

Practice Profile

Strathpeffer Medical Practice is a semi-rural Practice based in the scenic Scottish Highlands. Our main surgery is situated in Strathpeffer with a smaller branch surgery in the nearby town of Dingwall. We are a friendly and enthusiastic team committed to providing good quality patient care whilst recognising the importance of achieving a good work-life balance.



The Area

Strathpeffer is a very attractive Victorian Spa village situated less than half an hour's drive North West of Inverness. There is a very active local community and excellent local schools. It is ideally situated to take advantage of all that the Highlands has to offer. There are ample opportunities in the surrounding area for walking & hiking, mountaineering, curling, ski-ing, fishing and sailing and so much more, while Inverness offers full range of cultural activities including theatre, dining, cinema and shopping.

The practice boundary sits just north of Dingwall, east of Culbokie, north of Muir of Ord, and reaches to Achnasheen to the west. The practice has a steadily increasing list size and is currently 3850. The patient population is mainly resident in Strathpeffer, Dingwall and the surrounding villages.

The Strathpeffer surgery was purpose-built in 2004. It is a spacious, modern, light and airy building with 5 consulting rooms, two treatment rooms, a community health room, and a counselling room and administrative space. It is situated in the heart of the community, adjacent to the primary school and community centre. The surgery is open from 8am to 6pm

daily, Monday to Friday with the exception of each Wednesday afternoon which is used for protected learning time, administrative activities and meetings.

The Dingwall surgery is also purpose built and is situated in the centre of the town. There are 2 consultation rooms and a treatment room. This surgery currently opens daily either morning or afternoon.

The Practice is fully computerised using the Vision clinical system and Docman. Patients register with the practice and are able to be seen at either surgery. Clinical staff are mainly based in Strathpeffer, each working from the Dingwall surgery a minimum of one session per week.

The Practice works within the South/Mid Operational Unit of NHS Highland. The local secondary care hospital is Raigmore Hospital, which is a modern 500 hundred bed hospital located less than 30 minutes drive away in Inverness.

There is also a local Community Hospital in Dingwall, which has inpatient beds, X rays facilities including DEXA, physiotherapy department as well as the Highland Rheumatology Unit. It is also the base for the local unscheduled care service.

The Practice has consistently attained above average results from patient feedback surveys. We are fully involved in Enhanced Service provision, including minor surgery, alcohol management, depression, anticipatory care, anti-coagulant monitoring, palliative care, DVT management and diabetes. The Practice is committed to undergraduate teaching of senior medical students from Dundee Universities on a regular basis.

Personnel and Organisation

The practice employs a practice manager, office manager along with a full complement of administrative staff and a nursing team including practice nurses and health care assistants. The nursing team provide core health services, e.g. smoking cessation, travel advice, health promotion, cervical cytology, contraceptive advice and chronic disease management work for Hypertension, Asthma, COPD, Diabetes and CHD.

Other Health Professionals

The Practice works alongside various members of the community team. Visiting clinicians providing services include Community Psychiatric Nurse, Guided Self Help worker, Substance Misuse Nurse, Community Midwives and Health Visitors. The team works closely with the Community Nursing Team and Palliative Care Nurses.