoking cessation advice	Advice	booked appt for next week
29/01/2007	Smoking cessation advice		
03/05/2006	Smoking cessation advice		
26/10/2004	Smoking cessation advice		

C Reactive protein

27/03/2014 Plasma C reactive protein = 4 mg/L

Diet

03/06/2013 Diet good Eating habits: Type of diet:

Mrs Rachel Stephens

19/10/2010 Diet average Eating habits: Type of diet:

Mrs Gillian Henderson

Exercise

03/06/2013	Enjoys light exercise	
19/10/2010	Avoids even trivial exercise	Mrs Rachel Stephens
29/01/2007	Enjoys light exercise	Mrs Gillian Henderson
		Mrs Jean Sargeant

Ante-natal consultation

15/12/2004 A/N booking examination Seen by: at weeks Clinician: Dr Staff Unknown

Member Of Staff

Well Person consultation

03/06/2013	Well woman health check	Seen by:	Clinician: Mrs Rachel Stephens
24/04/2006	Well woman health check	Seen by:	Clinician: Dr Nurse Vazmeris

Family History

29/01/2007 No FH: Diabetes of

Mrs Jean Sargeant

29/01/2007 No FH: Ischaemic heart disease of

Mrs Jean Sargeant

Pulse (CVS/BP)

09/07/2010 O/E - pulse rate 105 beats/min Dr First Locum

Maternity plan

Kirriemuir Health Centre, Tannage Brae, Kirriemuir, Angus, DD8 4ES

Tel: 01575 573333

Full Report

Mrs Amanda Golabek 12/11/1979 Female 634 244 5389 Transferred Out

14/11/2007 Maternity Plan: GP: Dr B Forrester Consultant: Hospital:
Midwife: long chat wasn't expecting it. 3 children already. approx 6-7 weeks. going to discuss it and return
26/07/2005 Maternity Plan: GP: Dr Staff Unknown Member Of Staff Consultant: Hospital:
Midwife: ACTION=Repeat after an Interval : RECALL_LETTER_STATUS=Send recall when due : RESULT_LETTER_STATUS=Do
not send result letter : PROTOCOL=Cervical Screening\$\$

Packed Cell Volume

27/03/2014 Haematocrit = 0.453 ratio

Basophil count

27/03/2014 Basophil count = 0.10*9/L x10^9/L

Chemical function tests

27/03/2014 GFR calculated abbreviated MDRD adj for African Americ origin GFR calcd abbttd MDRD Af Am or - IF HIGH RISK, EXCLUDE
CKD1/2. CHECK FOR HAEMATURIA AND PROTEINURIA

Echocardiogram

18/09/2008 Standard ECG LV Ejection Fraction =
% normal (rv'd by BF)

Scoring Test Result

03/06/2013 Score: Positive Method: for: more than 6 drinks on occasion Mrs Rachel Stephens
12/09/2012 Score: 13 Method: for: Dr A Farquhar
06/08/2012 Score: 14 Method: for: Dr A Farquhar

Repeat Medication Review

28/02/2014 Medication review Due: 28/02/2015 by: Dr B Forrester
Dr B Forrester
28/02/2014 Medication review Due: 28/02/2015 Complete: 28/02/2014 by: Dr B Forrester Next review: 28/02/2015
Dr B Forrester

Glomerular Filtration Rate

27/03/2014 GFR calculated abbreviated MDRD > 60 mL/min GFR calculated abbreviatd MDRD -

Total patients for report 1



Medical Record Insert Kirriemuir Health Centre

Golabek Amanda

1211799123

CADmeleon Technical Services,
Castle Street Industrial Estate, Castle Street, Alloa, FK10 1EU
Tel: +44 (0)1259 211456
Fax: +44(0)1259 723131
Web: www.cadmeleon.co.uk
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Golabek, Amanda

DoB: 12/11/1979

Report Valid On 01/08/05 15:58

Health Centre
Page number 1

Registration

Mrs Amanda Golabek
66 Knowehead Crescent
KIRRIEMUIR
ANGUS
DD8 5AH

Service Code: Permanent

DoB: 12/11/1979

Age: 25

Telephone: 07840 640052

Contact: ?

Contact/Relship: ?

Email: ?

CHI Number: 1211799123

Occupation:

Marital Status: Unknown

Registered GP: Dr Andrew Wilmshurst

BMI: 19.5

Height: 1.68 m

Weight: 55 kg

BP: 120/88

Parity: 0

Gravida: 0

Repeat Medication

Drug/Preparation	Quantity/Dose/Frequency	Interval			
		Start	Last	Pres.	Review

Adverse Reactions

Read Code	Description
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Priority Clinical / User Marker

23/07/2005	High	Spontaneous vaginal delivery live male
22/02/2002	High	Notes summary on computer
01/06/2001	High	Spontaneous vaginal delivery live female
21/04/2000	High	[V]Single stillbirth male
01/01/1995	High	Anxiety states and panic attacks
02/04/1984	High	Anal fissure anal dilation performed